**Compose Your Annotated Bibliography**

Assignment Guidelines

**3 Media Clips**

For this assignment, you'll need three media clips to analyze. These could be news clips, tv show episodes, movie scenes, podcasts, etc.

You might consider searching YouTube to find your media because it will make your clips easier to put into your blog. But don't worry if you can't find what you're looking for there. You can link out from your blog to anything on the web.

Now that you've found the media that you'll base your blog post on, it's time to assess whether it is fact or fiction (or a mix of both).

Read, watch, or listen to your "media clips “and take notes on all the medical claims that each makes.

**Check Your Media Against the Literature: Find 4 scholarly articles on your topic.**

Then check your list against evidence you find in peer-reviewed literature to determine whether it is fact or fiction. To do this, you'll need to do research in peer-reviewed journals.

Conduct a literature review focusing on medical, professional, and scientific sources found in subscription databases or the NEIT library.  Websites will only be considered authoritative if they are the official site of medical professionals and/or medical organizations.  Identify the four most authoritative sources on your issue. Be sure to read actively and take notes on each source. This will save you time moving forward.

**\*\*\*Develop an annotated bibliography for four sources relating to your topic. These should be sources that you are using to help you inform and educate your reader.**

* Find 4 purposeful, relevant, (academic) credible sources.
* Compose a reference citation for each source using [APA Formatting Guidelines winter 2020 7th edition grad.pdf](https://neit.instructure.com/courses/50460/files/6595493?wrap=1)[Download APA Formatting Guidelines winter 2020 7th edition grad.pdf](https://neit.instructure.com/courses/50460/files/6595493/download?download_frd=1)
* Follow the references information, with the annotation that does the following:
1. **Summarize:**Some annotations merely summarize the source. What are the main arguments? What is the point of this book or article? What topics are covered? If someone asked what this article/book is about, what would you say? ( For a summary writing refresher, please see this week's course resources.)
2. **Assess:**After summarizing a source, evaluate it.  How does it compare with other sources in your bibliography?  **How does it compare to your media clips**? Is the information reliable? Is this source biased or objective? What is the goal of this source?
3. **Reflect:**Once you've summarized and assessed a source, you need to ask how it fits into your research. Was this source helpful to you? How does it help you shape your argument/or point? How can you use this source in your blog?

**Notes**

* **Each annotated entry should be no shorter than one paragraph and no longer than three paragraphs. They should be written thoroughly and in complete thoughts and sentences, not merely a list.**
* **Specific guidelines to follow when completing this assignment are:**
	+ **4-5 sources of various types (book, article, website, etc.).**
	+ **Sources focused around a narrowed issue/concept**
	+ **Adherence to APA format for all citations.**
	+ **Sources in alphabetical order according to author.**
	+ **Thoughtful and complete annotations 150 and 350 words.**
	+ **Correct grammar, punctuation, and spelling.**
* [Use APA Resource on OWL  for additional help with creating references (Links to an external site.)](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html)
* Most importantly, if you have any questions, make sure to ask me as soon as possible to make this assignment easier.

**TOPIC**

The importance of Mindfulness and Meditation for Healthcare Professionals

**YOUTUBE SOURCES**

[Meditation for Nurses and Healthcare Workers | Ethereal Meditations - YouTube](https://www.youtube.com/watch?v=jH007vdEJ5k)

<https://www.youtube.com/watch?v=FlUA-_g85aE>

**https://www.youtube.com/watch?v=5IuSdiEtpmc**

**SOURCES**

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Ruiz, F. M. D., Ortíz, A. R., Ortega, G. Á. M., Ibáñez, M. O., Rodríguez, S. M. del M., & Ramos, P. J. D. (2020). Mindfulness therapies on health professionals. *International Journal of Mental Health Nursing*, *29*(2), 127–140. <https://doi.org/10.1111/inm.12652>

Mars, M., & Oliver, M. (2016). Mindfulness is more than a buzz word: Towards a sustainable model of health care. (Cover story). *Journal of the Australian Traditional-Medicine Society*, *22*(1), 7–10.

Freeman, R. C., Jr, Sukuan, N., Tota, N. M., Bell, S. M., Harris, A. G., & Wang, H.-L. (2020). Promoting Spiritual Healing by Stress Reduction Through Meditation for Employees at a Veterans Hospital: A CDC Framework-Based Program Evaluation. *Workplace Health & Safety*, *68*(4), 161–170. https://doi.org/10.1177/2165079919874795