



MASTERS OF BUSINESS ADMINISTRATION (MBA)

LLM

STUDY SKILLS

- My ARU
- Al
- ARU Library
- Report Structure
- Referencing
- Turnitin UK
- Canvas

Dr Andre Samuel

andre.samuel@sam.edu.tt

September 2025

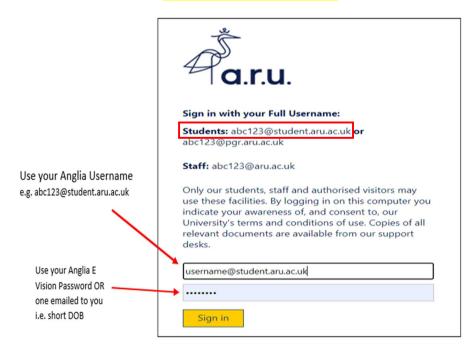
1. My ARU

https://myaru.sharepoint.com/sites/student-home

You can find useful information, news and links on our student intranet, My ARU

My ARU is your go-to place for news, information and links to systems such as Canvas and eVision

Login using YOUR ARU Username e.g. abc123@student.aru.ac.uk and e-vision password (ddmmyy)



My ARU - Home Learning and A		d Assessment	Learning apps 🗸	Student Finance
Š	My ARU My ARU - Home	Register for 202	Canvas e:Vision and Timeta	ble
			Student Engagemen	

2. Anglia Ruskin Library

https://myaru.sharepoint.com/sites/student-library

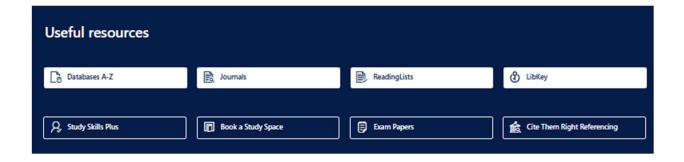
Login using your ARU Username e.g. abc123@student.aru.ac.uk and password

The Library offers friendly, professional support for library resources, study space and services.

We are here to support you, both online and on campus, to make the best use of the library and to help you to develop your information, research and digital skills.







Library Subject Guides:

Management- https://anglia.libguides.com/bus

Law- https://anglia.libguides.com/law

3. Al Guidance for assignments and study support

Al Tools at University: Introduction

https://anglia.libguides.com/Al/Intro



Using AI in your Studies and Assessment

https://canvas.anglia.ac.uk/courses/39379/pages/using-ai-in-your-studies-and-assessment



This course has been prepared for distribution to students and has undergone review and editing by multiple contributors involved in formulating ARU's policy on the use of AI in student assessments. Please, link to this course rather than copying or importing parts of it, as this is a rapidly changing topic, so updates are likely.

These pages provide information, tips, and videos to help you use AI effectively and ethically in your studies and assessments within ARU guidelines and regulations.

4. Referencing System

Full Guide Available at: https://myaru.sharepoint.com/sites/student-library/SitePages/referencing.aspx

Referencing

Referencing is a key skill you need to demonstrate good academic practice. You must provide references for everything you use to write your assignments. A reference provides the reader with all the information needed to accurately identify the original source of the authors you have quoted or paraphrased.

You will be taught how to reference as part of your course. Depending on what referencing style you are being taught with, we have information pages on Cite Them Right Harvard, APA (Psychology) and OSCOLA (Law).

Whichever style is preferred, you must use it consistently throughout your assignment. You should check in your module guide or with your lecturer/course leader before you begin your work to ensure you are using the right referencing style.



Choose an area to explore



The Harvard referencing style used at Anglia Ruskin University.

Learn more about Cite Them Right Harvard





APA System

APA is widely used by the Psychology profession and related disciplines.

Learn more about APA



OSCOLA

A referencing system specifically designed for legal materials.

Learn more about OSCOLA



How to login to CTR

To use the full extent of the CTR website, you might be asked to login via Institutional access. To do that, click the 'Log In' button in the top right hand corner:









Click on 'Login via your institution', search for 'Anglia Ruskin University' and select it.



LOG IN TO CITE THEM RIGHT

Login via your institution

You may be taken to a separate page where you need to login with your long username, e.g. abc123@student.aru.ac.uk, and your University password.

You can now use the full extent of ARU's subscription to CTR.

