All databases are located through the Library Resources link in your Canvas course seen here. The Library Resources page will have links to databases curated for your class such as CINAHL for nursing courses or the Earth, Atmospheric & Aquatic Science Collection for science courses. You may also wish to look through the A-Z list that lists all databases accessible to OCCC students. If usernames and/or passwords are needed they are included under the title of the database.
Clicking on the title of a database will bring you to the search menu, where you can search for articles pertaining to your selected topic. You can limit your search by checking boxes next to peer reviewed and full text. Checking peer reviewed will give you only results that are academic peer reviewed articles. Checking full text will give you results that contain an html link or PDF attachment of the article, but could severely limit your results. If you are only seeing a few article results with full text checked, un-check the box and you should have more results come in.

It would be the same for a Proquest database.
Once you find an article you would like to use for your research you can use the cite button on the left side of the article abstract to open up a citation menu.

Shown are the buttons in Ebsco and Proquest databases.

In databases like CINAHL you may have more search limiters at your disposal. These can include limiting search results to articles where the first author is a nurse or publication types such as meta analysis or meta synthesis.
Once in the citation menu you can then choose in which style you would like your citation. The citation will then be automatically generated and ready to be placed in your reference list.