

PRO-STUDY ONLINE User Guide





Click the Chapter Title in the top right corner to go back to the beginning of the chapter

1. GETTING STARTED

Click the menu icon in the bottom right corner of each page to take you back to the Main Contents Page



Click the book icon to go to the Pro-Study Glossary





Pro-Study is your one-stop solution for effective and efficient academic research management, allowing you to effortlessly collect, organise and reference information from various sources in a centralised, colour-coded database.

Quickly capture information from Web pages, Textbooks, Files, Journals or Articles and effortlessly manage, organise and work on multiple projects within your Pro-Study database.

This user guide will help you navigate Pro-Study's functionalities. From saving research into Research Tiles from documents or websites, to categorising those tiles within various projects, and ultimately, exporting them into a fully formatted Word document with a complete reference list.



YouTube:

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Chapter 1 Getting Started

This chapter will guide you through your first steps of using Pro-Study from registration to downloading the browser extension, helping you to make the most of Pro-Study's powerful tools.

You'll also learn how to create projects and add categories - the foundation of your research organisation.





Registration & downloading the Pro-Study Extension

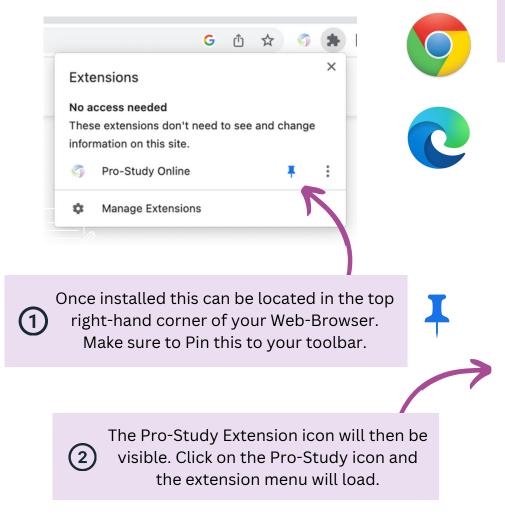
If you haven't already done so, please register an account here.

Login to Pro-Study Online



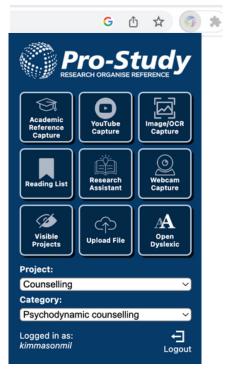
Once you have successfully logged into Pro-Study your current projects will open.

To make full use of Pro-Study we recommend downloading the Pro-Study Extension.



<u>Download from the Google</u> <u>Chrome web store</u>

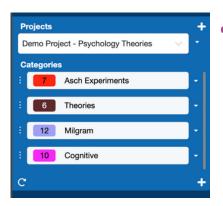
N.B. Chrome extensions can also be downloaded and used in Microsoft Edge





Creating a New Project

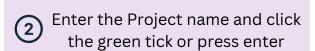
Creating projects and categories within Pro-Study gives your work structure and can help you stay organised.



To make a new
project click the +
icon next to projects
on the side panel

Tip:

Projects could be based on an essay, exam, presentation or any other work you need to do





Projects
Psychology Theories

Rename
Reorder
Delete

Click the down arrow to Delete or Rename your Projects

Tip:

Creating categories allows you to break your project into colour coded topics and ideas

Adding Categories



To add a new category, click the + at the bottom of the side panel.

Enter the category name

And then choose a colour to represent that category.

Once the category is ready, click the green tick or press enter. Repeat as many times as needed







Chapter 2 Capturing Information

The ability to capture and organise information effectively is the foundation of any successful research process.

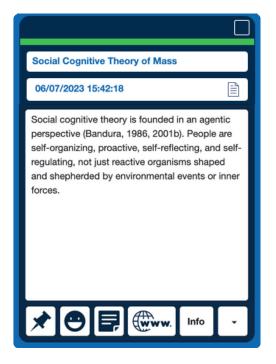
In this chapter we'll look at how you can use Pro-Study to gather both text and images from various sources such as web pages and uploaded files.

By the end of this chapter, you'll be able to effortlessly capture, upload, annotate and categorise information, helping you turn vast amounts of data into structured, manageable chunks of knowledge.





Capturing Information



Research Tiles

Your captured content will automatically be saved as a 'Research Tile' into your database and will include:

- Hyperlink back to the source
- Author (when the website includes an author)
- Article title
- Capture Date
- Content type Icon

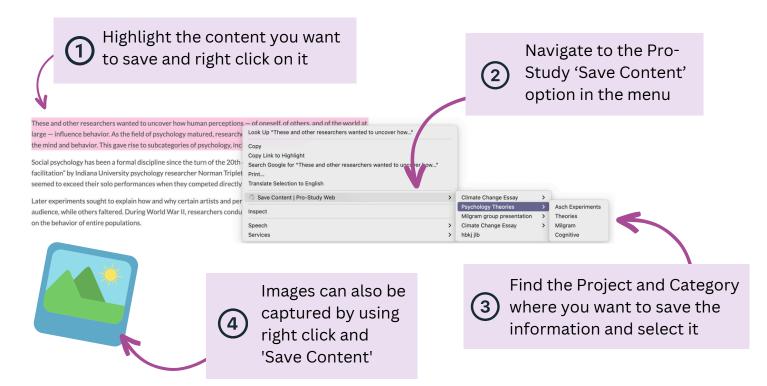
Capture Counter: Each topic in a project will have a number next to it telling you how many Research Tiles you have collected





