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Step 1: Learn to read an article citation (this example is in MLA style):

Oswald, Debra L., and Richard D. Harvey. "Hostile Environments, Stereotype Threat, And Math Performance Among Undergraduate Women." <i>Current Psychology</i> 19.4 (2000): 338. <i>Academ</i> <i>Search Premier</i> . Web. 21 Feb. 2012. Author(s) Step 2: Learn to evaluate information sources critically:		
Authority Who is the author of the information? What are his/her credentials?		
Source/Publication Where was this published? How was the information distributed?		
Content and Purpose Why was this information written? To inform you? Sell you something? Entertain? Persuade? Important: Is there a bias?		
Accuracy Can the information be verified? Is it supported by evidence? (Hint: Look for citations!)		
Currency/Timeliness When was the information published, posted, or updated? For your topic, is it important to have current information?		
Audience Who is this information for? General public? Students? Scholars? Is it useful for a specific group of people?		