CITE WHILE YOU WRITE

- Allow you to find and insert in-text citations and full bibliographic references from your EndNote Online library as you write a paper.

To install the CWYW, go to EndNote Online http://elpaso.ttuhsc.edu/libraries/
- and log in to your EndNote Online account
- Under FORMAT or Downloads tab you’ll find Cite While You Write Pug-in.
- Then, choose the option: Windows or Macintosh

WRITE YOUR TEXT IN WORD AND INSERT CITATIONS

- After downloading the plug-in, you may need to set the application to EndNote Online
- You do this by opening Microsoft Word and:
  - WINDOWS:
    - Click on the EndNote tab
- Then, **Preferences** and **Application**
- Change to **EndNote Online** (Online)
- Enter [https://www.myendnoteweb.com](https://www.myendnoteweb.com) in the URL box (if it is not already there)
- Enter your E-mail Address (TTUHSC email) and EndNote **Password**
- Check the box labeled: **Remember my address and password**
- Click OK

---

**Find & Insert Citations:**
- Open Microsoft Word
- Write your text and when you need to, insert a citation.
- Position the cursor at the end of the text where you want to insert the citation.
- Click on **FIND CITATIONS** from the EndNote Online Toolbar.
- In the pop-up box enter in a search word for your citation (author, title, keyword)
- Click on **FIND**
- Once you have located your reference (Highlight or select the entry on the list)
- Click on **INSERT**
The in-text citation will automatically be inserted where your cursor was, and the full citation will be inserted into your bibliography at the end of your paper.

EndNote Online will automatically create both: the IN-TEXT CITATION and the REFERENCE LIST entry and add “REFERENCES” or “BIBLIOGRAPHY”.

EndNote Online will now build your references list, adding any additional items you cite to this same page.

Continue to write your paper – Search – and Insert references until you are done.

There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds. Recently an analysis of several studies showed that zinc lozenges or syrup reduced the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold. Studies also showed that taking zinc regularly might reduce the number of colds each year, the number of missed school days, and the amount of antibiotics required in otherwise healthy children. A type of virus, called rhinovirus, causes most colds; which thrives and multiplies in the nasal passages and throat (upper respiratory system). Zinc may work by preventing the rhinovirus from multiplying. It may also stop the rhinovirus from lodging in the mucous membranes of the throat and nose. Zinc may be more effective when taken in lozenge or syrup form, which allows the substance to stay in the throat and come in contact with the rhinovirus.

References