

In Text Citations for Paraphrases

The information you are providing in a paraphrase is not common knowledge, and it does not originate from you. As such, the information belongs to ‘someone else,’ and you are required to say exactly who. In other words, paraphrases come from sources, and those sources must be referenced correctly.

Paraphrasing is a powerful tool. Readers much prefer paraphrasing to quotations because the language of the paper stays consistent. As such, paraphrasing is much easier to process, which makes your attempt to be persuasive that much easier.

In most cases of a choice between a paraphrase or a quotation, you are advised to paraphrase. That is, it is seldom necessary to use the original author’s exact words. This said, you as the writer have a tremendous responsibility to convey the same idea as the original author. As such, while you should err on the side of paraphrasing, you must be particularly careful with how you paraphrase.

Most aspects of paraphrase formatting are just like quotations; however, there are two differences that you should be aware of. One of the major formatting differences is the parenthetical use of sources. Parenthetical references are a little different from narrative use, so pay careful attention to the subtle differences. The second difference concerns the page numbers of the information. Unlike quotations, APA does not require you to state the page (or pages) of the information. This said, page numbers *can* be entered if they are thought to be helpful to the reader. As entering page numbers is relatively rare, we do not address the issue in this document.

Signal Phrases

Signal phrases such as *according to* can be used as part of the textual narrative to introduce a paraphrase. In this *narrative use*, the authors' names are joined by the word *and*, never an ampersand (&).

1. **According to Wilson and Boehland (2008)**, the U.S. National Association of Home Builders discovered that it would take large quantities of materials to build a 193 square-meter house just for a single family: 1285 cubic meters of framing lumber, 16.92 tons of concrete, and 1,730 square meters of sheathing plywood.

2. **As reported by Chang (2018)**, interpersonal relationships and public opinions are a motive for cosmetic surgery.

3. **As argued in Lee and Lee (2016)**, the consequences of misclassification of a person's weight status include the development of unhealthy weight control behaviors and poor nutrition.

4. **As discussed in Wilson and Boehland (2008)**, a tiny house with low energy performance consumes more energy than a tiny house built to be energy efficient.

Notes

a. Pay careful attention to the use of a comma at the end of the phrase (directly after the name of the study).

b. The most common signal phrase used by students is *according to*. Although it is a convenient phrase, be careful not to overuse it. Phrases with a similar meaning to *according to* tend to begin with the word *as*. Be careful not to place too many instances of this kind of phrase close to each other because frequent repetition can be distracting for readers. Instead, see the wide variety of other conventions listed below.

c. Avoid overused verbs: *say, state, talk about*. Instead use verbs such as *suggest, argue, show, examine, discuss, posit*.

Signal Clauses

Signal clauses can also be used to introduce a paraphrase.

1. **In his award winning book, Wang (2015)** suggests that cosmetic surgery can be interpreted as a method of self-improvement rather than a symbol of westernization and inferiority of Asian features.

2. **Adding weight to this position, Kilman and Trott (2016)** argue that tiny houses are the biggest incentive to save money.

3. **Using data compiled throughout the 1990s, Kingman (2006)** shows there are several options for land that can be used as the site to build up tiny houses, such as an RV park, a neighbor's backyard, or even an already-existing tiny-house community.

4. **In agreement with the previous studies, Chang et al. (2018)** argue that those who express concern about their appearance can experience social anxiety because of public self-consciousness and low self-esteem.

5. **In an article written by two leading experts in psychology, Chou and Edge (2012)** examine how social media leads to a social comparison between users.

6. **A leading authority in politics and communicational sciences, Oana-Barbu (2014)** defines microtargeting as the specialized segmenting of markets based on the psychographic and demographic data of people to target individuals based on their preferences.

Notes

a. Pay careful attention to the use of a comma at the end of the *clause* (not after the name of the study).

b. Avoid overused verbs: *say, state, talk about*. Instead use verbs such as *suggest, argue, show, examine, discuss, posit*.

No Signals

Not all paraphrases need a paraphrase signal phrase or a paraphrase signal clause. In many cases, regular transitionals (e.g., *however, in addition, similarly*) and the study name is sufficient to convey that a support sentence is being offered. Indeed, sometimes, no transitional is used if the cohesion is clear.

1. Tiny houses are a completely different story. For example, **Glinski (2014)** describes how a woman (Macy Miller) opted to build her own tiny house after losing her 2,500 square feet Idaho home due to her divorce in 2007.