Capturing from Web Pages

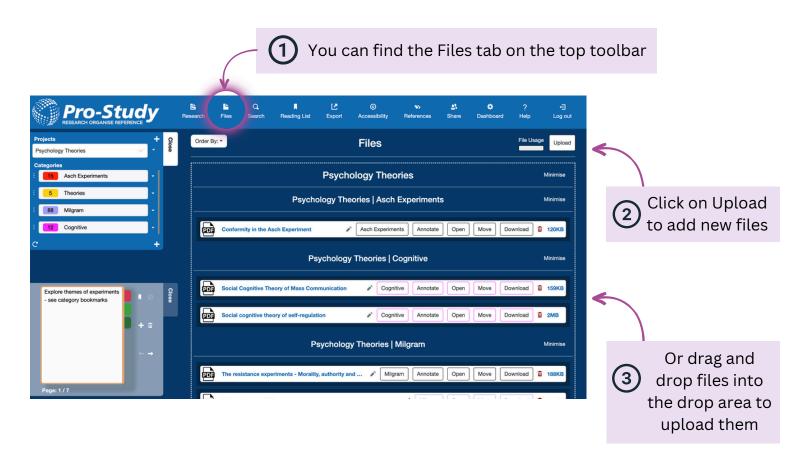
Please ensure you have installed and pinned the Pro-Study Extension first.

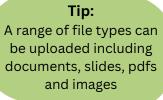




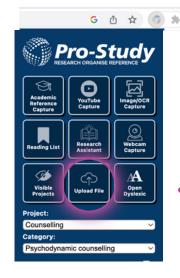
Uploading Files

Upload Files to store them within the Pro-Study Cloud. Here you can also open PDF, Word, PowerPoint and Excel files and capture key information from them. Captured information will be turned into Research Tiles, the same way capturing from a website works.







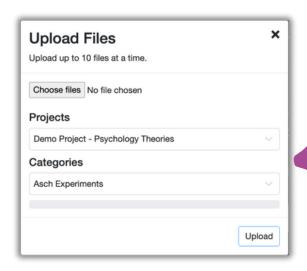


Files can also be uploaded with the 'Upload File' feature within the Pro-Study Extension.



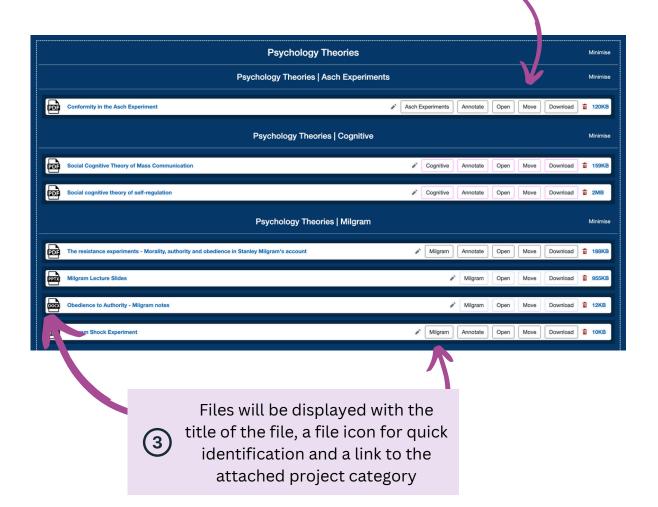


Uploading Files



Choose which project and category you want the file to be linked to

Files can be moved to other projects and categories, downloaded and deleted





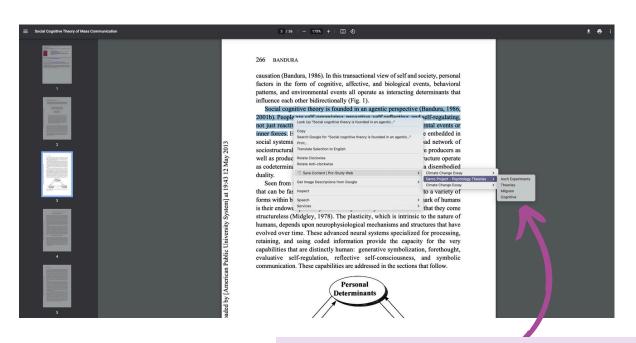


Opening and Capturing Information from Uploaded Files



1

Click the Open button to view your file



Social Cognitive Theory of Mass

06/07/2023 15:42:18

Social cognitive theory is founded in an agentic perspective (Bandura, 1986, 2001b). People are self-organizing, proactive, self-reflecting, and self-regulating, not just reactive organisms shaped and shepherded by environmental events or inner forces.

Once a file is open you can use the standard highlight, right-click capture method

Research Tiles will be produced with the captured research from a file.

Research Tiles will include the title of the original file and a hyperlink back to the original file source. The source will automatically be set to Journal, but can be changed in the *Info* window.

Tip:

The Research Assistant tool can also be used to capture key information from a File.





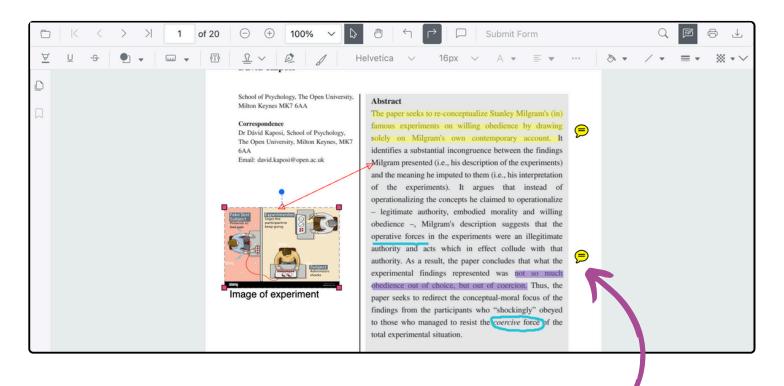


Annotating Images and PDFs

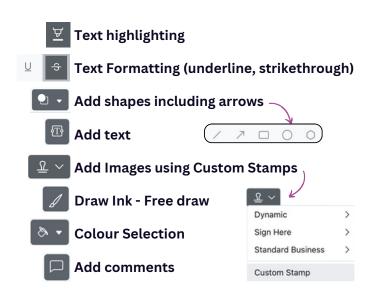
Use the Annotation Tools to mark up documents and highlight key information. These can also be utilised when using the Image/OCR Capture tool in the browser extension.



