



## Guide for Paraphrasing

From APA Style, “a paraphrase restates another’s idea in your own words. Paraphrasing allows you to summarize and synthesize information from one or more sources, focus on significant information, and compare and contrast relevant details.”

In APA articles and essays, authors and instructors prefer the use of paraphrases over direct quotations. Students are encouraged and often required to use this form of citation. However, it may be difficult when learning different styles in college. So, let’s first begin with the five steps to paraphrasing, then we will look at the two different types of citation styles used for paraphrases.

### Five Steps to Paraphrasing

1. Read the passage several times to fully understand the meaning. To paraphrase effectively, you need to understand the content and context of the information you are reading. Start by reading the passage several times.

#### Reference

Fredrickson, B. L., Grewen, K. M., Coffey, K. A., Algoe, S. B., Firestine, A. M., Arevalo, J. M. G., Ma, J., ... Cole, S. W. (August 13, 2013). A functional genomic perspective on human well-being. *Proceedings of the National Academy of Sciences of the United States of America*, 110, 33, 13684-9.

#### Sample Paragraph

“In the present study, we examined the biological implications of hedonic and eudaimonic well-being through the lens of the human genome—a system of ~21,000 genes that has evolved fundamentally to help humans survive and thrive (i.e., be well) (32). Previous studies have found that circulating immune cells show a systematic shift in basal gene expression profiles during extended periods of stress, threat, or uncertainty (12, 33).”

2. Note down key concepts. When you have read and reread the passage. Make notes on the passage about the key concepts. Look up key words or ideas.

#### Sample Paragraph

“In the present study, we examined the biological implications of **hedonic** and **eudaimonic** well-being through the lens of the **human genome**—a system of ~21,000 genes that has evolved fundamentally to help **humans survive and thrive** (i.e., be well) (32). Previous studies have found that circulating immune cells show a systematic shift in basal gene expression profiles during extended **periods of stress, threat, or uncertainty** (12, 33).”

3. Write your version of the text without looking at the original

The authors are studying the biological effects of two types of happiness on the human genome system and how previous immune studies that looked at emotion have shown negative effects.

4. Compare your paraphrased text with the original passage and make minor adjustments to phrases that remain too similar.

#### Sample Paragraph

“In the present study, we examined the biological implications of hedonic and eudaimonic well-being through the lens of the human genome—a system of ~21,000 genes that has evolved fundamentally to help humans survive and thrive (i.e., be well) (32). Previous



studies have found that circulating immune cells show a systematic shift in basal gene expression profiles during extended periods of stress, threat, or uncertainty (12, 33).”

### ***New Paraphrase***

In previous studies on emotion and genes, there were many negative effects; however, the authors were determined to look at the biological effects of two types of happiness on the human genome system.

5. Cite the source where you found the idea

## **Citation Styles**

### **Narrative**

This style introduces the author’s last name and year in parenthesis in the sentence prior to the paraphrased information.

In previous studies on emotion and genes, there were many negative effects; however, **Frederickson et al. (2013)** were determined to look at the biological effects of two types of happiness on the human genome system.

### **Parenthetical**

This style paraphrases the information and then includes the author’s last name and year in the parenthesis.

In previous studies on emotion and genes, there were many negative effects; however, the authors were determined to look at the biological effects of two types of happiness on the human genome system **(Frederickson et al., 2013)**.

### **Long Paraphrases**

Paraphrases can be longer than 1-2 sentences. If you write a long paraphrase, there are a few things to keep in mind.

1. Cite the work being paraphrased on first mention:

Frederickson et al. (2013) **study showed** that both types of happiness had different results on immune cells. With Eudemonic happiness, **the results** showed a decrease of the proinflammatory genes and a decrease in genes associated with antibodies and antivirals. **However, the hedonic happiness results showed** an increase in up-regulation in gene profiles.

2. After, it is not necessary to repeat the citation as long as the context and continuing sentence make it clear the same author/work continues to be paraphrased.
3. If the paraphrase continues into another paragraph, you will need to reintroduce the citation.
4. If the paraphrase incorporates multiple sources or switches among sources, repeat the citation so the source is clear.

#### References

Gahan, C. (2021, September 24). *How to paraphrase sources*. Scribbr. <https://www.scribbr.com/citing-sources/how-to-paraphrase/>

*Paraphrasing*. (2021, December). <https://apastyle.apa.org>. <https://apastyle.apa.org/style-grammar-guidelines/citations/paraphrasing>



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