

Also, I know that dementia can come and go. Sometimes a certain thing can trigger someone's memory to return for a short while.

### What I Want to Learn

I want to know the best ways to keep my grandma from losing her memory completely, how I can prevent dementia from affecting me as I get older, and the best way to cope with a family member with dementia. If I knew these things, I think it would make it easier for me to communicate with people I know that have dementia. Knowing how to do things to keep my great-grandma's brain stimulated and at work may help her memory return. I'd like to know if techniques such as music therapy would help my family talk with her. It would really help them cope and know that there is still some of her left.

### The Story of My Search

I began my search by starting with the Siouland databases Ebsco and ProQuest. I think the main focus of my search has been music therapy because I know it can be a beneficial way to get someone with dementia to remember things. Starting with Ebsco, with the keywords *dementia, coping, and prevention*. This gave me 16 results and from this I chose my first article "The Experience of Providing Care in the Early Stages of Dementia: An Interpretative Phenomenological Analysis." This article had a ~~lot~~ of great information on how people who are caregivers of people with dementia deal with it and how they feel. It is a very personal article all about these elderly couples and what their life is like.

For my second article I found on Ebsco I changed my search keywords to *dementia and music therapy*. This brought me 93 results which is a bit more than I wanted but, I quickly found a great article called "The Efficacy of Music Therapy for People with Dementia: A

Meta-Analysis of Randomised Controlled Trials." The article provides so much information all about the effects of music therapy for people who have dementia and how it can improve their memory. This article was a bit lengthy, so when going through the article to highlight, I cut out some information that wouldn't really help with my research. Cutting down the article helped me narrow in on the information I did need.

My next two pieces of information came from ProQuest. The two articles I chose were "Anxiety and Depression Are

Associated with Coping Strategies in Caregivers of Alzheimer's Disease Patients" and "Effects of Group Music Therapy on Quality of Life, Affect, and Participation in People with Varying Levels of Dementia." Both of these



articles are extremely informational on coping and my main focus of music therapy. My search for the first article about anxiety and depression associated with caregivers came up with 3,000 other results. I used the words *dementia*, *coping*, and *anxiety*. This article was the first one to come up and though I went through and skimmed over a bunch of articles I came back to this one because it just had the most information. The second article on music therapy had 2,000 other results and this one took a little more sifting through. Luckily, this one wasn't too far down and it had everything I needed.

Next, was my web search in Google. I kept it pretty simple with is mainly about Alzheimer's and dementia. Searched for *prevention and risk about dementia* and the website

## What I Want to Know or Find Out

I want to know the percentage of people who abuse adderall. I want to know why it is one of the easiest drugs to get prescribed. I want to learn about drugs that can be used <sup>instead or</sup> ~~in replacement~~ <sup>in place of</sup> that are less addictive like methylphenidate. Also I want to know why hardcore drugs like this can get prescribed, but everyone is so concerned about other drugs like marijuana that don't negatively impact users or have harmful effects on users.

## The Story of My Search

The first database I used was EBSCO. The search terms I used were *adderall*, *abuse*, and *school*. I had a total of 12 database <sup>articles</sup> ~~websites~~ pop up. The information I got from that search wasn't specific enough, so I replaced the word *school* with <sup>teens</sup> ~~school~~. When I switched the words out, the database <sup>only</sup> came up with five websites. This turned out to be a better option because it was more specific.

<sup>Next I turned to</sup>  
The second database I used was Proquest. The search terms I used for for proquest were *adderall*, *abuse*, and *overdose*. Adding the word *overdose* greatly helped with my research. It brought up a lot of articles with personal experience. Drug addicts know more than doctors about hardcore drugs, so I knew it was good information. Searching these terms <sup>resulted in</sup> ~~came up with~~ 20 different results. The site easily helped me narrow it down so I could choose the sites with the most information.

My third source was the infamous source called Google. This site isn't very good for getting sources with facts. A lot of people upload to Google and anything can be posted. In Google I searched for *adderall addiction*, and 13,500,000 results popped up in 0.53 seconds.

