Often we seek information that confirms our own thoughts and feelings towards a topic. This is NOT RESEARCH. Research and learning comes from finding sources that speak to the truth of a topic, no matter how much it hurts 😞

Only by keeping personal biases in check can you begin to vet information for credibility. These steps will help you find sources that are credible and reliable in your research process.

**Personal steps**

- **Identify** emotions attached to the topic.
- **Find** unbiased reference sources that will provide a proper and informative overview of the topic.
- **Intellectual courage** is needed to seek authoritative voices on the topic that may fall outside your comfort zone or thesis.

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**Source steps**

- **Authority** established. Does the author have education, experience, and expertise in the field?
- **Purpose/Point of view.** Does the author have an agenda beyond education or information?
- **Publisher?** Does the publisher have an agenda?
- **List of sources** (bibliography). Is the evidence reliable, sensible, and accessible?
- **Year of publication.** Does the date of publication affect the information?