Harvard- for MBA Students

https://anglia.libguides.com/harvardctr

Harvard referencing is the style of referencing that is used at ARU that dictates the format of your references. There are variations of the Harvard style and at ARU we use Cite Them Right (online guide)

<u>Video</u> overview of Cite Them Right

If you want to find out a bit more about how to navigate through Cite Them Right, with an introduction to the basic elements of this style of referencing we produced a <u>quick guide (.pdf)</u>.

Quick Guide

In-Text Referencing

In-text citations

Each time you refer to someone else's work in your assignment, you need to include the author's surname/family name and the date of their work within your text at the point where you discuss their ideas.

Adding in-text citations into your work

Direct—when you mention the author in your sentence, add the date in brackets after their surname, e.g. Greenbaum (1998)

Indirect—when you haven't mentioned the author in your sentence, add both the surname and date in brackets, e.g. (Shaw, 2017)

For a **quotation**, add quote marks around the phrase and include the author, year and page reference at the end, e.g. 'verbal and observational data' (Stewart and Shamdasani, 2015, p. 15)

*Where there are 4 or more authors, include them all in the full reference, but just write the first one in the in-text citation followed by et al., e.g. (Bloor et al., 2001) Secondary referencing—only use this if you cannot access the original authors work, put the details of where you read about the person's ideas, e.g. Denscombe (1946, cited in Merton and Kendall, 2010)

Reference list

The reference list gives the full details of all the sources you have cited in-text. This list should be at the end of your work and in alphabetical order by author (include all authors for each reference*).

In an in-text citation you add author/date only, in your reference list you need to record the following four key elements:

- Authorship (Who created it?)
- Year (When was it published?)
- · Title of item (What is it called?)
- · Where to find it again (How can it be found?)

Turn over for the Quick Guide to Harvard Refencing which has examples for books, journal articles and websites.

In-text citations example paragraph

...Another way to find out people's views - is to use focus groups. This method was developed by Lazarsfeld and Merton in the 1940s (Bloor et al., 2001). Merton (1987) found that it was an established practice to use just twelve people to assess radio programmes. Together, Lazarsfeld and Merton developed the idea of a focused interview, and with others such as Denscombe (1946, cited in Merton and Kendall, 2010) devised a set of standardized procedures. The ideas were largely forgotten until the 1960s, when Greenbaum (1998) working for Proctor and Gamble, resurrected the idea. They found the benefit of focus groups are they generate verbal and observational data' (Stewart and Shamdasani, 2015, p. 15). A good moderator was important to keep the conversation relevant. Current guidance will also emphasis that if this is a work-based group it is important not to include both supervisors and subordinates into the same group (Health and Safety Executive, 2018).

Reference list example

Bloor, M., Frankland, J., Thomas, M. and Robson, K. (2001) Focus groups in social research. Sage.

Greenbaum, T. (1998) Handbook for focus groups. Sage.

Health and Safety Executive (2018) *How to organise focus groups*. Available at: http://www.hse.gov.uk/stress/standards/pdfs/focusgroups.pdf (Accessed: 21 June 2019).

Merton, R. (1987) 'Focus interviews and focus groups: continuities and discontinuities', *Public Opinion Quarterly*, 51(1), pp. 550-557.

Merton, R. and Kendall, P. (2010) 'The focused interview', *American Journal of Sociology*, 51, pp. 541-557, Available at: https://doi.org/10.1073/sh/1.3.117-c

Stewart, D. W. and Shamadasani, P. N. (2015) Focus groups: theory and practice. 3rd edn. Sage.

Some useful expressions for In-text citations:

Introducing someone's ideas:

Bloggs (2002) suggests/argues/states/believes/concludes/proposes that ---

According to Bloggs (2002) ---

Introducing an idea/theory that agrees with/has built on another:

This is supported by Smith (2003).

in line with the view/theory/suggestion of Smith (2003). reflects the " " "

Smith (2003) accepts/supports/agrees with/concurs with this view/suggestion/theory.

A similar view is held by Smith (2003)

Introducing an idea/theory that disagrees/contrasts with another:

This conflicts/contrasts with/is contrary to the view held by Smith (2003) that ---