Click the *Annotate* button on any PDF or Image



Annotation Tools available:



Double click any annotation to add/view comments

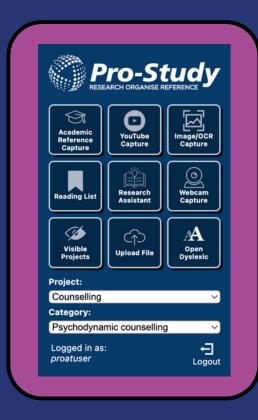








Chapter 3 Pro-Study Browser Extension



The Pro-Study browser extension includes a number of features that will help you easily collect research to add to your projects and categories.

The extension is available for Google Chrome and Microsoft Edge through the Chrome extension store.





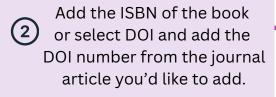


Academic Reference Capture

Use the Academic Reference Capture to add reference information using a DOI or ISBN number.



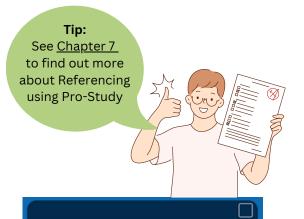
Open the Pro-Study Extension, choose a project and category in the drop-down menu and click *Academic Reference Capture*.







This will show up in the References Tab for that Project.



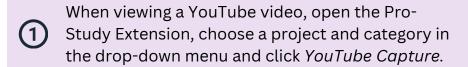


YouTube Capture

Use the YouTube Capture button to save whole videos as Research Tiles.



These can be watched directly within Pro-Study.





The video will be saved as its own Research
Tile with your specified Project and can
watch the video directly in the Tile.





Image/OCR Capture

This feature can be used to capture images and any text. This is particularly useful if text cannot be highlighted e.g. Google Books.



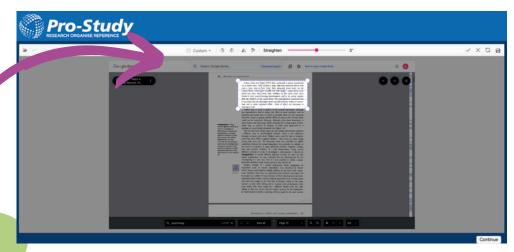
Open the Pro-Study Extension, choose a project and category in the drop-down menu and. Click Image/OCR Capture button

Use the editing tools
to crop the screenshot
to capture the specific
text you want.

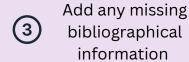


Tip:

You can also use the editing tools to annotate images with text or drawings, as well as changing the background colour to suit your preference.

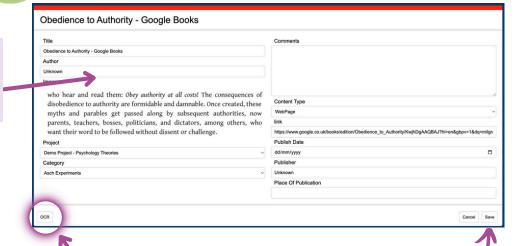






Tip:

OCR stands for Optical Character Recognition and is the process of making inaccessible text (such as within an image) into accessible text.



Click the OCR button to turn an image of the text into editable text.







Research Assistant

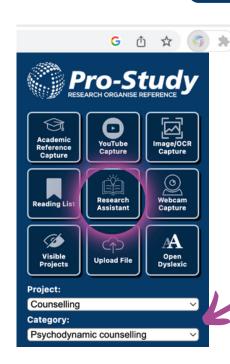


Use the Research Assistant to automatically find the key information within a webpage or file and create Research Tiles for you.

Full Webpages or Files

Use the following steps if you'd like the Research Assistant to find the key information on a whole web page or document.

- Open the Webpage or File you want to research, and ensure that no text or images are selected on the webpage or file so that the Research Assistant can function correctly.
 - Open the Pro-Study Extension and choose the Project and Category where you want the information saved.
 - Click the 'Research Assistant' Tool and wait for the Research Assistant to analyse the content.



Switch between text and Images to view content

The Relevancy
bar will indicate
the content's
relevancy.



6 Select the Research Tiles you want to keep and click *Save Tiles*.



Tip:

The Research Assistant eliminates clutter on web pages or journals such as adverts, helping you quickly locate the key information.







Research Assistant - Specific Text

Analysing Specific Text

(1)

Highlight all the content you want the Research Assistant to analyse



Open the Pro-Study Extension
and choose the Project and
Category where you want the
information saved.

3 Click the 'Research Assistant' Tool

Three new Research Tiles containing the most important information from the content will appear in your chosen project and category

After the stimuli were presented to the group in some trials, all other group members unanimously gave a wrong answer to the task.

Participants had to decide whether to provide the right answer and stand out from other group members or whether to conform to the

group that is making a mistake and avoid the anxiety of being the

Confederates are actors that pretend to be participants in an

task in a group and didn't know they were the only subject of the experiment. Participants thought they were a member of a larger

panel making the judgements. They met the other group members who were taking part in the task, not knowing they were

confederates.

Definition

experiment.



Tip: Research Tiles created using the Research Assistant will have a comment identifying this







Other Extension Features



Webcam Capture

Choose a project and category and then click the Capture tool in the Pro-Study Extension. This will open your webcam so you take a picture.



Reading List

Choose a project and category and then click the Reading List button in the Pro-Study Extension. This will save the whole page for later use.



Visible Projects

You may have multiple projects in your Pro-Study database. To help capture information and save it to the correct project and category you may want to reduce the number of visible projects in the capture menu.





Open Dyslexic

Select the 'Open Dyslexic' Tool to change web page font styles to Open Dyslexic. This font can reduce reading errors for people with dyslexia, allowing them to distinguish individual letters.

