

Jenna Carlson

*Comparison of Weight-Loss Programs*

To begin my paper and presentation I looked for resources located within the library's online research database. I scoured the library's online research database for at least a month to ensure I had found as many reliable, useful research articles as possible. In total, I was able to find about 45 usable research articles that I referenced throughout my paper and presentation. Being able to use the library's resources gave me the materials I needed to successfully complete my paper and presentation.