Smith (2003), on the other hand/however/in contrast, suggests that ---

Reference List

Elements required for a reference list with examples

	WHO created it?	WHEN was it published?	WHAT is it called?	HOW can it be found?	Examples
Books	Surname, Initial(s).	(Year of publication)	Title of book.	Publisher.	Cottrell, S. (2019) <i>The study skills handbook</i> . 5th edn. Red Globe Press.
Journal articles in print	Surname, Initial(s).	(Year of publication)	'Title of article', Title of Journal,	Issue information, Page reference.	Mirehie, M. and Gibson, H.J. (2020) 'Women's participation in snow-sports and sense of well-being: a positive psychology approach', <i>Journal of Leisure Research</i> , 51(4), pp. 397-415.
Journal articles with DOI	Surname, Initial(s).	(Year of publication)	'Title of article', Title of Journal,	Issue information, Page reference. Available at: DOI	Larson, R.B. and Farac, J.M. (2019) 'Profiling green consumers', <i>Social Marketing Quarterly</i> , 25(4), pp. 275-290. Available at: https://doi.org/10.1177/1524500419882391
Websites	Surname, Initial(s). or Organisation	(Year that the page was published/last updated)	Title of web page.	Available at: URL (Accessed: date).	Forestry and Land Scotland (2021) Permissions and permits. Available at: https://forestryandland.gov.scot/business-and-services/permissions-and-permits (Accessed: 1 September 2021).

OSCOLA- for Law Students

https://anglia.libguides.com/law/oscola

OSCOLA referencing is the style of referencing used on ARU law courses to dictate the format of your references. At ARU we use the OSCOLA 4th edition which can be found in the official <u>OSCOLA</u> <u>guide</u> or by using <u>Cite Them Right (online guide)</u>

<u>Video</u> overview of using OSCOLA in Cite Them Right

Quick Guide

OSCOLA referencing consists of two elements. You will need to include both of these in your academic work. These two elements are footnote citations and a reference list.

Footnote citations

OSCOLA footnotes have two elements - a superscript number that appears in the text of your assignment, usually at the end of the sentence, and a corresponding footnote at the bottom of the page which contains the information about the source. Each time you discuss another source, you need to include a footnote. The footnote is usually added to the end of the sentence where the source is discussed. For example:

The act defines the relationship between the House of Commons and the House of Lords.1

It was determined that parliamentary debates can be used to help interpret statutes where the wording is ambiguous.²

Parish considers copyright in relation to sampling sound recordings which are not musical works.³

The formatting and information included in a footnote depends on the type of resources being cited

When writing you will <u>paraphrase</u>, <u>summarise</u> or <u>quote</u> the author's ideas. Paraphrases and quotes should also include page numbers or paragraph numbers when available, e.g.

Knowles argues that the 21st century has seen a 'dramatic shift' in the amount of legal sources available online.¹

¹John Knowles, Effective Legal Research (4th edn, Sweet & Maxwell 2016) 8.

Further examples of footnote citations are shown in this sample essay.

¹ Parliament Act 1949.

² Pepper (Inspector of Taxes) Respondent v Hart Appellant [1992] 3 WLR 1032.

³ James Parish, 'Sampling and copyright - did the CJEU make the right noises?' (2020) 79 Cambridge Law Journal 31.

Reference List

Full details for each work you have used, or cited, are given in the reference list at the end of your assignment.

The reference list should contain:

- 1. Table of cases
- 2. Table of legislation
- 3. Bibliography of secondary sources (e.g. books and journals)

Each section of the reference list should be ordered alphabetically.

References in the reference list are identical to the footnotes except for two differences: all pinpointing is removed and for secondary sources the format of the authors name is reversed so that the last name is listed first followed by the initial of the first name.

Footnote citation for a book: ¹John Knowles, *Effective Legal Research* (4th edn, Sweet & Maxwell 2016) 8.

Bibliography entry for a book: Knowles J, *Effective Legal Research* (4th edn, Sweet & Maxwell 2016)

Sample reference list in the OSCOLA style.

5. Study Skills Plus

https://canvas.anglia.ac.uk/courses/4240

Study Skills Plus is open to all ARU students. If you haven't studied for a British degree before or are returning to study after a long gap you will find Study Skills useful as it will help you with:

- research and referencing
- academic writing skills
- organisational skills
- presentation skills



6. Sample Assignment Report Structure

The guidelines are intended to provide useful general advice. It is important to also take account of any specific "house rules" that might apply to your particular course from your individual lecturers.

TITLE PAGE

<u>Include the following details on your title page:</u> Student Identification Number, Module Title, Module Code, Title of Assignment: e.g. Element 010, To be marked by, Due Date for Submission, Word Count

EXECUTIVE SUMMARY

Succinct overview of the assignment, including objectives of the assignment, key conclusions, recommendations and implications.

