**RESEARCH PROJECT: Source Summaries**

At this point, you should have collected at least four credible sources, two of which should have come from a database (i.e., from Launchpad/MackinVIA). Now it is time for you to “digest” the information in those sources. The following pages are designed to help you with this process.

For each source, you will complete the following steps:

1. Read the source, beginning to end.
2. Write a brief summary of the source based on your initial reading of the source (Box 1).
3. Go back through the sources and listing key facts from it (Box 2, Column 1). You can even copy and paste these facts, but remember that you will eventually need to put them in your own words. When possible, include page numbers so that you know where you got the information (Box 2, Column 2).
4. After creating summaries for all of your sources, review the facts *across* all of your sources and try to create bigger categories for them. After you have selected bigger categories, label each fact based on the bigger category under which it falls (Box 2, Column 3). These categories will eventually become the sub-topics for your literature review.

Here is an example using the article you just read:

**Title and Author:** The Power of Pets: Health Benefits of Human-Animal Interactions (National Institute of Health)

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| **Summary:** |
| In this article, the National Institute of Health (NIH) reports on the benefits of pet ownership. The article suggests that the research has been “mixed” (1), and the authors report both positive and negative side-effects. In addition, the authors discuss that certain pets may be better for certain circumstances and/or issues. |

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| **Key Facts** | **Page No(s)** | **Category** |
| Pets can lead to decrease in cortisol levels | 1 | Mental Benefit |
| Pets can “reduce loneliness, increase social support, and boost [one’s] mood” | 1 | Mental Benefit |
| Some pets are better than others depending on the type of benefit a person is seeking | 1 | Potential Problem |
| Dog may be beneficial to someone who wants to get exercise | 1 | Physical Benefit |
| Fish may be beneficial to someone wants to reduce stress | 1 | Mental Benefit |
| Dogs as “comfort and support” – “very present” and focused | 1 | Mental Benefit |
| Therapy animals may bring germs into hospitals | 2 | Potential Problem |
| Dogs as a source of academic support to students with ADHD | 2 | Academic Benefit |
| Teens with diabetes who cared for fish were better able to manage their diabetes | 2 | Physical Benefit |
| Allergies issues | 2 | Potential problem |
| Stressed animals can lead to dog bites | 2 | Potential problem |

Now it’s your turn!

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