2. One tiny house enthusiast reported that she essentially pays rent on the land for only \$800 a month, sharing the space with her husband, children, and the family dog. In addition,

Bentley (2014) describes how this lady, a prominent figure in the tiny-house movement, sold her large scale house ten years ago to take up the tiny challenge.

3. Strict beauty ideals can cause anxiety to young and middle-aged Korean women.

Elfvig-Hwang (2016) explains that it is patriarchal sociocultural pressure that has contributed to this increase in people's self-consciousness.

Notes

- a. While not using a signal is possible, some kind of signal is generally beneficial.
- b. Avoid overused verbs: *say, state, talk about*. Instead use verbs such as *suggest, argue, show, examine, discuss, posit*.

End of Sentence Referencing

Paraphrases may also be referenced using parentheses at the end of the sentence(s). In this parenthetical use, multiple authors are joined with an ampersand (&), never by the word *and*. The choice of using signals (at the beginning of the sentence) or parentheses (at the end of the sentence) depends on a number of issues:

- a. Keeping the flow of the paragraph
- b. If the source will be mentioned only once
- c. The importance of the contribution

1. The minimum size for a single family in Gwinnett, Georgia is 1,400 square feet whereas the minimum size in San Francisco is 220 (Jones & Johnston, 1999; Kilman, 2018).
2. The advertisements target Asian women's skin and emphasize the use of natural ingredients to achieve a so-called non-artificial look (Li et al., 2008; Simpson et al., 1999).
3. The exposure of these strict beauty ideals is likely to negatively affect people's perception of their body and facial features (Jung & Hwang, 2016).
4. Many Koreans believe that achieving white skin is synonymous with looking noble and beautiful (Li et al., 2008).
5. Although undergoing plastic surgery does not guarantee a job, it improves people's economic opportunities (Aquino & Steinkamp, 2016).

Notes

- a. Use a semi-colon to separate multiple sources.
- b. List multiple sources in alphabetical order, not chronological order.
- c. Do *not* mix *in text* and *parenthetical* sources in the same paragraph.
- d. Full stops go after the source because that is where the sentence ends.
- e. If you use parentheses, you *cannot* subsequently refer to the paper using phrases such as "the authors go on to claim ..."

Transitions

Parenthetical citations are often used in sentences that begin with a transitional.

1. **However**, even if some of the tiny houses have low energy efficiency, they still consume far less energy than even an energy-efficient large house (Wilson & Boehland, 2008).
2. **For instance**, one of the major historical factors that have influenced beauty standards in South Korea is the Japanese colonial (Holliday & Elfving-Hwang, 2012).
3. **As such**, a photograph of a candidate is required in job applications in South Korea (Holliday & Elfving-Hwang, 2012).
4. **In addition**, the view of Eurocentric ideals as the definition of standard beauty may imply that Koreans are mimicking Western facial features (Wang, 2015).
5. **Similarly**, some studies report that high school students with normal weight either under-estimate or over-estimate their body weight, the self-perceived underweight individuals were more likely to be male (Leeper & Chu, 2016; Smitherton, 1999).
6. **As a result**, previous studies show that females feel greater sociocultural pressure to conform to a thin body ideal and to adopt unhealthy weight-loss behaviors (Lee & Lee, 2016).
7. **In contrast**, studies report that this empowerment can be a trap because it may create a desire to undergo another surgery (Holliday & Elfving-Hwang, 2012).
8. **Importantly**, rhinoplasty is not merely a symbol of westernization and inferiority of Asian features (Aquino & Steinkamp, 2016).
9. **To illustrate**, parents provide their children with cosmetic procedures as graduation gifts to improve their chances of having a successful future (Aquino & Steinkamp, 2016).

10. **With this argument in mind**, note that studies reveal around 60% of television advertisements in Korea feature a celebrity (Bergkvist & Zhou, 2016).

References as Examples

Sometimes, a reference is not the *source* of a claim, it is merely an *example* that supports the claim. In this case, we use “e.g.,” before the name of the study.

1. Some experts claim that social media helps introverts to socialize and make online friends (e.g., Peter, Valkenburg, & Schouten, 2005).

2. Sweatshop opponents disagree with arguments that exploitation of workers for economic purposes is a viable ethical trade-off (e.g., Kates, 2015; Sollars & Englander, 2018).

3. These findings do not support the assertions of Kristoff (2009) and many other pro-sweatshop authors that have argued the immorality of restricting workers’ ‘choice’ should not be infringed (e.g., Bardhan, 2005; Bhagwati, 2004; Zwolinski, 2007).