TABLE OF CONTENTS

Include: section headings, subsections, illustrations, appendices etc., with page numbers

1.0 INTRODUCTION

Background, Define topics, purpose of the assignment

- **2.0 MAIN BODY** (will need to substitute with more appropriate headings based on assignment guide from lecturer)
 - 2.1. First Main Section
 - 2.2. Second Main Section
 - 2.2.1. First subsection

3.0 CONCLUSIONS

Link back to purpose of the assignment and base clearly on findings and analysis from the main body.

REFERENCE LIST (mandatory)

A Reference List is always required when you cite other people's work within your assignment. It is a list of all sources cited in the body of the report. Listed in Alphabetical order by author or authorship using **Harvard Reference Style.**

BIBLIOGRAPHY (if required by lecturer)

This is a list of relevant items that you have used to help you prepare for the assignment but which are not cited in your assignment e.g. general background reading.

APPENDICES Additional or supporting material to the main points made in the body of the report. Must refer to the Appendix from the body of the report.

7. Academic Regulations on Word Count

The Academic Regulations provide the regulatory framework for Anglia Ruskin's taught undergraduate and postgraduate curriculum, setting and maintaining the academic standard of all courses leading to an Anglia Ruskin award at all delivery points including UK and international Associate Colleges. The Full Academic Regulations can be found using the link below:

https://myaru.sharepoint.com/sites/student-learning-assessment/SitePages/academic-regulations.aspx

Regulation on Word Count (extracted from Academic Regulations 18th Ed. September 2025)

8. Turnitin UK



Turnitin Grademark Submission For Students

Andre Samuel

15 Oct 2020

Session Outline

- Step 1 Creating your Turnitin Account and Password
- Step 2 Submitting Your Assignment

Anglia Ruskin University E Submissions Support

- Go To: www.anglia.ac.uk/turnitin Videos which covers:
- · Login with your e-vision username and password
- - · Originality Checking
 - · Quick Submission Guide
 - · Detailed Submission Guide
 - I have an Extension
 - · Getting a Receipt
 - · Results and Feedback

Step 1 Creating your Turnitin Account and Password

- This is a ONE time process
- You will be enrolled automatically by your Programme Coordinator to your respective module class
- You will receive a Welcome to Turnitin UK email message in your Anglia Ruskin Student Email inbox stating that you have been enrolled into a Class
- IF you have not received a welcome email from Turnitin, please check your spam/junk folder Or contact your Programme Coordinator

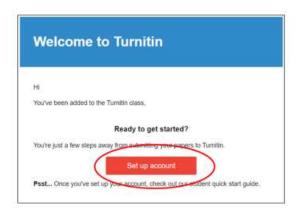
1. Login into your ARU Email

- Go to https://outlook.office.com/
- Login using your Anglia
 Username e.g. AS123
- <u>abc123@student.aru.ac.uk</u> and your <u>e-vision password</u> that you created when registering **OR DOB** (ddmmyy)



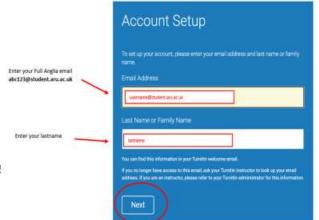
2. Open Turnitin UK email

- Open Log in to Your Turnitin UK Account email
- Click the Setup Account button from your Turnitin welcome email



3. Account Setup

- Enter your email address abc123@student.aru.ac.uk
- and your Last Name as registered on e-vision
- · Click Next to continue
- An email will be sent to Validate account



4. Open the validation email

- Go to your ARU Email inbox
- Open the validation email (Create Your Turnitin UK Password)
- Click on the Create Password button



5. Create Your Password

- Enter your personal password
- Then confirm password
- · Click create password



6. Login to Turnitin UK

 Now you can login by clicking login in Now

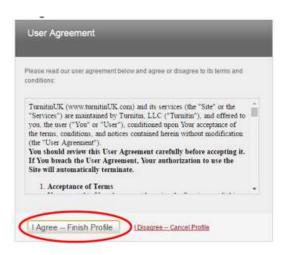


 Enter your Anglia Ruskin email address and the password you created



7. Confirm Personal Details

- Select a secret question and add answer
- Click next
- On Next Screen
- Click I Agree- Finish Profile to the User Agreement



8. Access to your Turnitin Homepage

- You would now see the module you have been enrolled to
- At your Next login you will land on the Home page where you can see your modules



Step 2 Submitting Your Assignment

Once you have **login to Turnitin**, your Student **Home Page** will be displayed where you will see two types of Turnitin class:

1) FBL Classes entitled by module name, to which you will submit your FINAL submission ONE TIME ONLY by the assignment due date

2) Check Originality Report Class (COR) to which you can submit multiple drafts of your assignment, before Final Submission, for originality checking. You can use this to improve the academic practice.

