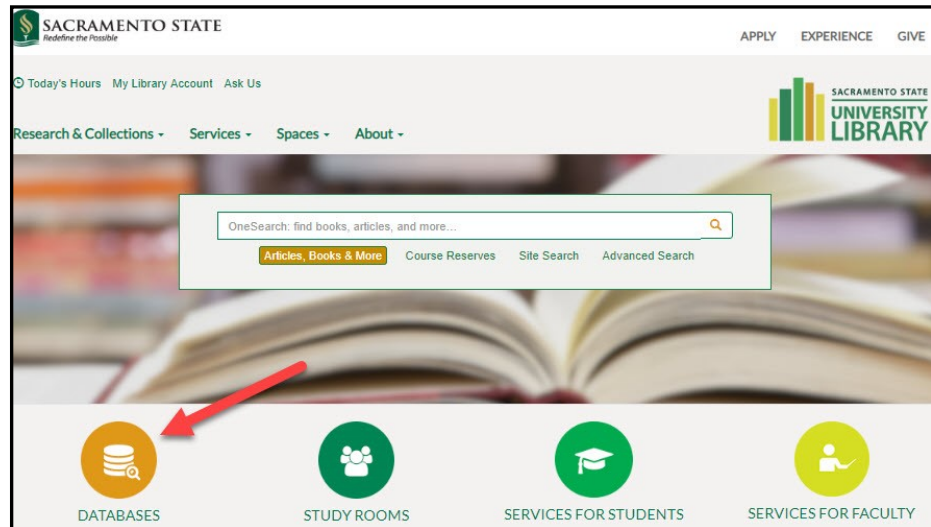


Cheat Sheet: From Database to Article

Step #1

Choose “**Databases**” from the Library Homepage

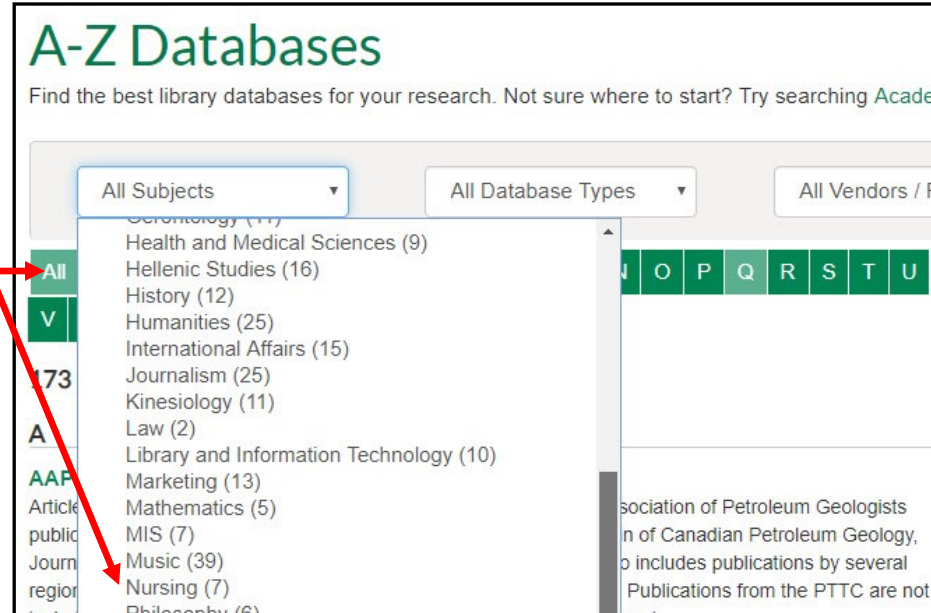
www.library.csus.edu



Step #2

Choose a Subject, i.e., *Nursing*

Or use the A-Z list of databases by name, i.e., C for CINAHL



Step #3

Choose a Database from the list

Hint:
Not sure where to begin? Read the database description, or use a multi-disciplinary one such as Academic Search Premier

Most Useful

Academic Search Premier (EBSCO)

This multi-disciplinary database provides full text for more than 3,700 peer-reviewed titles. PDF backfiles to 1975 or journals, and searchable cited references are provided for [More information](#)

CINAHL Plus with Full Text (EBSCO)