4. Many people claim that social media has eased communication and brought people together (e.g., Baruah, 2012; Lad, 2017; Ross et al., 2009).

Notes

- a. The “e.g.,” features two dots, it is *not* italicized, and it is followed by a comma.
- b. Do not confuse *e.g.* (meaning, *for example*) with *i.e.* (meaning, *that is to say*).

Unknown Author

When the author is unknown or is not stated in the source, use a shortened version of the title of the article.

1. The phrase *sweatshop* was first used in the 1850s to describe a workplace that treated its workers ‘poorly’ or ‘unfairly’ (“Feminists and Sweatshops,” 2002).
2. People tend to share an enhanced self-image of themselves on social networking sites to impress others (“Social Influencing,” 2006).

Notes

- a. If the title is long, it can be shortened to two or three words.
- b. The title should be put in quotation marks.
- c. The comma goes *inside* the quotation marks.
- d. Put the full stop at the very end – after the source.

Unknown Date

When the date of publication is unknown or is not stated in the source, use n.d. (meaning “no date.”)

3. The phrase *sweatshop* was first used in the 1850s to describe a workplace that treated its workers ‘poorly’ or ‘unfairly’ (“Smith,” n.d.).

4. People tend to share an enhanced self-image of themselves on social networking sites to impress others (“Social Influencing,” n.d.).

Notes

- a. Put the full stop at the very end – after the source.

Repeated Author

Researchers tend to write many papers, often on the same theme. As such, you may have references that features more than one paper by the same author. If the author has co-authors, continue as before by listing the sources in alphabetical order; however, when the author (or authors) are exactly the same, list those sources in chronological order.

1. The tenacity of modern sweatshops in the face of regulation has generated a considerable body of published works (Kates & Downs, 2015; Kates & Evans, 2003; **Powell, 2013; Powell, 2014**).

2. Insignificant information that social media users share online such as age, address, secondary school's name, or even hobbies can be abused for marketing purposes by many organizations (**Sharma & Soundarabai, 2009; Sharma & Soundarabai, 2017**).

Reporting the Same Paper Multiple Times in a Paragraph

Sometimes, the whole paragraph (or much of it) refers to a single source. This is especially common in a summary paragraph. It would be distracting to mention the name of the

authors multiple times, so there are conventions to help. More commonly, the second time the study is referenced, the year of the paper is dropped. In other places, the study may be referred to using phrases such as *the authors* or *the study*.

1. Kilman and Carlyle (2018) demonstrated that the average cost for purchasing a single tiny house is around \$23,000 or \$200 to \$400 per square feet, leading to \$50,000 to \$100,000 for 250 square feet. **Kilman and Carlyle** also reported that personally built tiny houses cost \$20,000, and that tiny houses posted on listing websites are \$30,000 to \$60,000. **The authors** argue that these costs are well within the range of many American households' average level of income. **The study** was one of the first to bring the costing issue of tiny homes to public attention.

2. In addition, **Wang (2015)** argues that after liberation in 1945, Koreans had a desire to reject the Japanese standards of beauty. **The author goes on to** describe Koreans' readiness to undergo cosmetic surgery and set different beauty standards.

3. According to Aquino and Steinkamp (2016), this preference may relate to the development of the so-called golden proportion from Greco-Roman ideals, which depicts the ideal facial structure and proportion. **The study goes on to** describe the Asian nose as distinct from the Greco-Roman ideal because it has a wide, low bridge structure and it lacks a sharp tip, which may cause the nose to appear flat. This distinction may prompt people to undergo rhinoplasty.

Notes

- a. It is never good to have the same source referenced twice in parentheses in the same paragraph. If the paper was important enough to reference twice then it doesn't belong in parentheses. It would be better to put the source in the narrative of the text.
- b. You may not use phrases such as *the authors go on to argue* when referring to a source that appears in parentheses.
- c. Multiple sources should be listed in alphabetical order.

Synthesis

Synthesis occurs when a single topic requires multiple sources. Synthesis is a powerful approach to argument because it demonstrates the author has researched the topic extensively. When synthesis occurs within a paragraph, we may see a wide variety of citation conventions.

