

CMNS 3240

Library Resources

Julia Wells
January 2026



Scan to get help from Julia!



Photo credit: Jen Spitman

Library Branches:

- House of Learning
- Law
- Williams Lake
- Online!

House of Learning

Study spaces

Books (yes, we still have those!)

Laptops

Textbooks

Makerspace

FORMATS OF INFORMATION

Books

eBooks

Magazines

Newspaper articles

Government documents

Case studies

Trade publications

Journal articles

Websites

Videos

Statistics

Industry reports

And so on.....

Agenda

1. Refining topic & developing search strategy
2. Citation
3. Selecting search tools
4. Discover vs. specific databases
5. Quick bites of Business databases
6. How to find government documents
7. Get help!

Refining your topic

What?

- General topic, or an aspect/specific issue within that topic (ex. rather than just social isolation: social isolation and health effects)

Who?

- Groups? (ex. older adults, teenagers, men, women, non-binary people, university students, new immigrants, healthcare workers, shift workers)

When?

- Time period? (ex. last 2 years, 10 years, 1990s, etc.)

Where?

- Specific place? (ex. country, province, rural, urban). Or perhaps in different places e.g. assisted living homes. Note: the smaller the geographical area, the narrower the focus, and perhaps the fewer resources found. Could be an institution or business

Why?

- Different perspectives? (ex. cause/effect, contemporary/historical, groups/individuals, gender differences)

Refining your topic

Building/refining my topic:

What? Social isolation and health effects

Who? Older adults

When? Last 2 years

Where? Rural communities (maybe?)

Why? Does social isolation affect physical and mental health? What are the economic impacts? How can community supports help?

My general topic:

What are the health effects of social isolation? How can community supports address social isolation of seniors?

Wait! Make a Plan!

Choosing keywords

Step #1:

What are the relevant words in your topic statement?

Do community supports address the health effects of social isolation on seniors?

Wait! Make a Plan!

Choosing keywords

Step #2:

Find synonyms, related terms/phrases,
alternate spellings

- Textbooks, subject-specific dictionaries or encyclopedias
- Wikipedia
- Subject terms used in relevant articles

Advanced Tips & Tricks

Boolean terms (capitalize these terms)

AND

Focus or "narrow" your search by joining your keywords with the word "**and**." When you use "and", you are telling the computer that both terms **MUST** be in every item found.

Ex. “social isolation” AND elderly AND “mental health” AND “community support”

Advanced Tips & Tricks

Boolean terms (capitalize these terms)

OR

Broaden your search to include any synonyms or related terms for your keywords. When you use "or" you are telling the computer to show items that have EITHER term.

Ex.

“social isolation” OR loneliness

seniors OR elderly

“mental health” OR “physical health”

“community support” OR intervention

Advanced Tips & Tricks

Truncation



The most used truncation symbol is an asterisk (*). Use this symbol at the end of the root of a word in order to retrieve all variations of that word.

Ex. **comput*** to find the words computer, computers, computing, computation

Note: Google Scholar doesn't support truncation

Advanced Tips & Tricks

Phrase searching

(“”)

Use quotation marks to find those words next to each other in the results.

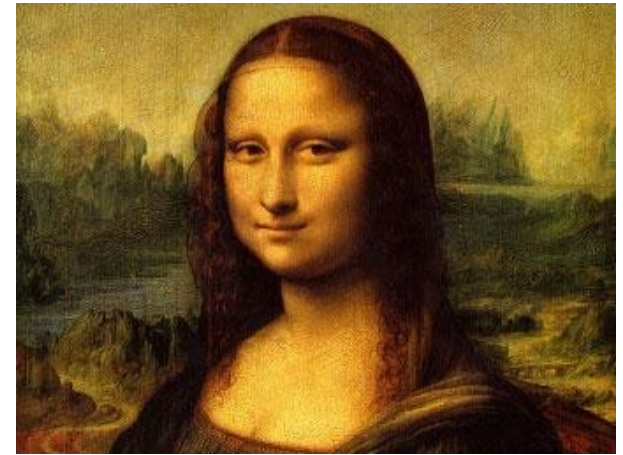
“mental health” OR “physical health”

Why do we cite?

- ✓ To give credit
- ✓ To show that you've done your research
- ✓ To strengthen your argument
- ✓ To allow your reader to find the source

What do we need to cite?

- ✓ Direct quotations
- ✓ Paraphrasing/summarizing
- ✓ Statistics, data, diagrams, images
- ✓ Social media
- ✓ Youtube videos



[Mona Lisa](#)

What **don't** we need to cite?

- ✓ Lived experiences
- ✓ Own experiment results
- ✓ Own artwork
- ✓ Own thoughts & conclusions
- ✓ Common knowledge/accepted facts





My dashboard ^

Saved

Recent activity

Research tools

New search

Publication Finder

Concept map

mental health AND exercise



All filters (1)

Full Text



Scholarly (Peer Reviewed) Journals

All time



Source type



Advanced search

Results: 1,454,733

Show: 10



Relevance



Journal Article

This record cannot be displayed to guest users

The content you are trying to view can only be displayed to affiliated users. Sign in to your institution to gain access.

Published in: CINAHL Complete

[Sign in](#)



Business Databases

TRU Business Research Guide

- suggestions for best databases, websites, industry info



Business Source Complete

- journals, magazines, and trade publications

Statista (Note: must go through TRU Library for full access)

- industry reports, infographics, and consumer research

IBISWorld (Note: must go through TRU Library for full access)

- provides trusted industry research on thousands of industries worldwide

NexisUni (Note: must go through TRU Library for full access)

- business, legal and news sources

Government Sites

Google

British Columbia government documents

site:gov.bc.ca

~ example: site:gov.bc.ca "health policy" seniors 2025

Canada government documents

site:.gc.ca

~ example: site:.gc.ca "loneliness"

Need help?

The screenshot shows the TRU Library homepage. Red arrows highlight the following elements:

- Left Sidebar:**
 - [TRU Library](#) (home icon)
 - [Study Spaces](#)
 - [Research Strategies](#)
 - [Using the Library](#)
 - [Forms](#)
 - [Library Hours](#)
 - [About the Library](#)
 - [TRU Library Makerspace](#)
 - [Williams Lake Campus Library](#)
 - [Law Library](#)
 - [Book a study room >](#)
 - [Cite your sources >](#)
 - Need help? Contact us**
 - [Ask the Library](#)
 - [Find my Subject Librarian](#)
 - [Make an Appointment with a Librarian](#)
- Main Content Area:**
 - TRU Library** header
 - Navigation tabs: [Discovery Search](#) (active), [Course Readings](#), [Databases](#), [Journals](#), [Research Guides](#) (highlighted by a red arrow)
 - Text: "Find articles, books, media and more with Discovery Search."
 - Search bar with a [Search](#) button
 - [Advanced Search >](#)
 - [Search TRUSpace Repository >](#)
 - LIBRARY WORKSHOPS** banner with the text "Workshops are free and open to the TRU community" and a [Join a Workshop](#) button (highlighted by a red arrow)
 - Library Hours for Today**
 - Research Help Desk (HL 3rd Floor) Closed
 - Upcoming Events**
 - [Introduction to Library Research](#) (highlighted by a red arrow)
- Right Side:**
 - [Ask a library question](#) button (highlighted by a red arrow)



Julia Wells



[Find Julia](#)