*This is the submission template for the Canadian Journal of Undergraduate Research (CJUR). Manuscripts to CJUR should be in 12 pt Times New Roman, with 1.5 pt spacing throughout the manuscript. The manuscript must fall between 4 to 8 pages in length (inclusive; exclusive of abstracts, figure captions, methods and references).* *All instructions are in italics and should be deleted prior to submission.*

ABSTRACT (150-300 words)

*Provide a brief summary of your manuscript.*

Paste your abstract here

INTRODUCTION

*Provide background information and a rationale for your research. Describe what is already known in your area of research and identify any knowledge gaps, conflicting knowledge, or potential new perspectives that would justify the need for a review.* *Explain why your research question(s) is/are best addressed by a narrative review.*

Paste your introduction here. Subsectionsare not permitted in the introduction.

METHODS

*This section is optional. If you decide to include it, you should describe how you synthesized the information obtained in the literature and follow with a results section (see below).*

Paste your methods into this section. Subsections should begin with **bolded headings** in sentence case.

RESULTS

*This section is optional. Do not include this section if your review does not have a methods section (see above).*

Paste your results into this section. Subsections should begin with **bolded headings** in sentence case.

DISCUSSION/LITERATURE REVIEW

*Describe the findings of your review here. Explain what answers you have obtained for your research question(s) and describe how these address the knowledge gaps you identified earlier.*

*You may write your conclusions at the end of under a dedicated subsection or include a separate concluding* *section (see below).*

Paste your discussion/literature review into this section. You may include up to six subsections. Subsections should begin with **bolded headings** in sentence case.

CONCLUSIONS

*You are not required to have this section; you may instead write your conclusions at the end of the discussion* *section (see above).*

Paste your conclusions here. Subsectionsare not permitted in the conclusion.

ACKNOWLEDGEMENTS

*You may acknowledge any assistance in the study that does not warrant authorship. If your article was written for a course or was derived from coursework, you must acknowledge the instructor(s) of the course in question.*

Paste your acknowledgements here.

CONFLICT OF INTERESTS

*If there are no conflicts of interest, state, ‘The authors declare no conflicts of interest’.*

State any conflicts of interest for authors of this manuscript here.

FIGURES AND TABLES

*All figures should be uploaded separately on OJS under ‘other’ as SVG, PNG, TIFF, BMP, or RAW files of no less than 300 dpi and should be titled correspondingly with the figure number (i.e. ‘Figure1.tiff’).*

*All tables should be uploaded separately on OJS under ‘other’ as Excel or CSV files and should be titled correspondingly with the table number (i.e. ‘Table1.csv’).*

*Please ensure that all figures and tables are referred to in the text of the article. If reviewers or editors recommend changes, please reupload these on OJS under ‘other’ once the changes are made.*

FIGURE AND TABLE CAPTIONS

*Paste the captions to your figures and tables in this section.*

1. Paste your figure captions here.

REFERENCES

*You must cite at least 15 peer-reviewed sources. CJUR uses the APA citation style regardless of the discipline of the manuscript. Please ensure that all in-text and reference list citations are correct and follow APA formatting.* *Manuscripts that fail to account for all in-text citations in the reference list will be declined.*

Paste your references here.