

PARAPHRASING

What is paraphrasing?

Paraphrasing is an essential academic skill which involves:

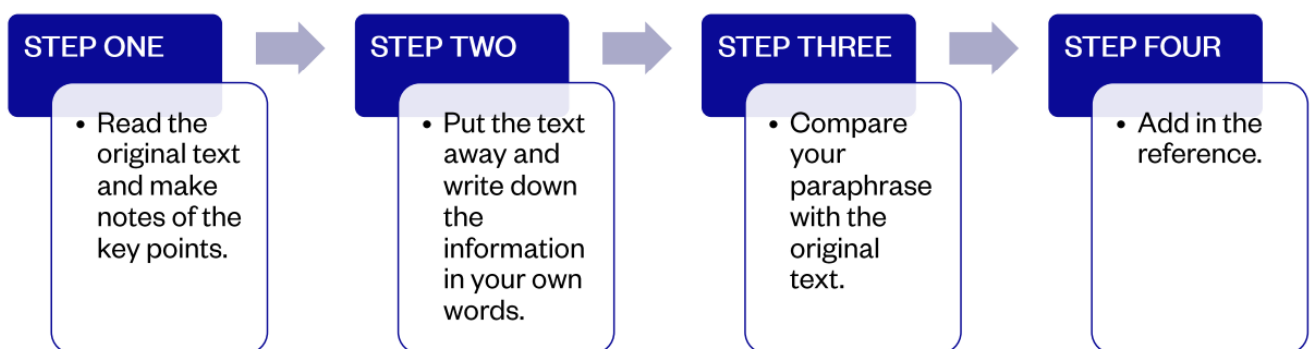
- Using your own words when referring to someone else's ideas.
- Changing the original wording while keeping the underlying meaning the same.

Why do you need to paraphrase?

Paraphrasing is an alternative to using direct quotations, which helps to:

- Show the reader (your educator) that you have understood the text well enough to put it in your own words.
- Integrate sources and create better paragraph flow.

How do you paraphrase?



Technique 1: Change the order of information

Original quote:

“**Dispositional optimism** is a global expectation that more good things than bad will happen in the future” (Carr, 2011, p. 89).

Paraphrase:

The global expectation that more good things than bad will happen in the future **is called dispositional optimism** (Carr, 2011).

Technique 3: Leave out words or phrases

Anticipating that, ~~overall~~, a greater number of positive things than negative will occur in the future is known as dispositional optimism (Carr, 2011).

Paraphrase:

Anticipating that a greater number of positive things than negative will occur in the future is known as dispositional optimism (Carr, 2011).

Technique 2: Use synonyms or antonyms

The **global expectation** that **more good things than bad** will **happen** in the future is **called** dispositional optimism (Carr, 2011).

Paraphrase:

Anticipating that, **overall**, a **greater number of positive things than negative** will **occur** in the future is **known as** dispositional optimism (Carr, 2011).

Technique 4: Replace words with phrases

Original quote:

“Up until the end of the 1970s optimism was considered to be a psychological deficit” (Carr, 2011, p. 83).

Paraphrase:

Optimism was viewed as a personal mental weakness up until the late 1970s (Carr, 2011).

Make sure you use a combination of paraphrasing techniques and cite your sources.

How do you know if you have paraphrased sufficiently?

It is important to use several techniques in order to successfully paraphrase someone else's ideas. If your paraphrase is too similar to the original text, it may result in accidental plagiarism.

Original text

Dispositional optimism is a global expectation that more good things than bad will happen in the future. Optimistic people, in the face of difficulties, continue to pursue their valued goals and regulate themselves and their personal states using effective coping strategies so that they are likely to achieve their goals.

Source: Carr, A. (2011). *Positive psychology: The science of happiness and human strengths* (2nd ed.). Routledge

Incomplete paraphrase

Dispositional optimism is the **general assumption** that more **positive than unpleasant** things will **occur** in the future. **Upbeat** people, when faced with **challenging situations**, continue to pursue their **desired** goals and manage their personal **feelings** using **good managing techniques** in order to increase their likelihood of **successfully attaining their goals**.

- ✗ No change to the original sentence structure or order of information.
- ✗ The text has become unnecessarily wordy.
- ✗ Some inappropriate synonym choices (upbeat here is an inexact synonym for optimistic, good is less formal in tone than efficient, coping strategies/mechanism are key terms in the discipline).
- ✗ No citation of the original source.

Complete paraphrase

Anticipating that a greater number of positive things than negative will occur in the future is known as dispositional optimism. When faced with challenges, optimistic people tend to employ effective coping mechanisms in order to regulate their emotions. This allows them to persist in pursuing their goals and makes them more likely to succeed (Carr, 2011).

- ✓ Sufficiently altered, including a different order of information.
- ✓ Key discipline specific terms (e.g. optimistic, coping mechanisms) remain.
- ✓ Academic tone maintained.
- ✓ Original source cited.

Further resources:

Summarising and Paraphrasing: <https://sls.navitas-professional.edu.au/summarising-and-paraphrasing>

Referencing Starter Pack: <https://sls.navitas-professional.edu.au/referencing-starter-pack-apa-7>