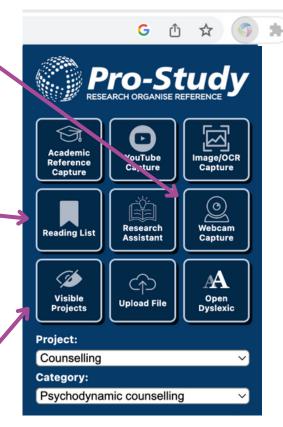
What was the Stanley Milgram experiment?

The Stanley Milgram experiment is one of the most famous and controversial studies in the history of psychology. The study was conducted in the early 1960s, and it examined people's willingness to obey an authority figure, even when that obedience caused harm to others. In this article, well take a closer look at the Milgram experiment, its significance, and its impact on psychology.

Upload File

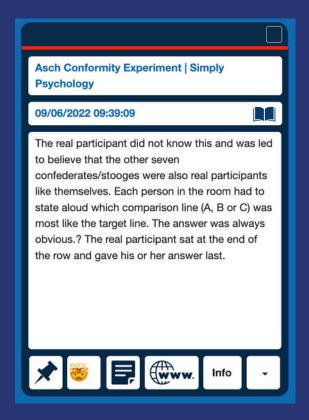


Downloaded a useful File? Upload this directly in the Pro-Study Browser Extension.





Chapter 4 Research Tiles



Research Tiles are the backbone of your Pro-Study Projects.

Research Tiles contain captured content as well as useful information, making your research readily accessible for later use.





Research Tiles

Title & Capture Date

This will show the title of the research captured, along with the capture date

Pin

Click the pin on a tile to move the tile to the top of your Research Tiles

Emojis

Click to add emojis. These can then be used to quickly filter your research

Asch Conformity Experiment | Simply Psychology

09/06/2022 09:39:09

The real participant did not know this and was led to believe that the other seven confederates/stooges were also real participants like themselves. Each person in the room had to state aloud which comparison line (A, B or C) was most like the target line. The answer was always obvious.? The real participant sat at the end of the row and gave his or her answer last.

Comment

Click the comment icon to add a comment to a tile. Comments can also be included in your export. Comments will also show when you've used the Research Assistant

Multi-Select

Select multiple Tiles to move, copy, or delete simultaneously.

Content Icon

This icon
indicates where
the Content Type
e.g. Journal
Article, Book,
Web page etc.

Tile Menu

See next page

Tile Info

See next page

Hyperlink

Click the hyperlink icon to go back to the exact section of the source



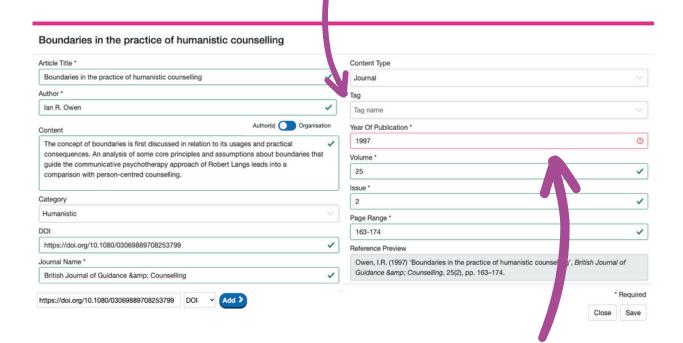




Tile Info



- Click 'Info' to view all the data that was collected about the content
- Add tags to aid organisation (See next page)



Add any missing information to help with referencing later.

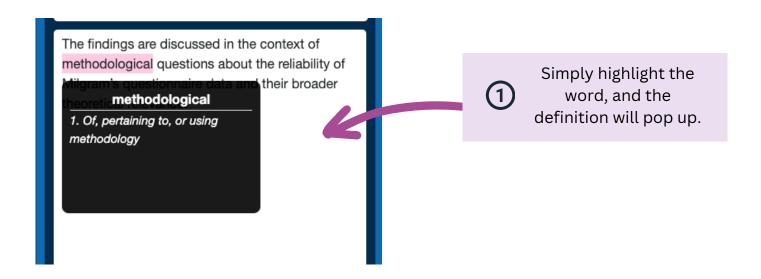
Tip:Find out more about how to add reference information in the Referencing Chapter.

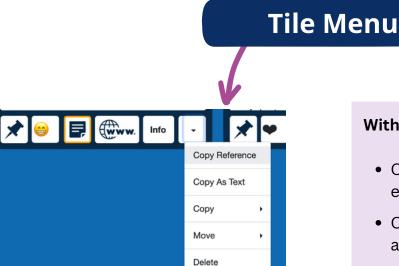




Word Definition

Pro-Study can be used to get an instant definition of a word within your captured research.





Within the Tile Menu you can:

- Copy the reference and paste it elsewhere, e.g. MS Word
- Copy As Text to copy all the content and data elsewhere e.g. MS Word
- Copy the tile to another project or category
- Move the tile completely into a different project or category
- Delete the tile



Chapter 5 Organising Your Research Tiles

In this chapter we explore the flexible and dynamic ways you can organise and manage your Research Tiles.

Adding Tags and using filters to view your Research Tiles in different ways creates a space that adapts to your research process





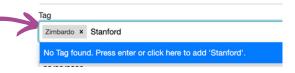
Organising your Research Tiles

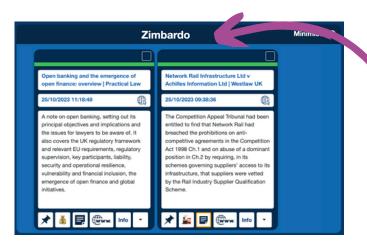
Pro-Study helps you to stay organised by further options to categorise and label your Research Tiles.

Tags

1

Add a 'Tag' in the Tile info window. Choose from an existing tag or press Enter to add a new one.





