MASTERING THE PARAPHRASE

GSU Writing Center
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Workshop 5

What is Paraphrasing?

Paraphrasing is the process of the writer breaking down what he or she is reading, pulling out only the information that is relevant to the topic he or she is writing on. Properly paraphrased information should be written in the writer's own words with an understanding of the information he or she is choosing to use.

The Purpose of Paraphrasing

Research writing should include not only direct quotations, but paraphrased and summarized information as well.

When writing a research paper, you are expected to integrate your cited material into your paper. Simply using direct quotes will not accomplish that.

Paraphrasing information drastically improves the quality and flow of any piece of writing.

Finding the Main idea

- Find the main idea within a direct quote that you plan on using.

- Read that quote multiple times until you have a strong understanding of it.

- Take that idea and write it down on a separate piece of paper. Ignore everything else the author said that isn't that idea.

- Incorporate the idea into your paper using your own words.

Example of Paraphrasing a Quote

▫ <u>Topic</u>: The importance of meditation in stress management.

▫ <u>Quote</u>: *"Through the implementation private, focused, daily meditation in a quiet space, 70% of participants reported feeling less stressed, while 59% reported feeling more confident in their sexual relationships, and 68% reported feeling physically energized"* (Corbin, 2001, p. 418).

Example of Paraphrasing a Quote

- Topic: The importance of meditation in stress management.

- Quote: "~~Through the implementation of~~ *private, focused, daily* ~~meditation in a quiet space~~, *70% of participants reported feeling less physically and emotionally stressed*, ~~while 59% reported feeling more confident in their sexual relationships, and 68% reported feeling physically energized~~" (Corbin, 2001, p. 418).

  - Always exclude information that doesn't relate directly to your topic. Since this is focusing on stress management, we don't need the additional information.

Example of Paraphrasing a Quote

▫ <u>Topic</u>: The importance of meditation in stress management.

▫ <u>Paraphrased info</u>: *The benefits of private meditation have been shown to alleviate both physical and emotional stress in a majority of individuals who regularly set aside time for it* (Corbin, 2001).

  ▪ By pulling out the main ideas from the previous quote and ignoring all the other information, the information can be integrated in a clear fashion into the paper's topic.

Example of Integrating Two Quotes

- Topic: Providing psychological counseling for a patient with lung cancer.

- Quote 1: *"Psychosocial counseling for lung cancer patients should include spouses and target decreasing individual distress and enhancing relationship satisfaction" (Cindy et al., 2008, p. 2).*

- Quote 2: *"Psychosocial counseling can prove useful at discovering beneath-the-surface problems that may exist between individuals in a mutually exclusive relationship" (Smith & Carlson, 2005, p. 151).*

Example of Integrating Two Quotes

- <u>Topic</u>: Providing psychological counseling for patients with lung cancer.

- <u>Quote 1</u>: "*Psychosocial counseling for lung cancer patients should include spouses and target decreasing individual distress and enhancing relationship satisfaction*" (Cindy et al., 2008, p. 2).

- <u>Quote 2</u>: "*Psychosocial counseling can prove useful at discovering beneath-the-surface problems that may exist between individuals in a mutually exclusive relationship*" (Smith & Carlson, 2005, p. 151).

  - *In this instance, you want to integrate any common ideas that exist between the two quotes being used.*

Example of Integrating Two Quotes

- <u>Topic</u>: Providing psychological counseling for patients with lung cancer.

- <u>Paraphrased info</u>: *One important aspect of lung cancer treatment involves psychosocial counseling of the individual and his or her spouse, with the goal of addressing underlying psychological issues between the couple and thus improving their spousal relationship* (Cindy et al., 2008; Smith & Carlson, 2005).

Examples of Paraphrasing Long Quotes

- Topic: ADHD can be treated without medication.

- Block Quote: *"Psychotropic medication should not be the primary means for treating clients exhibiting symptoms of attention deficit hyperactivity disorder (ADHD). In this study, six out of ten participants reported that medication was not helpful to them, while eight out of ten reported negative side-effects that were more overwhelming than their original symptoms. All data collected for these statistics was tested for validity, and one participant elected not to respond to any of our follow-up questions."* (Etterson et al., 2007, p. 142)

Examples of Paraphrasing Long Quotes

- Topic: ADHD can be treated without medication.

- Block Quote: "~~Psychotropic medication should not be the primary means for treating clients exhibiting symptoms of attention deficit hyperactivity disorder (ADHD).~~ *In this study, six out of ten participants reported that medication was not helpful to them, while eight out of ten reported negative side-effects that were more overwhelming than their original symptoms.* ~~All data collected for these statistics was tested for validity, and one participant elected not to respond to any of our follow-up questions~~." (Etterson et al., 2007, p. 142)

  - The highlighted section is the main idea that best fits with our topic. Once we separate it from the rest, which we don't need, we can re-write it in our own words and then incorporate it.

Examples of Paraphrasing Long Quotes

- Topic: ADHD can be treated without medication.

- Paraphrased info: *According to Etterson et al. (2007), medication can often result in providing no positive effect to the client or causing side-effects that are worse than any original symptoms.*

  - Since our topic isn't concerned with the specific numbers from the study's results, we can generalize them to make a statement similar to the one above.

Additional Resources

- http://www.wisc.edu/writing/Handbook/QPA_paraphrase.html

- http://www.wisc.edu/writing/Handbook/QPA_paraphrase2.html

- http://owl.english.purdue.edu/owl/resource/563/01/