

# Paraphrasing



Paraphrasing is a valuable skill required in academic writing to avoid plagiarism. The process required for paraphrasing helps you to understand the full meaning of the original article by writing it in your own words. Deverson and Kennedy (2005) in the New Zealand Oxford dictionary define to paraphrase as “rewording of a passage” (p. 822) and to plagiarise as “to take and use the thoughts, writings, inventions etc. of another person as one’s own” (p. 863).

## Six steps to effective paraphrasing:

1. Reread the original article until you understand its full meaning.
2. Set the original aside and write out your version.
3. Jot down a few key words and phrases to indicate the subject of your paraphrase.
4. Check your version to make sure it accurately gives the essential information in a new form.
5. Use quotation marks sparingly and clearly to indicate any unique term or phraseology you have copied.
6. Record the source for in-text citations and adding to your Reference List. Use the APA style of formatting.

## Example:

### Original Version

The primary role of the nurse as caregiver is to prevent illness, to restore health, and to facilitate coping so as to maximise wellness in clients of all ages, in any setting and in both health and illness.

### Paraphrased Version

The main objective of a nurse is to avert sickness, repair wellbeing and assist coping to bring about complete health.

### Plagiarised Version

The main role of a nurse as caregiver is to prevent sickness, regain health and help clients of all ages cope in any setting of health and sickness.

# Paraphrasing



## Have a go!

Try this step by step activity to putting authors' ideas into your own words.

1. Write down the passage you wish to put into your own words. Underline the author's main points.
2. List some key ideas, concepts, and phrases. Where possible, note down alternative phrases or synonyms for each of these.
3. Identify the author's main point(s) in your words.
4. Can you simplify your words further? (This may not always be possible.)
5. Now, use your words and phrases in steps 3 and 4 to restate the author's main point, without looking at the original text.

This is your reconstructed version of the author's idea.

## Reference List

Deverson, T., & Kennedy, G. (Eds.). (2005). *The New Zealand Oxford dictionary*. South Melbourne, Australia: Oxford University Press.

Used with permission from Massey University.

Student Success