This will then add that tile to a section with other tiles that have the same Tag.

(2)

These tagged sections can be minimised so only certain tiles are visible.

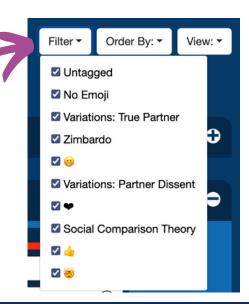




Filter

1

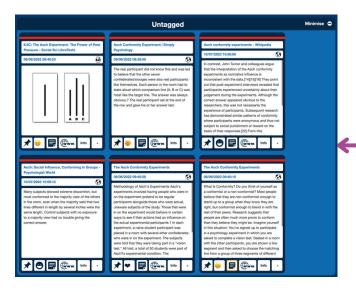
Click on the filter button and select the filters you want applied. Only tiles with these tags or icons will be shown.





Changing the View

Depending on the context of your project, you may want to view your Research Tiles in different ways.









These can be accessed under the 'View' menu

Tiled

'Tiled' is the default view of your Research. Information is displayed on each tile including the Content and links.

Detailed

Detailed view creates a table of your research. Columns can be added using the tick boxes at the top of the page to show additional information for each tile such as date, author etc.

By clicking **'Expand View'** you will be able to view all of the content for each Tile.

Compact

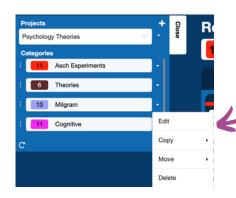
Viewing your Research Tiles in compact view hides your captured information and instead only displays the Source information and Tile Menu.





Editing Projects and Categories

As you go along you can edit your existing projects and categories. This can be particularly useful for when you come across a new topic during your research journey.



Click the edit button to edit a specific category, or the + icon to add a new category

Research Capture Counter

Each category within a project with have a research counter so you know how many tiles are within each category

Research Tiles

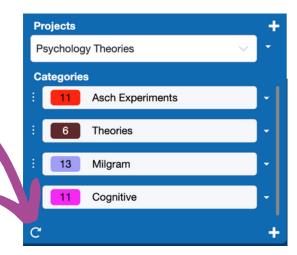
11 Asch Experiments

You can click the refresh icon to make sure your projects and categories are up to date



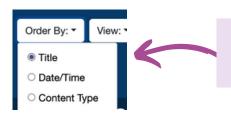
Tip:

The Research Capture Counter is a great way to keep track of your research journey. If a category has a low number of Tiles, it may be worth spending more time on that topic.





Order By

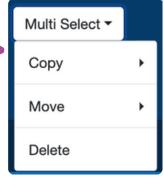


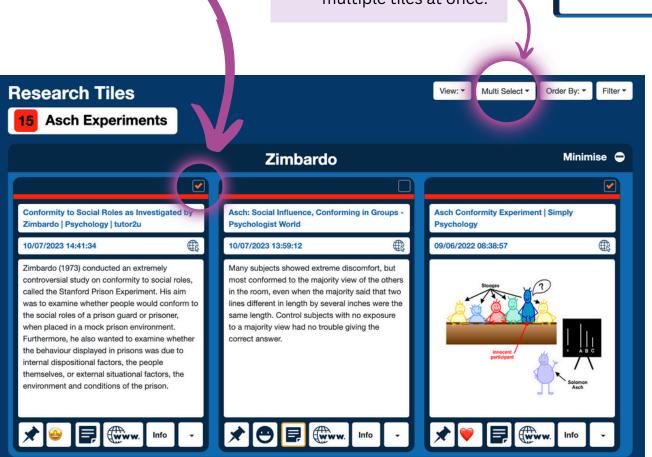
Order Tiles within each category by their Title, Date/Time uploaded or the type of content

Multi-Select Tiles

Select Tiles using the tick box in the corner of each Tile

Click the Multi Select button and choose to
Copy/Move to another Project or Category.
You can also delete multiple tiles at once.