CINAHL Plus with Full Text [Cumulative Index to Nursing, biomedicine, health sciences librarianship, consumer health articles, books and chapters, dissertations, conference papers] [More information](#)

ERIC (EBSCO)

Gain immediate access to information from journals including Education and Resources in Education Index with ERIC. [More information](#)

Step #4
Enter your terms

Hint:
Use an asterisk * to search for alternative endings, e.g. biomechan* will retrieve biomechanical as well as biomechanics

Step #5
Review the results for titles of interest

Step #6
Click on the article title to view the complete record summary

Hint:
Read the abstract for additional keywords and to determine if the article is what you need

The screenshot shows the EBSCOhost search interface. The search terms 'biomechan*' and 'bicycl*' are entered in the search boxes. The search results are displayed on the right, showing two articles. The first article is titled 'Bicycle helmets are highly effective at preventing head injury during head impact: Head-form accelerations and injury criteria for helmeted and unhelmeted impacts'. The second article is titled 'From bipedalism to bicyclism: Evolution in energetics and biomechanics of historic bicycles'. The search results are filtered to show 1-30 of 70 results. The left sidebar shows the current search terms and various filters like 'Limit To' and 'Source Types'.

Step #7
PDF Full Text links directly to the article.

View It @ Sac State or **Find It** links to finding the article less directly or through Interlibrary Loan.

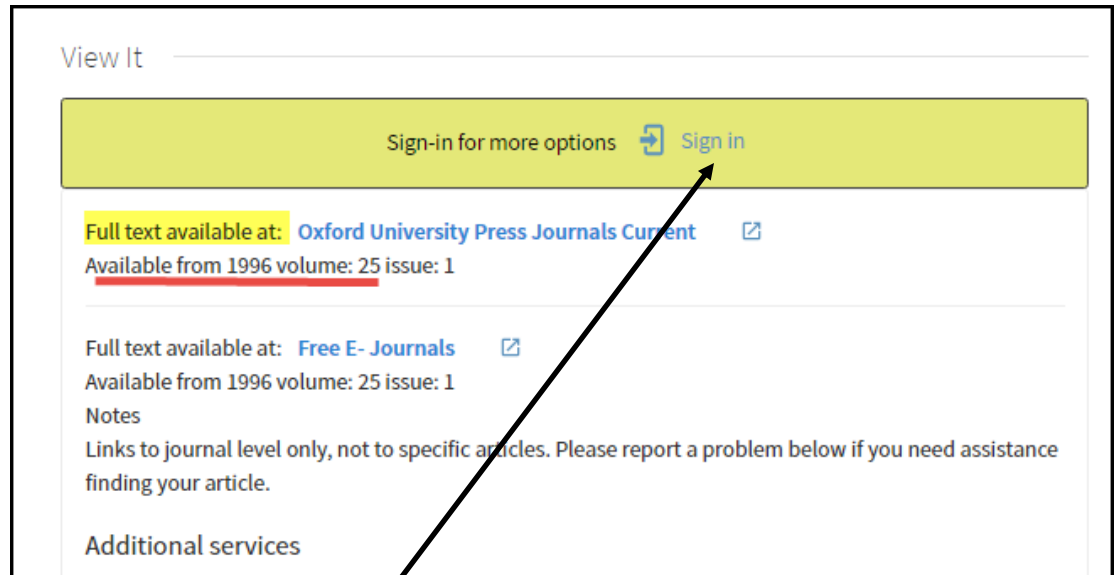
The screenshot shows the detailed record page for the article 'The Effect of an All-Ages Bicycle Helmet Law on Bicycl'. The page includes a sidebar with options like 'Detailed Record', 'MARC Record', 'View It @ Sac State', and 'PlumX Metrics'. The main content area displays the article title, authors (Kett, Paula; Rivara, Frederick; Gomez, Anthony; Kirk, Annie; Yantsides, Christina), source (Journal of Community Health, Dec2016, Vol. 41 Issue 6, p1160-11), and document type (Article).

