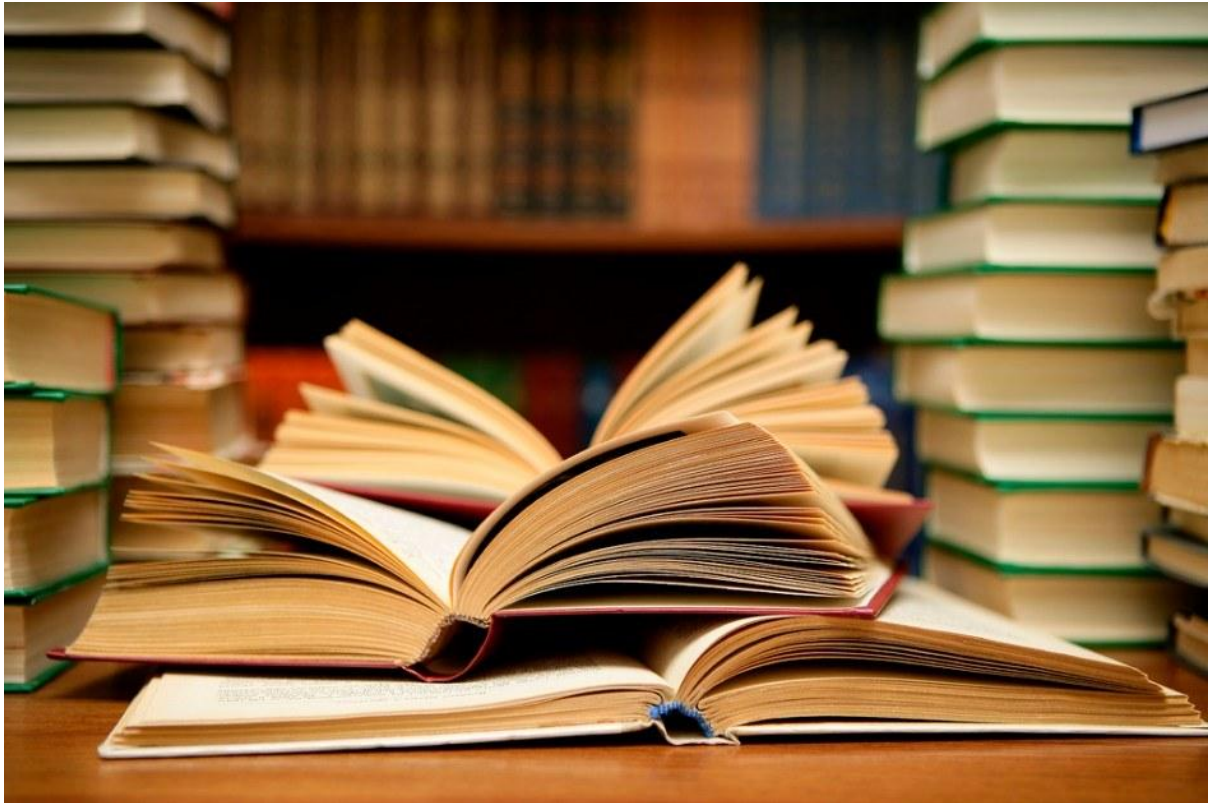




Paraphrasing

Paraphrasing means reporting on someone else's thinking in your own voice. Paraphrasing is not about changing someone else's words, but about distilling their meaning for your own purposes.

Key principles for paraphrasing

1. Check that you understand your source before writing about it.
2. Identify the key idea or information that you need to introduce.
3. Connect that idea to your argument or interpretation through discussion, explanation or critique.

Below are 3 examples of how to paraphrase original sources. For advice on paraphrasing in scientific writing specifically, explore our academic skills resources for science.

We also have an academic skills resource for quoting to help you with the skills for using the specific wording of a source.

Example 1: Gender and coaching in sport

The original source:

Dadswell, K., Hanlon, C., & Sambol, S. (2024). Most kids are only coached by men in junior sport – women need to be part of the picture, too. *The Conversation* 29 April 2024. <https://theconversation.com/most-kids-are-only-coached-by-men-in-junior-sport-women-need-to-be-part-of-the-picture-too-228397>

Dadswell et al.: "With men over-represented in coaching roles, it is no wonder children learn to associate men with coaching. This ultimately reinforces the dominant societal view that men are more suited to these roles. This is a real problem, as girls may internalise a belief that there is no place for them in sport leadership, or worse, toxic ideas that underpin violence against women may persist."

Gender and coaching in sport source paraphrased:

"Lack of exposure to female coaches can discourage girls from pursuing leadership roles in sport (Dadswell et al. 2024)."