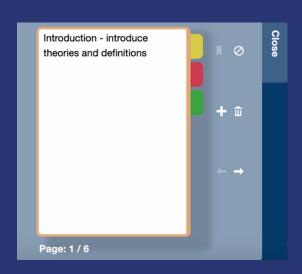








Chapter 6 Project Notepad

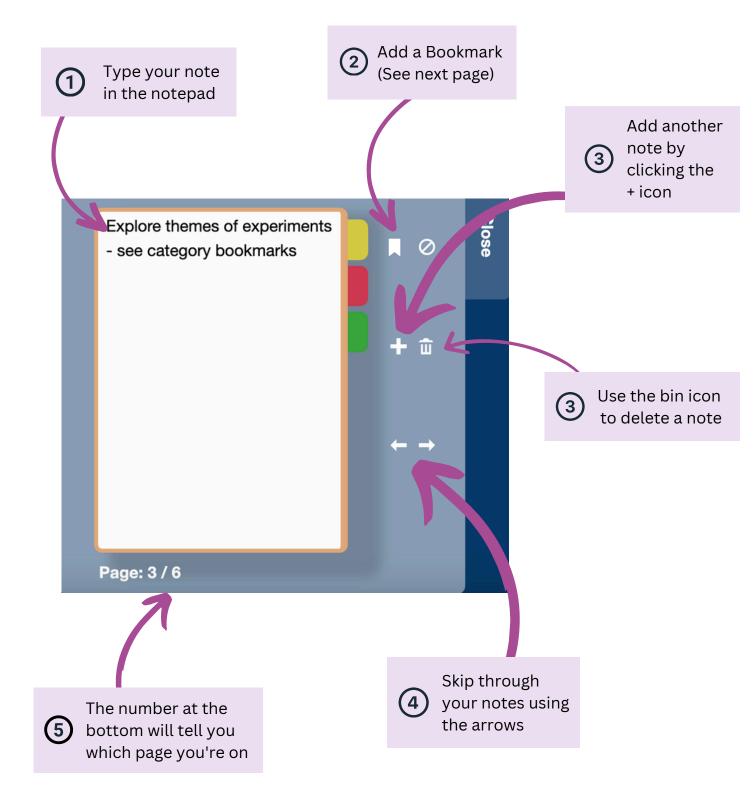


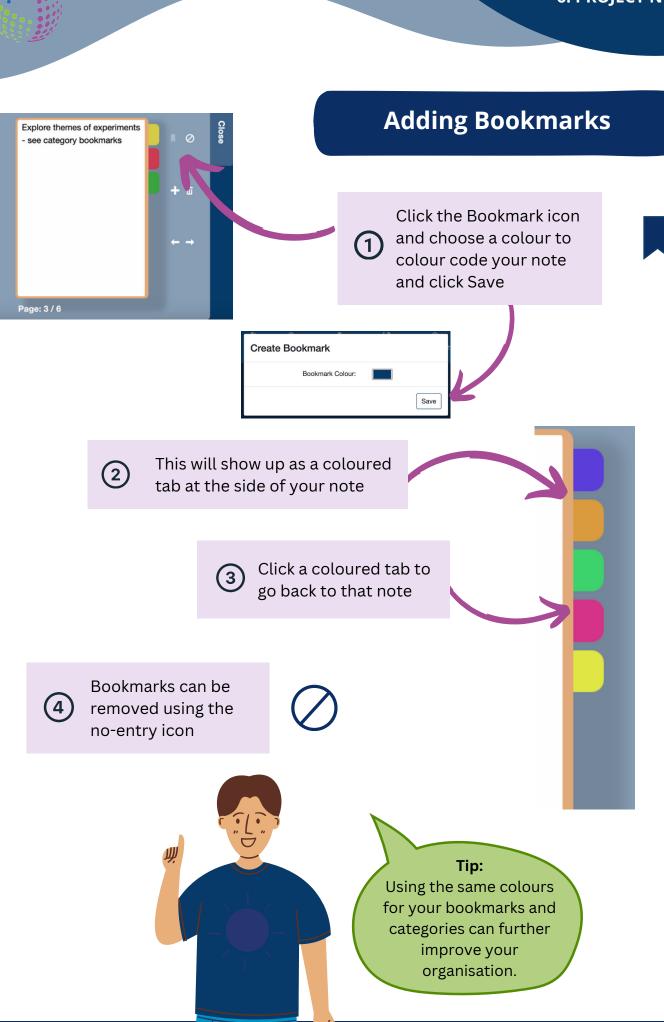
As you navigate through your research journey, there may be bursts of inspiration, key insights, or important reminders that you would like to jot down quickly.

The Project Notepad is a handy, digital companion that sits at the side of your Research Tiles, ready to capture your thoughts and ideas on the fly.



Project Notepad

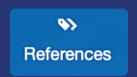






Chapter 7 Referencing



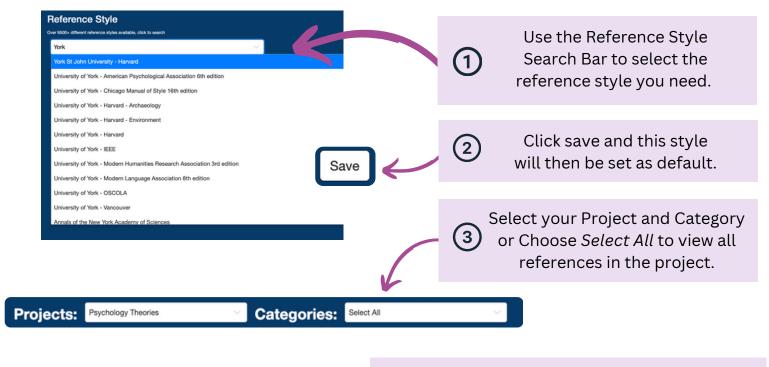


With Pro-Study you can create a fully formatted Reference List to accompany your projects. You have access to over 9500 referencing styles, allowing you to make sure your referencing is exactly how it should be formatted.

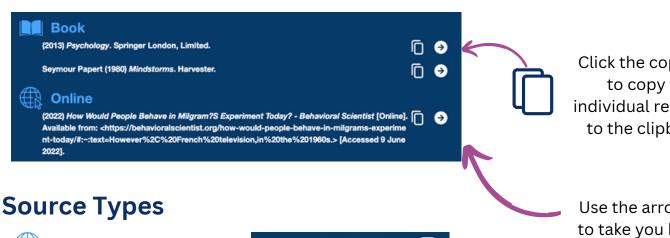




References Tab







Click the copy icon to copy the individual reference to the clipboard.



Web Page



Book



F-Book



Journal



E-Journal

Remove Duplications



If you have created numerous Research Tiles from the same source, click Remove Duplications to view only one reference per source.



Use the arrow icon to take you back to the Research Tile this is associated with. From here you can edit the reference details

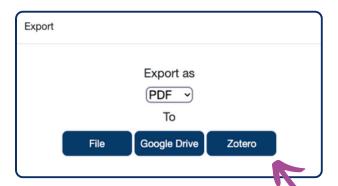


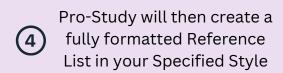


Export References

Export References List







<u>Bibliography</u>

Bell, J. (1993) Doing your research project: a guide for first-time researchers in education and social science. 2nd ed. Buckingham; Philadelphia: Open

Coyne, I. et al. (2016) 'An exploration of clinical practice in sites with and without clinical nurse or midwife specialists or advanced nurse practitioners, in Ireland', BMC Health Services Research, 16(1), p. 151. Available at: https://doi.org/10.1186/s12913-016-1412-8.

