

Lesson Name: Which Article When?

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Course/Level: First Year

Topic: Using appropriate articles for various situations

Learning Objectives:

- Critically examine an article's authority
- Articulate why an article is or is not an appropriate source for a given situation
- Evaluate the information need provided to determine what source of information will be most effective

Materials Needed:

- Articles from a variety of sources (Appendix B)
  - Make several copies of each article so that when the class is split into groups they each have a folder containing copies of each of the articles
- Colorful paper to attach to each article for easy identification while playing the game
  - One color for each article attached to all copies of the articles
- List of scenarios
- Code of which color is which article if needed

Activities:

- Print out several copies of each of the articles
- Staple all articles to color-coded construction paper so the colored paper is visible from a distance (e.g. all copies of Article A are stapled to red paper, all copies of Article B are stapled to blue paper, etc.)
- Put together packets or folders with one copy of each article
- Divide the class into groups or pairs and give each group or pair a folder with all of the articles
- Give the class a few minutes to skim through the articles (this can take less than 5 minutes)
- Ask the class the questions below and give them about two minutes to think and discuss before answering
- Tell the groups to hold up the one or two articles they would use in the situation described in the question
- Talk through the answers and particularly ask students why they made the choices they made

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## Appendix A: Scenario questions and appropriate responses

### Questions:

1. Which of these articles would you prefer not to use?
2. Which of these would you send your Aunt on Facebook when she says “Yoga is a made up trend with no real benefits”?
3. What if you wanted to find out more about yoga? Which of these would you seek out?
4. Which of these would you use if you were writing a research paper that you wanted to get published in the Journal of the American Medical Association?
5. Which of these would you use to do your research if you were applying for an editing position with Psychology Today?

Answers (there are lots of possible good answers, below are our opinions on which articles go best with which questions):

1. 15 Reasons Yoga is better than the gym, DOYOUYOGA
2. Psychology Today, Yoga: In Depth, NYT: Yoga May be Good for the Brain
3. Yoga: In Depth, National Center for Complementary and Integrative Health
4. Stress management: A randomized study of cognitive behavioral therapy and yoga, Cognitive Behavior Therapy 35.1 2006
5. This is Your Brain on Yoga, Psychology Today

## Appendix B: Articles used in first iteration of Which Article When

“15 Reasons Yoga Is Better Than The Gym | DOYOU.” Accessed May 28, 2020.

<https://www.doyou.com/15-reasons-yoga-is-better-than-the-gym/>.

Granath, Jens, Sara Ingvarsson, Ulrica von Thiele, and Ulf Lundberg. “Stress Management: A Randomized Study of Cognitive Behavioural Therapy and Yoga.” *Cognitive Behaviour Therapy* 35, no. 1 (March 1, 2006): 3–10. <https://doi.org/10.1080/16506070500401292>.

Reynolds, Gretchen. “Yoga May Be Good for the Brain.” *Well* (blog), June 1, 2016.

<https://well.blogs.nytimes.com/2016/06/01/yoga-may-be-good-for-the-brain/>.

Psychology Today. “This Is Your Brain on Yoga.” Accessed May 28, 2020.

<http://www.psychologytoday.com/blog/quilted-science/201209/is-your-brain-yoga>.

NCCIH. “Yoga: What You Need To Know.” Accessed May 28, 2020.

<https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>.