Example 2: Microplastic pollution

The original sources:

Monira, S., Roychand, R., Ibney Hai, F., Bhuiyan, M., Ranjan Dhar, B. & Kumar Pramanik, B. (2023). Nano and microplastics occurrence in wastewater treatment plants: A comprehensive understanding of microplastics fragmentation and their removal. *Chemosphere* 334 <https://doi.org/10.1016/j.chemosphere.2023.139011>

Talvitie, J., Mikola, A., Koistinen, A., Setälä, C. (2017). Solutions to microplastic pollution – Removal of microplastics from wastewater effluent with advanced wastewater treatment technologies. *Water research* vol.123, 401-407. <https://doi.org/10.1016/j.watres.2017.07.005>

Monira et al.: "PET is a commonly used plastic that finds applications in manufacturing drinking bottles and synthetic clothes. Unfortunately, these products often end up as litter in the aquatic environment due to improper recycling procedures (Monira et al., 2021)."

Talvitie et al.: "Given the large volumes of effluents constantly discharged into the aquatic environments, microplastic pollution [MP] should be taken into consideration, when designing advanced final-stage wastewater treatment technologies and applying them into [waste water treatment plants]. The treatments also removed all size fractions and shapes of MPs. The smallest size fraction (20–100 µm) and textile fibers were the most common MP types before and after the final treatment stages. This highlights the need for final-stage technologies to remove particularly small size and fiber-like MPs from effluents."

Microplastic pollution sources paraphrased:

"Studies on wastewater treatment and detection indicate that synthetic textile fibres can be particularly difficult to remove from wastewater, and as such a combination

of improved wastewater treatment technologies and clothing recycling practices is necessary to reduce microplastic pollution (Talvitie et al. 2017, Monira et al. 2023)."

Example 3: Climate change and social justice

The original sources:

Clark, C. & Goldblatt, B. (2023). The right to a healthy environment and social and economic rights—responding to climate change in Australia. *Australian Journal of Human Rights* 29 (1), 65–83. <https://doi.org/10.1080/1323238X.2023.2204419>

Godden, N.J., Wijekoon, D. & Wrigley, K. (2022). Social (In)justice, climate change and climate policy in Western Australia. *Environmental Sociology* 8(4), 377–387. <https://doi.org/10.1080/23251042.2022.2069216>

Godden et al.: "Existing discrimination, marginalisation and isolation exacerbate climate vulnerability for people experiencing socioeconomic disadvantage; and access to resources and services is a social justice issue in the context of climate change. The CHWAI found that rural and remote communities have 'reduced access to services and infrastructure, particularly during emergencies and times of disaster, as well as limited capacity to rebuild in the aftermath', and this worsens 'when communities are hit by another extreme weather event during the recovery phase' (Weeramanthri et al. 2020, 58)."

Clark and Goldblatt: "It is evident that, despite millennia of successful custodianship of Country by Indigenous Peoples in Australia, 250 years of settler colonialism has had devastating impacts on the land, waters and air of this place. In addition, it is also indisputable that Australia's environment is increasingly being harmed by climate change, resulting from global anthropogenic causes since industrialisation. While these planetary and local challenges affect the entire biosphere in which humans are inextricably situated, the impacts on humans are not equally felt."

Climate change and social justice sources paraphrased:

"Godden et al. (2022) and Clark and Goldblatt (2023) argue that climate change has a disproportionate impact on already disadvantaged or marginalised people. Clark and Goldblatt draw particular attention to climate change as an extension of the destruction of lands historically cared for by Indigenous people."

Note: you can use a 'secondary citation'. This is where you use information that has been cited by someone else. It's best to find the original source and cite directly from that, but you don't have to as long as you make it clear which source you have read directly. For example:

"It is important to note that rural and remote communities are disproportionately impacted not only during natural disasters, but also in the subsequent recovery and rebuilding phase (Weeramanthri et al. 2020, cited in Godden et al. 2022)."

General tips for paraphrasing

1. Put the original text away for a moment. How would you explain the idea to someone who hasn't heard about it?
2. Resist the urge to just replace words with synonyms. Remember: this is about demonstrating your understanding of ideas, not specific words.
3. Consider discussing two or more sources together. It can be easier to express the meaning in your own words when the original texts are worded differently anyway.

Referencing

Remember to cite your sources.

Key points on referencing

- Disciplines, journals and unit coordinators have preferred referencing styles, so make sure to read the instructions carefully.
- If a citation style has not been specified, pick one and use it consistently (we've used APA here).
- If you would like help with referencing, contact the [UWA India Library](#) to get started.

Bibliography

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