




# Hacking the Stress system

Paper preparation



# Key requirements

- ▶ Subject of your choosing as long as it relates to stress and peak performance
  - ▶ Min 5 pages (2.0 spacing)
  - ▶ Proper bibliography and referencing (preferably APA) (min. 10 sources)
- 



# Choosing your subject

- ▶ Make sure that you are actually interested in the problem!! Do not go for easy or quick! Go for interesting!!! It is much easier to work through if it does not feel like a torture session!!!!
- ▶ Make sure that your topic is small enough to actually study something. Too broad and you will never be able to get to something worth while!
- ▶ If you need help, you know where to find me.




# General styles of academic writing

- ▶ Anglo-American
  - ▶ German
  - ▶ French
- 



# Basic structure

- Introduction
    - Introduce the problem
    - What is known about the problem
    - What you are going to do about it
    - Limitations of your solution
  - Chapters
    - Try and keep your work at a max of 3-5 chapters. Each chapter presents an argument or some other type of essential information
  - Conclusion
- 



# Referencing

- ▶ Referencing refers to methods with which you point out in your text where you got your information from.



# Types of courses

Primary literature	Secondary literature
Is the source independent?	Who is the author?
Is the source corroborated by other sources?	Where was it published?
Does the source have an agenda?	Does the author have an agenda?



# Referencing APA style

- ▶ Make sure that you reference every fact that you introduce that you did not come up with yourself!!!
- ▶ Despite decades of extensive study, a commonly accepted definition of, or even a conceptual framework for, the study of leadership has yet to emerge (Gandolfi & Stone, 2018; Raffo & Clark, 2018).
- ▶ Going back to the 1950s studies into conformity have demonstrated that non-conformity leads to general psychological discomfort and increased stress sensitivity (Asch, 1956; Kim, Chen, Smetana, & Greenberger, 2016; Kundu & Cummins, 2013; Paruzel-czachura, Wojciechowska, & Bostyn, 2023).





# Books



- ▶ Nature

- ▶ Lakoff, G. & Johnson, M. *Metaphors we live by*. (University of Chicago Press, 2003).

- ▶ Harvard-Elsevier

- ▶ Lakoff, G., Johnson, M., 2003. *Metaphors we live by*. University of Chicago Press, Chicago.

- ▶ Chicago manual

- ▶ Lakoff, George, and Mark Johnson. *Metaphors We Live by*. Chicago: University of Chicago Press, 2003.

- ▶ American Psychological Association

- ▶ Lakoff, G., & Johnson, M. (2003). *Metaphors we live by*. Chicago: University of Chicago Press



# Articles



- ▶ Nature.
  - ▶ Sapolsky, R. & Balt, S. Reductionism and Variability in Data: A Meta-Analysis. *Perspectives in biology and medicine* **39**, 193–203 (1996).
- ▶ Harvard-Elsevier
  - ▶ Sapolsky, R., Balt, S., 1996. Reductionism and Variability in Data: A Meta-Analysis. *Perspectives in biology and medicine* 39, 193–203.
- ▶ Chicago Manual
  - ▶ Sapolsky, Robert, and Steven Balt. “Reductionism and Variability in Data: A Meta-Analysis.” *Perspectives in Biology and Medicine* 39, no. 2 (1996): 193–203.
- ▶ American Psychological Association
  - ▶ Sapolsky, R., & Balt, S. (1996). Reductionism and Variability in Data: A Meta-Analysis. *Perspectives in Biology and Medicine*, 39(2), 193–203



# Bibliography



- In your bibliography you report all the sources you have used in alphabetical order.
- In APA style that would look like:

Abbasi-habashi, S., Ghasemzadeh, Z., & Rezayof, A. (2020). Morphine improved stress-induced amnesia and anxiety through interacting with the ventral hippocampal endocannabinoid system in rats. *Brain Research Bulletin*, 164(August), 407–414. <https://doi.org/10.1016/j.brainresbull.2020.09.002>

Alvesson, M., & Einola, K. (2019). Warning for excessive positivity: Authentic leadership and other traps in leadership studies. *Leadership Quarterly*, 30(4), 383–395. <https://doi.org/10.1016/j.leaqua.2019.04.001>

Alvesson, M., & Kärreman, D. (2016). Intellectual Failure and Ideological Success in Organization Studies: The Case of Transformational Leadership. *Journal of Management Inquiry*, 25(2), 139–152. <https://doi.org/10.1177/1056492615589974>

Alvesson, M., & Spicer, A. (2012). Critical leadership studies: The case for critical performativity. *Human Relations*, 65(3), 367–390. <https://doi.org/10.1177/0018726711430555>

Andrews, B., Brewin, C. R., Philpott, R., & Stewart, L. (2007). Delayed-onset posttraumatic stress disorder: A systematic review of the evidence. *American Journal of Psychiatry*, 164(9), 1319–1326. <https://doi.org/10.1176/appi.ajp.2007.06091491>



# Referencing tools



Mendeley



Zotero



Pubmed