How to use “your own words” when paraphrasing

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Centre for academic Communication

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We acknowledge and respect the lək̓ʷəŋən peoples on whose traditional territory the university stands and the Songhees, Esquimalt and W̱SÁNEĆ peoples whose historical relationships with the land continue to this day.
What does it even mean to paraphrase?

Quotes

Borrowing sentences:
in the author’s voice, including their vocabulary and sentence structure

Paraphrases

Borrowing ideas:
presented in your voice, including your vocabulary and sentence structure
What is paraphrasing anyway?
Do you have your own words?

In a classroom!

IN YOUR OWN WORDS!!!
Here’s the deal!

Understand

New phrasing

Keep keywords !!

Different words
<table>
<thead>
<tr>
<th>Original</th>
<th>Plagiarism</th>
<th>Paraphrasing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Because of their unique perspective, Americans fear globalization less than anyone else, and as a consequence they think about it less than anyone else. When Americans do think about globalization, they think of the global economy as an enlarged version of the American economy. (Source: Thurow, L. (1993). <em>Fortune Favors the Bold</em> (p. 6). New York: Harper Collins.)</td>
<td>According to Lester Thurow (1993) Americans <strong>fear globalization less</strong> than people from other countries and as a <strong>consequence</strong> spend less time <strong>thinking about it</strong>. Indeed, Americans see globalization as an <strong>enlarged version of</strong> their own economy.</td>
<td>Lester Thurow (1993) maintains that because Americans see globalization simply as a bigger form of their own economy, they are less concerned about it than is the rest of the world.</td>
</tr>
<tr>
<td><strong>Why is this plagiarism?</strong></td>
<td></td>
<td><strong>Why is this acceptable?</strong></td>
</tr>
<tr>
<td>The writer has used Thurow’s exact words without enclosing them in quotation marks. s/he has only substituted synonyms here and there. Even though Thurow is credited with a citation, this would be considered plagiarism.</td>
<td></td>
<td>The writer has kept the meaning of the original passage without copying words or structure. Words like globalization and Americans are generic terms (i.e., terms that are commonly used for the concept they illustrate - it is difficult to find synonyms for them). Thus you may use these words without placing them in quotation marks.</td>
</tr>
</tbody>
</table>

(Complete Thurow reference appears in bibliography)
It helps you avoid (unintentional) plagiarism!
It helps you keep and maintain your voice!

What??!!!

Maybe try using your own words?
It helps you put sources into conversation!
let’s do an exercise?
You are writing a research paper in your health economics class about taxes on junk food to prevent obesity.

Taxes on sugar-sweetened beverages (SSBs), such as soda and bottled iced tea, are an increasingly popular approach to reducing obesity, diabetes, and other health harms. ... A basic economic principle is that such corrective taxes should be proportional to the harm caused. The harm from sugary drinks comes from the sugar, and SSBs vary substantially in sugar per unit volume. Yet SSB taxes typically set constant rates per unit volume; only three SSB taxes worldwide are proportional to sugar content. ... We estimate that a simple design change—taxing the amount of sugar in a drink, not the volume of liquid that accompanies the sugar—could boost a SSB tax’s health benefits and overall economic gains by roughly 30%.

**Source:** *Science* magazine called “Designing better sugary drink taxes.” It is by Grummon et al., published September 2019, Volume 365, Issue 6457, pages 989-90.
Effective paraphrasing strategies
Read to fully understand main ideas
Take notes using only key words and phrases

- Main ideas
- Key words
- Key phrases
- No full sentences
- My understanding

“My words” …
Convert ideas into new sentences

Remove the original source and then convert ideas from your notes into new sentences using “your own words” and new sentence structures. Imagine you are explaining what you just read to a friend and reconstruct the details from memory. You can then go back to the original source to make sure your paraphrase is accurate. Don’t forget to cite your paraphrase!
Use third person and descriptive verbs to attribute the ideas to the original source

<table>
<thead>
<tr>
<th>Categories</th>
<th>Descriptive verbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutral</td>
<td>report, observe, note, indicate, discuss, state, define, ...</td>
</tr>
<tr>
<td>Strong</td>
<td>assert, insist, emphasize, urge, ...</td>
</tr>
<tr>
<td>Argumentative</td>
<td>argue, claim, believe, suggest, maintain, agree, compare, ...</td>
</tr>
<tr>
<td>Disagreeing</td>
<td>disagree, reject, deny, complain, refute, criticize, ...</td>
</tr>
<tr>
<td>Questioning</td>
<td>Question whether, wonder, ...</td>
</tr>
</tbody>
</table>
let’s do an exercise?
Exercise 2

Let’s continue with the same text from Exercise 1.

Taxes on sugar-sweetened beverages (SSBs), such as soda and bottled iced tea, are an increasingly popular approach to reducing obesity, diabetes, and other health harms. ... A basic economic principle is that such corrective taxes should be proportional to the harm caused. The harm from sugary drinks comes from the sugar, and SSBs vary substantially in sugar per unit volume. Yet SSB taxes typically set constant rates per unit volume; only three SSB taxes worldwide are proportional to sugar content. ... We estimate that a simple design change—taxing the amount of sugar in a drink, not the volume of liquid that accompanies the sugar—could boost a SSB tax’s health benefits and overall economic gains by roughly 30%.

Thank you so much for your participation! 😊

Questions?

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Brightspace site (CAC Online): https://bright.uvic.ca/d2l/le/discovery/view/course/67890