

# TIPS FOR SUCCESS: ALTERNATIVE STEP 1

FSHN 120

## 1 Approval?

The Alternative step is a great option if you believe the step project could be triggering for you, we just need you to tell us!

Use the form to submit a request so we can help take care of you!



## 2 Which disease should I pick?

When picking a disease think of one that you are personally interested in or connected to in some way! If you are invested this assignment will be way easier! Here is a short lists of diseases that some students used from the past, but you are NOT limited to these options!

- Type 2 diabetes
- Hypertension
- Osteoporosis
- Celiac Disease
- Chronic Kidney Disease
- Polycystic Ovary Syndrome

## 3 How do I find reputable sources?

When researching a disease, use reputable sources like the CDC, NIH, WHO, or Mayo Clinic. You can also find peer-reviewed articles through UIUC's library databases. Look for sources written by medical professionals, check that the information is up to date (within the last 5 years), and avoid using blogs, Wikipedia, or social media as your main source.

## 4 Formatting

Overall, use complete sentences and finish all your thoughts! We are looking to make sure you have thought about this and know how to find reputable information.

# TIPS FOR SUCCESS: ALTERNATIVE STEP 2

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## 1 Finding reputable sources

To find a reputable source, start by looking for websites that end in .gov, .edu, or .org, as these are often more trustworthy. Make sure the source lists its references or data sources, showing where the information came from. Look for articles that are reviewed by experts or published by professional health organizations. Be cautious of sensational headlines or websites trying to sell you products—they may be biased. Finally, cross-check your information with another trusted source to confirm its accuracy.

2

## APA Citations

To create accurate APA citations, start by identifying the author, publication year, title, and source (like a website or journal). Use tools like Purdue OWL writing lab or citation generators (e.g., Easy Bib, Citation Machine), but always double-check the formatting. In APA 7th edition, titles are in sentence case, and sources should be italicized when needed. Be consistent and follow the format closely to avoid errors.

3

## 2 pieces of evidence

When selecting evidence for your project, keep the final product in mind—a short video that explains how dietary changes can help manage or improve the symptoms of a chronic disease. Choose sources that clearly connect nutrition to the condition you're researching. Look for specific recommendations, relevant studies, or expert opinions that will help you explain this relationship in a clear and engaging way. Your final video should be a thoughtful summary of the most important and helpful information you've found.

4

## Reasoning for your resource choice

For the last section of the step you need to explain why you want to use that reference. Try connecting the resource to your disease and how it relates to dietary choices. There are not right or wrong answers, we just need to follow your thought process!

# TIPS FOR SUCCESS: ALTERNATIVE STEP 3

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How do I know if  
a source is valid?



- **Check the Author's Credentials**  
Is the author a doctor, researcher, or health professional? If so, explain how their background adds credibility to the information.
- **Look at Where It Was Published**  
Was the article published in a peer-reviewed journal or by a trusted health organization (e.g., CDC, NIH, WHO, or a university)? Mention this to support its validity.
- **Evaluate the Evidence**  
Does the source include data, studies, or references to research? Point out if it backs claims with evidence rather than opinions or personal stories.
- **Consider Objectivity and Bias**  
Is the article balanced and fact-based, or is it trying to sell something or promote an agenda? Trustworthy sources aim to inform, not persuade.
- **Check the Date**  
Recent sources are better for science topics. If the article is from the last 5 years, say why that matters for keeping your information current and relevant.
- **Use Your Own Words**  
Avoid copying what the article says. Instead, show that you understand why it's a good source by summarizing its strengths in your own words.