Plagiarism: What is it and how to avoid it

Adapted from slides on Plagiarism used for ULIB 101

HNF 610: Nutrition & Fitness
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Plagiarism:
What It Is and How to Avoid It

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What is Plagiarism?

According to the *Oxford English Dictionary Online*:

1. The action or practice of taking someone else's work, idea, etc., and passing it off as one's own; literary theft.
WVU’s Definition of Plagiarism

The following definition is from the West Virginia University Undergraduate Catalog:

Plagiarism: material that has been knowingly obtained or copied in whole or in part, from the work of others. . ., including (but not limited to) another individual's academic composition.
WVU’s Penalty for Plagiarism

- Plagiarism is a serious offense.
- Clear cases can result in an F for the course and appropriate academic discipline.
- Improper or incomplete citation can be considered plagiarism.
Citation and Plagiarism

• Plagiarism is not only representing someone else's writing as your own, but it is also failing to provide appropriate internal documentation.

• When you don't provide the appropriate documentation, you are representing someone else's ideas, research, thoughts, etc. as your own.
How to Avoid Plagiarism

Whenever you use someone else's thoughts or ideas (even if you put these thoughts or ideas in your own words) or want to directly quote an author, you must provide internal documentation to avoid plagiarism.

RefWorks can help provide proper internal documentation.
When to cite?

You must provide internal documentation when you

- *summarize* or *paraphrase* someone else's thoughts or ideas
- include information which is *not common knowledge*
- *directly quote* someone else's words
Direct Quotes

Direct Quotes:
• To use the exact wording found in a source.
• Only directly quote an author if s/he has expressed an idea in particularly memorable language.
Summary:

- To describe another's argument in your own words.
- Summaries are about \( \frac{1}{3} \) to \( \frac{1}{2} \) the length of the original.
Paraphrase:

• To put another's thoughts or ideas into your own words.
To attract environmentally conscious buyers, manufacturers are designing new, green products and packaging, altering production processes and using sustainable materials.

Paraphrase:
To draw in environmentally conscious consumers, manufacturers are creating new, green products and packaging, changing production processes and using sustainable resources (Weeks 1).
Better Paraphrase:

Original text:
To attract socially conscious buyers, manufacturers are designing new, green products and packaging, altering production processes and using sustainable materials.

Paraphrase:
Some businesses are using more environmentally friendly raw materials and are calling attention to their green manufacturing practices to market their products to buyers who care about the environment (Weeks 1).
Common Knowledge

A fact that “everyone” knows.

• George Washington was the first President of the United States.
• William Shakespeare wrote many plays and sonnets.
• Regular coffee has caffeine.
Not So Common Knowledge

• George Washington’s beliefs about religion and slavery
• William Shakespeare’s use of Greek mythology in his plays.
• The effect of caffeine on the human body
Internal Citation or Not?

Including a sentence in your paper about the high sugar content in soft drinks.
Internal Citation or Not?

Summarizing information you found on a website about the benefits of strength training.
Internal Citation or Not?

Putting an author’s ideas about one of the causes of disordered eating in your own words.
Internal Citation or Not?

Directly quoting words from a speech by the Surgeon General.
How to Cite?

For this class, we will be using the format of the *Journal of the American Dietetic Association*.

Internal documentation is cited by the number of the reference in parentheses.