Step #8

Click on one of the database links after *Full text available at:* to go to the article

Hints:

- Make sure the year you need is part of what is available.
- If the link takes you to another article summary, look for a PDF or HTML link



View It

Sign-in for more options [Sign in](#)

Full text available at: [Oxford University Press Journals Current](#) [↗](#)
Available from 1996 volume: 25 issue: 1

Full text available at: [Free E- Journals](#) [↗](#)
Available from 1996 volume: 25 issue: 1

Notes
Links to journal level only, not to specific articles. Please report a problem below if you need assistance finding your article.

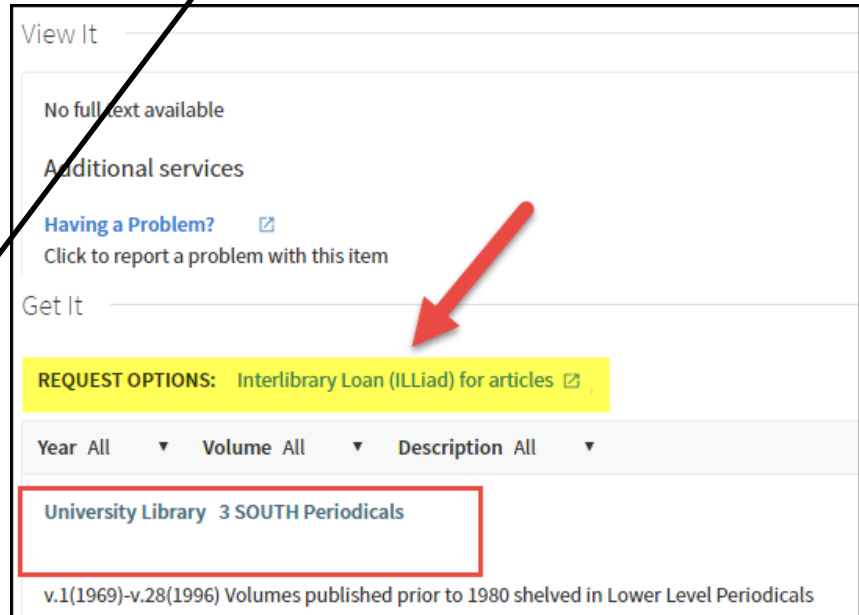
Additional services

Step #9

Don't despair—

If we don't have the article you can request it from Inter-Library Loan. It's free and fast. Just click on the link.

You must be signed-in to see this option.



View It

No full text available

Additional services
[Having a Problem?](#) [↗](#)
Click to report a problem with this item

Get It

REQUEST OPTIONS: [Interlibrary Loan \(ILLiad\) for articles](#) [↗](#)

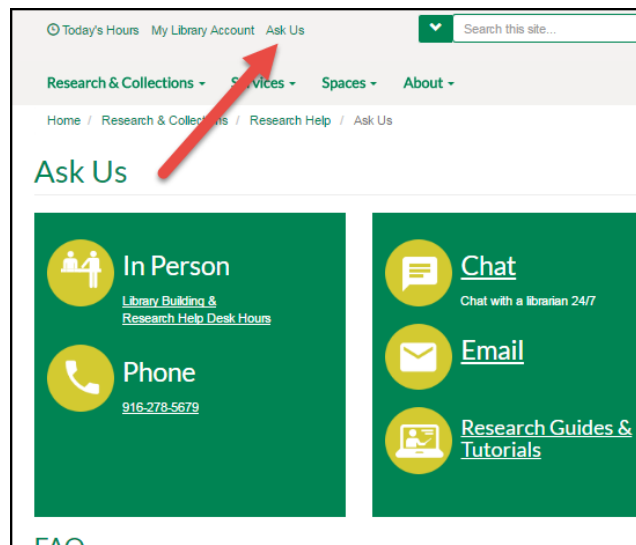
Year All ▾ Volume All ▾ Description All ▾

University Library 3 SOUTH Periodicals

v.1(1969)-v.28(1996) Volumes published prior to 1980 shelved in Lower Level Periodicals

Need Help?

Just ask



Today's Hours My Library Account Ask Us

Research & Collections - Services - Spaces - About -

Home / Research & Collections / Research Help / Ask Us

Ask Us

In Person
Library Building & Research Help Desk Hours

Phone
916-278-5679

Chat
Chat with a librarian 24/7

Email

Research Guides & Tutorials

FAQ