General Issues:

“I” (Do NOT use first or second person pronouns, I, me, my, we, you, etc.)

“there” – avoid this word like the plague

Using the word processor: running heads, hanging indents. See class demonstration

Punctuation – everyone would benefit from a refresher course on correct use of punctuation. Use google to search.

Tense – in psychology, reviews of literature are written almost exclusively in the PAST tense.

Paragraphs – should be short and contain one (and only one) topic sentence


References


References should be “hanging indents,” as follows (use paragraph command to do this, as shown in class).


References should also be double spaced, as above.

Avoid the word “there”; write for economy of expression

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
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<tbody>
<tr>
<td>After Colorado’s first legalization, there is a growing concerns over the current medical marijuana states.</td>
<td>After Colorado’s legalization of recreational marijuana, concerns grew in other medical marijuana states.</td>
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<tr>
<td>In Han et al.’s (2013) article discussing the implications of CN, there are five specific listed in detail.</td>
<td>Han et al (2013) discussed five implications of CN.</td>
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<tr>
<td>There are many dynamics to music; one that is not often thought of is how music can affect the brain and the emotions of people</td>
<td>Music has many dynamics, including how it affects individuals’ the brain and emotions.</td>
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<tr>
<td>There are different causes of Insomnia, basically divided into three, which are psychiatric disorders, physical causes, and drug addiction.</td>
<td>Insomnia has three basic causes: psychiatric disorders, physical causes, and drug addiction.</td>
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<tr>
<td>When a person is thrown into solitary confinement and forced to stare at four concrete walls all day, this literally drives a person nuts because they are not being exposed to anything except staring at four walls.</td>
<td>Many factors determine parenting styles and family values, such as how parents were parented.</td>
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<tr>
<td>I believe that there are multiple factors that play a role in to the parenting styles that parents lean towards, especially family values. For example, I think it plays into the idea of how the parents were &quot;parented&quot; and whether they decided to use the same tactics, or go a different route.</td>
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In a study done by Guillot, Collet, & Dittmar (2004) they found that athletes have greater trouble in feeling than visualizing movement by asking athletes to imagine a complex motor skill using visual and kinesthetic (bodily sensation) imagery. According to the study, these athletes were able to visualize themselves performing their complex motor skill with more ease than they could imagine the feeling of it. Their minds were able to project themselves performing this action with more accuracy than they could imagine their own bodies would feel while performing that same movement. If they were to imagine themselves doing whatever movements they need in their respective sports prior to competition, on the day they do compete there will be more familiarity and less stress involved because they will feel as if they’ve been in the situation already. The goal of visualization is to give the athlete the illusion that they’ve already performed well on a stage they haven’t physically been on. This technique helps them get into the mental state needed to achieve peak performance.

Guillot, Collet, & Dittmar (2004) found that athletes have greater trouble in feeling than visualizing movement. Athletes were more able to visualize themselves *performing* their sport than they could imagine the *feeling* of it. By imagining themselves in competition, they are more familiar (and less stressed) on the day of competition. The goal of visualization is to give the athlete the illusion that they have already performed well on a stage they haven’t physically been on. This technique helps them get into the mental state needed to achieve peak performance. [90 words]
mind state needed to achieve peak performance.

In Osborne et al. (2009) article, he also stated that “on the medical/psychiatric side, there is a long-established body of detailed research in the pathology of PTSD conducted across large populations of adults, and to a lesser extent among children; this has been effective in supporting the development of diagnostic criteria.”

Osborne et al. (2009) concluded that research has helped to develop diagnostic criteria.