Google was really helpful for getting an enormous amount of information quick. I was able to

<sup>After lots of narrowing down using different search terms</sup>

## What I Want to Learn

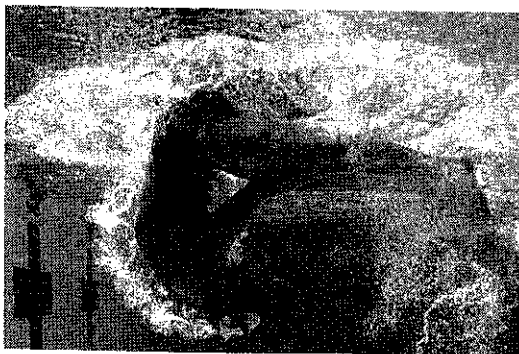
I want to know how to make the most out of my freestyle swim. I want to learn the technique to make me be the fastest in the 50 and 100 meter freestyle swims. I want to know how I should properly swim into the wall to get the best flip turns. I also want to know how I can get out of my blocks the fastest.

## ★ The Story of My Search

When I first started my search I didn't even know where to begin. I wanted to ask an experienced expert who knew the ropes of swimming and all the little secrets to be faster. I thought of asking my swim coach, but I wanted to find someone that was more an expert than that. I decided to ask Caeleb Dressel who holds the fastest 50 free split in the world with a 17.90 seconds. It was a long shot that he would even ever answer my questions but I decided to ask anyway. A couple hours later he answered my message and told me "Yeah sure! Go for it". I started to ask him questions.



Next, I started to research online. I went to ProQuest and Ebsco and researched "*freestyle*", "*swimming*" and "*technique*." I found an article called "3 Sneaky Training Tips for a Faster Sprint Freestyle." This article explains how when we go at faster speeds our technique dies down and how we should correct our techniques.



Then I continued to look online and found an article called "Swimming for Perfection." The article shows

different drills to make my technique the best. The drills really focus on body position and arm strokes. The next article called "Superior Technique" talked about all of the technique that goes into the freestyle stroke. It went in depth about the arm technique and kicking technique. The last article that I looked at on ProQuest was "Thoughts on the Crawl Stroke." The article gave an opinion on the Australian men's swim team and how they have been making major improvements in their freestyle and how they are doing so.

I found the article that passed the CRAPP test by turning to Google. I used the search terms "swimming," "freestyle," and "stroke." I found online an article in the *Journal of Science and Medicine in Sport*. It proposed the idea of 10 minutes of rest versus 20 minutes of rest after a warm up on an 100 meter freestyle swim time trial. It went through with this study by having swimmers swim one day with a 10 minute rest then a couple days later with a 20 minute rest to see how their performance levels varied (Neiva 81).

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### What I Learned

To make my 50 freestyle and 100 freestyle swims more effective, I need to perfect my technique. To make my flip turns more effective I need to get into a tight ball. The tighter the ball the faster the turn. Rowdy Gaines, Olympic gold medalist, gives advice about different drills to make a swimmer's freestyle the most effective. Rowdy explains the Hip Roll Drill that focuses on the swimmer to rotate the body completely from side to side (Gaines 26). For sprinting I have learned that I need to keep my legs strong and in practice to focus on kick sets. In my freestyle swims a powerful kick and good arm movement will get me far. According to an article in *Swimming Technique*, swimmers need to pay attention to the "Big Four." The "Big Four" include; inertial shoulder girdle elevation and scapular rotation. Also, shoulder joint adduction

## What I Want to Know

I'd like to know how music affects my daily life. It seems like such a huge part of life has some sort of soundtrack. Could I use music to my advantage daily to help me concentrate? Could I use music to optimize my performance in sports? How can music affect my mood? These are the vital questions that I'll be seeking answers to.

## The Story of My Search

Because I have a broad topic with many questions and places to branch off of, I found it easy to find my sources. Naturally, I started off with EBSCO. The first three search words I typed in were *teenagers*, *music*, and *concentration*. This first search brought up only three articles, so I decided to take out one of the search words to broaden my search. Taking out the word *teenager* broadened my search to 388 articles. I found out later that a better word to use would have been *adolescent* because it is more formal and used more vastly. The first useful article that I found that related to my topic is titled "Effects of Music Genre on Simple and Simulated Task Switching." It caught my attention because it talks about different genres of music and how they affect human behavior; I think that is very vital to my research paper. The second source I found has the title "Effects of music interventions on emotional states and running performance." This sounded interesting to me because I am in track, and I would like to know more about how music could help or hinder how much better I am getting as an athlete.

Having good success with EBSCO, I was happy to continue my search with ProQuest. The first words that I typed into the search bar were *adolescent*, *music*, *concentration*. This search gave me 20 articles, all of which were very interesting. An interesting article I found that really grabbed my attention was titled "The impact of music on metabolism." I thought this was