"Check it before you Submit it"



1. Login to Turnitin UK

- On your Web Browser Go to <u>http://www.turnitinUK.com/engb/login</u>
- Enter your ARU student email address:
- · abc123@student.aru.ac.uk
- Enter your Turnitin Password.
- · Click Log in button



2. Choose your Class and Assessment Element

 Click on the class name relevant to the module assessment you want to submit



3. Submitting your Assignment

• Click on **Submit** to upload your work



4. Upload Assignment

- · Complete the submission form
- Submission Title: use your SID here
- · Choose file from Computer
- Please make sure that you have selected the correct file for each respective assignment
- · Click Upload



5. Confirm

- Confirm box will show a preview of the assignment you have uploaded
- Make sure it is the correct version file to match the module and assessment element
- · Click Confirm Button
- You will be taken to a digital receipt page and email sent to ARU email confirming submission



Check Originality Report (COR) Class

"Check it before you Submit it"

- You can upload multiple draft assignments to COR
- To check your work for Poor Academic Practice and possible Plagiarism before final submission
- You would be given 10 Slots to use during the Semester
- You can reuse Slots
- Click Submit button to upload



Important Points to Remember

- The due date as seen in eVision and/or your module guide is the official submission deadline.
- All assignments must be **submitted by 4:59 pm (local time) on the due date,** unless you have an approved extension. The time you see on Turnitin is British Standard Time. (5 hrs ahead).
- Be aware that your work can only be submitted ONCE to the Final Submission Class and cannot be removed or changed.
- Please ensure that you upload the correct assignment file to the respective Module Class as it cannot be removed or changed once submitted

- All work for one assessment element must be submitted as ONE file (not in parts)
- DO NOT submit your Final Assignment to Originality Report Class (COR) only, it would not be marked and will count as a Non-Submission
- Do not leave it until the last minute to submit your work the system becomes extremely busy and can be slower during the period of the deadline.
- Grademark final submission classes will become available at least 10 working days before the final submission date.

- The Originality Report will not be used to make assessment decisions unless concerns arise as to poor academic practice, plagiarism, or collusion.
- An Originality Report will never be advanced as the sole reason for suspecting that a piece of work is plagiarised. The report may then be considered as part of the normal investigatory procedures undertaken by the academic team and the Director of Studies (please see Section 10 of the Assessment Regulations).
- For more details on the Academic Honesty Policy please visit: https://library.aru.ac.uk/academic/files/Academic%20Honesty%20Policy.pdf

Good luck submitting to Turnitin Grademark

9. Canvas

https://canvas.anglia.ac.uk/

View Video Tutorial: https://www.youtube.com/watch?v=7XGmlvB4rvQ&t=1s



Student- Guide on Using Canvas

Andre Samuel

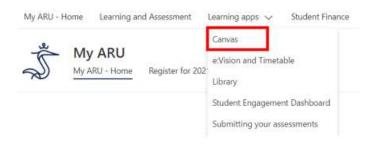
15 Oct 2020

View Video Tutorial https://www.youtube.com/watch?v=7XGmIvB4rvQ&t=1s

Login to Canvas Options 1. Direct Link to Canvas http://canvas.anglia.ac.uk

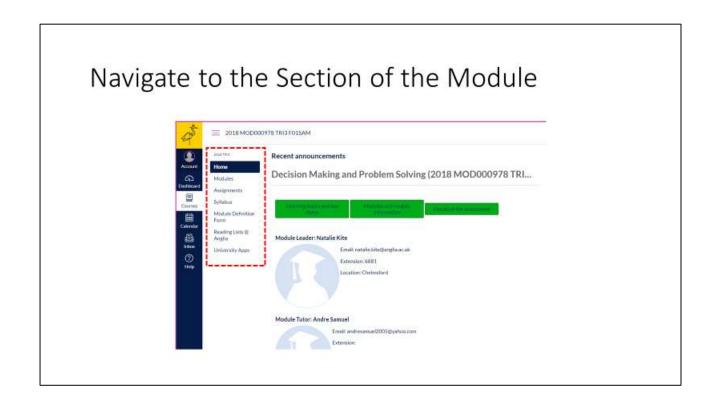
2. Through My ARU Portal

http://my.aru.ac.uk





Choose Your Module From Dashboard Dashboard Principles of Marketing Managem... 2020 MOD004151 TRI1 F015... 2018 MOD001103 TRI1 F015... 2018 TRI1 M M