Hargreaves, S. (ed.) (2016) Study skills for students with dyslexia: support for specific learning difficulties (SpLDs). 3rd edition. Thousand Oaks, CA: SAGE Publications (Sage study skills series).

Htay, M. and Whitehead, D. (2021) 'The effectiveness of the role of advanced nurse practitioners compared to physician-led or usual care: A systematic review, International Journal of Nursing Studies Advances, 3, p. 100034. Available at:

https://www.sciencedirect.com/science/article/pii/S2666142X21000163 (Accessed: 14 November 2023).

McNicholl, A. et al. (2021) The impact of assistive technology use for students with disabilities in higher education: a systematic review, Disability and Rehabilitation: Assistive Technology, 16(2), pp. 130–143. Available at: https://doi.org/10.1080/17483107.2019.1642395.

Mortimore, T. (2003) Dyslexia and learning style: a practitioner's handbook. Repr.

Schadewaldt, V. et al. (2013) Views and experiences of nurse practitioners and medical practitioners with collaborative practice in primary health care – an integrative reviewe, BMC Family Practice, 14(1), p. 132. Available at: https://doi.org/10.1186/1471-2296-14-132.

Wilson, A., Pearson, D. and Hassey, A. (2002) 'Barriers to developing the nurse practitioner role in primary care—the GP perspective', Family practice, 19(6), pp. 641–646. Available at: https://academic.oup.com/fampra/article-abstract/19/6/641/477714 (Accessed: 14 November 2023)

Once you have your Project and Category selected, Click the *Export Reference List*.

Next choose the type of file you'd like to create and where you'd like to save your reference list.

Choose whether to save your reference List to your computer or Google Drive. Your references can also be added to your Zotero library.



You can also use *Copy all References* to copy all the references in the list to the clipboard.

Copy all References



Tip: References can also be exported within the *Export*Tab either as a standalone list or part of your exported Project documents.





Export References Only

Include References





ISBN/DOI Look Up Tool

Tile Info Window



Use the Academic Reference Capture to add reference information using a DOI or ISBN number.
This can be accessed through the Browser Extension or through the Info Window on each Tile.

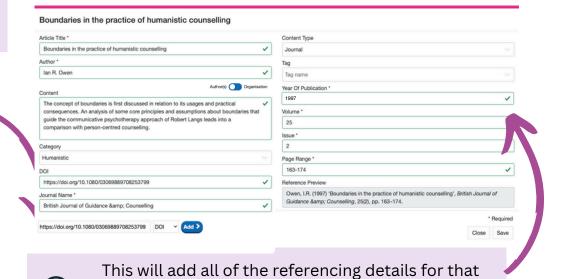
Click the Add

ISBN/DOI button

Add ISBN/DOI

Select either ISBN or DOI, enter the number and

click Add



book or journal article to the text boxes. Any missing

information will be highlighted in red.

What is an ISBN or DOI number?

(3)

These are unique identification numbers given to books and journal articles. Each book has an ISBN numbers and will often begin with 978, whilst DOI numbers start with 10. or http://doi.org/10.



When referencing organisations rather than authors, (e.g. NHS, The Guardian, BBC News), use the **Organisation** toggle to ensure accurate referencing.

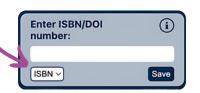
Web Extension

Add the ISBN/DOI from the book or journal article you'd like to add.





This will create a Research Tile for that Journal Article or Book





http://



Referencing using the Project Assist App

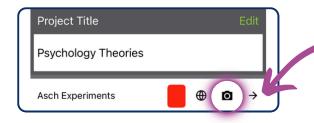


The dedicated Project Assist App is a great tool for capturing text from physical books and documents.

By simply scanning a book barcode, you will gain access to over 27 million book references.



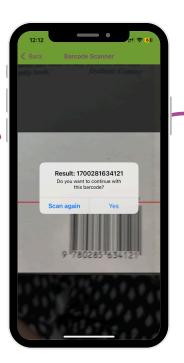
For more guidance on how to use the Project Assist App, see our the app User Guide

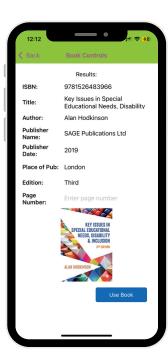


(1)

Capture text or images using your phone's camera by clicking the Camera icon in the specified category.









Once you have captured the text, click *Scan Barcode*.



Use the camera to scan the book's barcode. Click *Yes* to proceed.



View the book details, adding any missing information and click *Use Book*.





Chapter 8 Toolbar Features

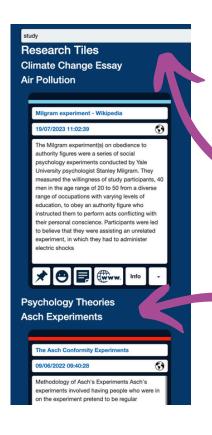


The Toolbar houses Pro-Study's essential features, giving you quick and direct access to a range of functionalities including:

- Search
- Reading List
- Export
- Share
- Accessibility









Search Function

Pro-Study allows you to search across all of your projects for key words or phrases.

Search for a key word in the Search feature and it will display all the results, listed by project name and category.

Here you can also click on a project title to go directly to that project.

Reading List

Use the Reading List feature within the Pro-Study extension to save useful websites and uploaded files to return back to later.

- When on the web page, choose the project you'd like to save the webpage to and click *Reading List*.
- Captured bookmarks will be listed under the Reading List tab on the toolbar





Pro-Study





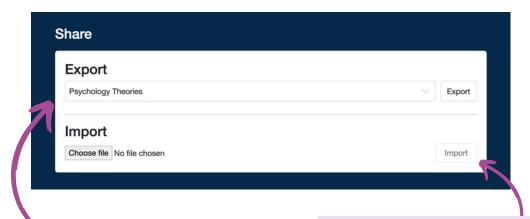
Logged in as:





Share

Pro-Study allows you to easily share projects with other Pro-Study users, making it really useful for group work to keep everyone on the same page.



