An annotated bibliography is a list of sources on a particular topic with each citation followed by a brief description and/or evaluation of the source. This sample annotated bibliography was created applying MLA rules and guidelines and general rules for academic writing.

**Formatting:**
- Double space your document
- Use a legible font such as Times New Roman with 12-point font size
- Arrange in alphabetical order

*The following numbered items [1-3] correspond to the Example below:*

1. Citation – follow same style as entries in an MLA formatted Works Cited page
2. Include a short statement of the main focus or purpose of the source and summary of research findings or argument
3. If you are required to evaluate the source, you will also include a comment on how this work will fit into your research on the topic

**Example:**


1. This article reviews research and curricula addressing the integration of mindfulness training into K-12 education, both by training teachers and teaching students. The authors discuss the logic for bringing mindfulness to educators and students and identify programs using mindfulness practices.

2. This article will help support my research in that I intend to argue that a sustained mindfulness practice can improve memory, attention, academic skills, social skills, and emotional regulation leading to benefits for both teachers and students.

**Note:** Directions from your instructor regarding requirements for their annotated bibliographic assignment take precedence.