10. Submitting Video Presentation on Canvas

Submitting your Video Presentation On Canvas

Dr Andre Samuel October 2021

Steps

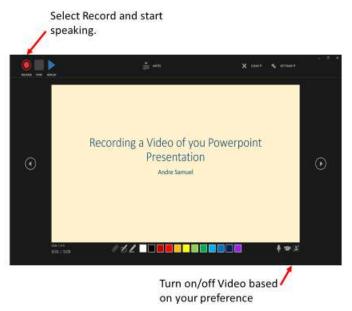
- 1. Record Narration of Slides
- 2. Save the Narrated Presentation as Video
- 3. Upload Video to Canvas



 Select Slide Show > Record Slide Show.

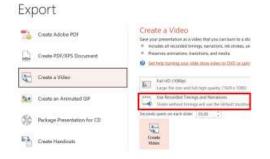


- · Choose from two options:
 - · Record from Beginning to record from the beginning of a presentation



2. Save the Narrated Presentation as Video

- Select File > Export > Create a
- Ensure you Select Use Recorded **Timings and Narrations**



- Select Create Video
- · Enter a file name:

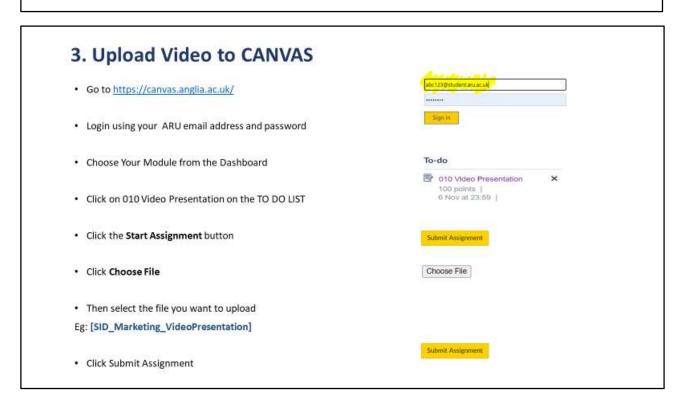
eg: [SID Marketing VideoPresentation]

· Then browse to the location you want to save your video



Alternative Method for Creating Video

- You can use Zoom Desktop App
- · Open your Powerpoint
- · Start a Personal Meeting in Zoom
- · Share Screen
- Click Record Button
- · Begin you presentation
- · When finished click Stop Recording
- The video file will be saved in the Zoom Folder in Documents \Documents\Zoom
- · Rename the mp4 file and upload to Canvas.



Please Note: The process to upload any other assignment or coursework on Canvas work in the same manner.

Additional Resources

Submitting Video on Canvas- https://youtu.be/HX LGh8xboo

11. Microsoft Office Help and Training

Helpful Features in WORD

Insert a table of contents:

https://support.microsoft.com/en-us/office/insert-a-table-of-contents-882e8564-0edb-435e-84b5-1d8552ccf0c0

Use the Navigation pane in Word:

https://support.microsoft.com/en-us/office/use-the-navigation-pane-in-word-394787be-bca7-459b-894e-3f8511515e55

Add citations in a Word document:

https://support.microsoft.com/en-us/office/add-citations-in-a-word-document-ab9322bb-a8d3-47f4-80c8-63c06779f127

Create a bibliography, citations, and references:

https://support.microsoft.com/en-us/office/create-a-bibliography-citations-and-references-17686589-4824-4940-9c69-342c289fa2a5

Insert a Table:

https://support.microsoft.com/en-gb/office/video-insert-a-table-9bc4b562-4f88-4ba0-9a59-4b29cfa0bb29

Add, format, or delete captions in Word:

 $\frac{https://support.microsoft.com/en-us/office/add-format-or-delete-captions-in-word-82fa82a4-f0f3-438fa422-34bb5cef9c81$

Insert a table of figures:

 $\frac{https://support.microsoft.com/en-us/office/insert-a-table-of-figures-c5ea59c5-487c-4fb2-bd48-e34dd57f0e\underline{c1}$

Insert a page break:

https://support.microsoft.com/en-us/office/insert-a-page-break-7613ff46-96e5-4e46-9491-40d7d410a043

Insert a section break:

https://support.microsoft.com/en-gb/office/insert-a-section-break-eef20fd8-e38c-4ba6-a027-e503bdf8375c

Helpful features in POWERPOINT