To send a file to another user:

Choose the project you want to share in the drop-down menu.

Click Export and then send them the file.

To import a project sent to you:

Click import and choose the file to import a project.

Dashboard







Use the Dashboard feature to quickly access your Pro-Study Profile, where you can review your information and make any necessary edits or updates.

Exporting Your Projects

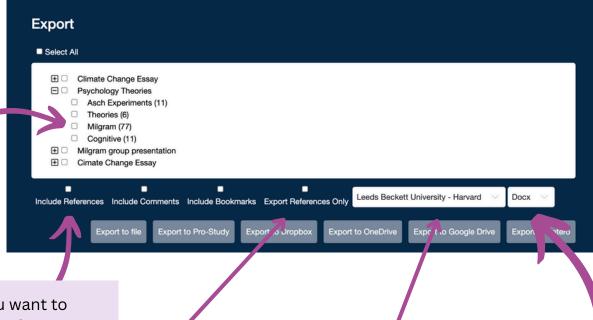


Click on the Export
Tab on the Toolbar

Once you have compiled your research into your project and categories, you can then export these into a fully formatted report, with all your referencing complete.

2

Choose which projects and categories to Export (you can mix and match)



Select if you want to include the references (bibliography), comments or Bookmarks



You can also choose to just Export the References (Bibliography) only



Use the Drop Down to select the reference style. More than 9500 styles can be found in the References main menu



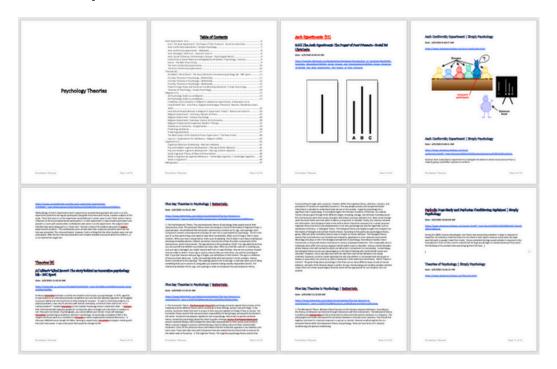
Choose the type
of file you want
to create. You
can choose from
Docx, PDF or CSV
(Excel). Then click
Export to file





Exported documents

Example of an exported Document:



The reference list will be on the final page

BetterHelp (2022) Five Key Theories In Psychology | BetterHelp [Internet]. Available from https://www.betterhelp.com/advice/psychologists/five-key-theories-in-psychology/#:~:text=3.%20The%20Humanistic,but%20not%20another. [Accessed 19th June 2023].

Hanson, J. (2023) Asch Paradigm: Definition - Statistics How To [Internet]. Available from https://www.statisticshowto.com/asch-paradigm. [Accessed 19th June 2023].

May, B. (2022) Asch Conformity Experiment | Simply Psychology [Internet]. Available from https://www.simplypsychology.org/asch-conformity.html. [Accessed 19th June 2023].

Comments will show up in the right hand comment bar







Saving to the Cloud

You can also save to the Pro-Study Cloud, Dropbox, OneDrive or Google drive Cloud platforms.









Saving your references to Zotero



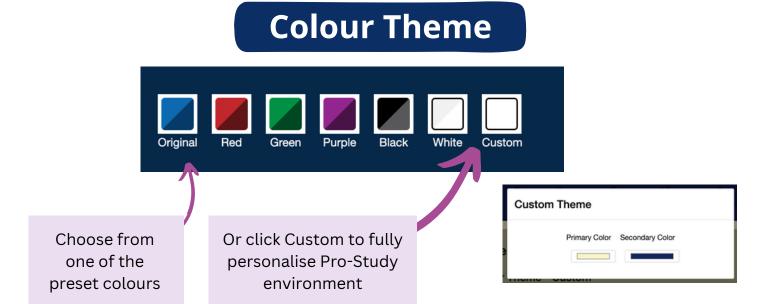
In Pro-Study, click 'Export to Zotero'

Once in Zotero, go to File, Import..., Choose your file and all of your references will be saved to your library.



Accessibility

Pro-Study offers various accessibility features that can be customised to best suit your needs.

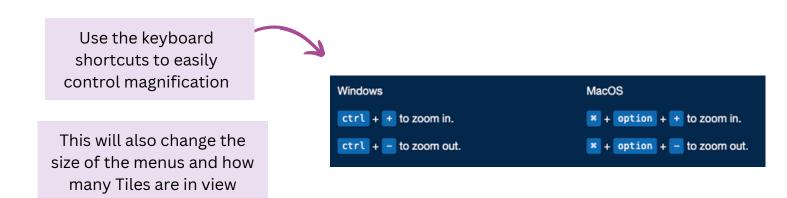


Fonts

Select your preferred font



Zoom Controls







Glossary

Project	Projects can be based on work you are working towards such as an essay or revision for an exam. Pro-Study allows you to work on multiple project at the same time.
Category	Categories can be used to break down your projects into topics, helping you to break complex ideas down into manageable chunks.
Research Tile	Research Tiles contain your captured research. This can be from an array of sources. Your research tiles can also be further organised and contain a hyperlink taking you directly back to the source with the captured text highlighted.
Research Assistant	The Research Assistant uses powerful AI to pick out key text and images from web pages and files, and allows you to save this captured research as Research Tiles.
Project Assist	Project Assist is Pro-Study's free dedicated mobile app that allows you to view your projects and capture research on the go. Book barcodes can also be scanned to collect the reference data.
Project Notepad	Project Notepad is your digital notepad allowing you to quickly jot down ideas for your work. You can further organise these using colour-coded bookmarks.
Reading List	Use the Reading List in the Web Browser to save useful webpages to return back to later.
Tags	Tags are an additional way to organise and label your research, helping you to further break down and dissect your categories.

