You can use a variety of resources to support your assessments.

Try to focus on evidence-based sources that are written and reviewed by experts. Examples of ‘academic’ sources include textbooks and academic journals.

**TEXTBOOKS**
- Good for: + A clear overview of a subject + A starting point for research
- Not as good for: - Finding the most up-to-date research

**ACADEMIC JOURNALS**
- Good for: + The latest academic research, produced and reviewed by experts
- Not as good for: - A broad overview of a topic

**WEBSITES**
- Good for: + Accessing a vast range of information sources
- Not as good for: - Finding trustworthy information produced by experts

**NEWSPAPERS & MAGAZINES**
- Good for: + Up to date news, fact and opinion
- Not as good for: - Balanced or extensively researched information in an academic style

There are many other types of resources that you can utilise in your academic work, each with its own strengths and weaknesses.

For more insight into the range of sources you can use in your academic work, visit the Sources page of our Search Techniques LibGuide.