1. Knocius and Lewis (2015) present space-saving furniture as one of the various ways to make a tiny house livable regardless of size. This type of furniture is not easy to find, so some tenants usually build them or have them custom-made. Another method, suggested by **Jones and Rews (2016)**, is owning only small appliances, helping to meet the basic needs of the tenants while not taking up too much space inside the tiny house. Meanwhile, **Lintz (2015)** further reports that more space can be given to a tiny home if the house is made taller. All these methods provide more space to tiny homes while meeting the minimum amount of land allowed by the law. In return, tiny houses can be built up on any plot of land regardless of restrictive economic forces.

2. Tenants who live in larger houses tend to have more possessions and furniture, often resulting in disorganization and more clutter. As such, larger spaces can have a

disadvantage. In contrast, studies such as **Emslie (2014)**, **Sagloft and Yacklin (2004)** and **Zigoltucker (1999)** discusses how decluttering is a psychological process that can provide tiny house owners with a positive experience. **Reed and Warlock (1998)** also explain that tenants benefit greatly from the small spaces of their tiny homes. Writing on his own experience, **Chilstrom (2001)** mentions he was not a collector of things, so he did not require a lot of display space. This allowed him to simply design his 650-square-foot house with a height of 10 feet with only basic necessities, such as a television set, a pair of Windsor chairs, and built-in shelves with a few books and compact discs.

3. The construction of beauty ideals can impact a person's social experience and status. This social status includes a person's academic experience (**Lee et al., 2017**). Although discrimination based on physical appearance exists in many societies, it has gained importance in South Korea for several reasons. For example, the compressed industrialization and socioeconomic development may have caused education and the job market to be highly competitive. This competitive factor of education requires students to participate in after-school hours for the purpose of studying, keeping up with others, and increasing their specifications (**Porter 2106; Smitherton, 2001**). There have been reports of Korean teachers and parents who believe that good looks improve a student's performance: Studies show that some high school students also express their faith in appearance more than skills in future employment. This competition in the academic and economic spheres may contribute to presenting cosmetic surgery as a solution (**Davies & Han, 2011**).

4. The common request for blepharoplasty is often associated to Western beauty ideals. **Aquino and Steinkamp (2016)** suggest that westernization has received criticism for implying that Western features are the standardized norm of beauty. **The authors go on to**

explain that blepharoplasty, also known as eyelid surgery, is a common procedure in East Asian countries. **Munzer (2011)** suggests that this procedure contributes to reducing certain physical characteristics that are stereotypically associated with Asians. To illustrate, **the author indicates** that the socially dominant eyes are large Caucasian eyes, which are viewed as natural.

Meanwhile, **Aquino and Steinkamp (2016)** report that Asian eyes are distinct because of the absence of a crease and the existence of a thicker fat pad on the upper lid.

5. People undergo eyelid surgery for many reasons. These reasons include looking more “energetic” and “welcoming,” facilitating the application of eye makeup, and accommodating family and friends. However, these reasons aim to enhance people’s appearance. **Some studies argue** that westernization has contributed to Asian women internalizing Western beauty standards (e.g., **Jung & Hwang, 2016; Munzer, 2011**). However, **other studies argue** that large eyes and double eyelids do not simply reflect westernization (e.g., **Aquino & Steinkamp, 2016; Ouellette, 2009; Voinea, 2017**).

6. **Ouellette (2009)** explains that eyelid surgery is not a consequence of Westernization because many Koreans are born with double eyelids. Moreover, **Elfving-Hwang & Munzer (2011)** show that there are some medical cases that require patients to receive blepharoplasty. For instance, fat may accumulate underneath the outer skin of the low eyelid or bacteria may go into the eyes because of old age. These medical conditions can be resolved with plastic surgery.

7. It is the year 2012. In this year, over 100 Bangladeshi workers perish in a garment factory fire (**Bajaj, 2012**). One year later, a Bangladeshi factory building will collapse and kill 1,100 more factory workers (**Yardley, 2013**). Around the same time in China, two additional tragedies are destined to occur. Seventeen workers will jump to their deaths, committing suicide

in Shenzhen. As a result, FOXCONN will callously drape netting all around their factory building (**Johnson, 2011**). Locked doors and a fire at a small poultry plant in Dehui will also kill 119 people (**Hatton, 2013**). All these events are tragic, and each one involved unhealthy, sweatshop working conditions.

Notes

a. It is often necessary to be consistent when using multiple studies in a paragraph. As such, use in text citations throughout *or* use parentheses citations throughout. By remaining consistent, parallel form is maintained, which is easier for readers to process.

The Use of *et al.*

When multiple authors have contributed to the same paper, the Latin phrase of *et al.* (not italicized in papers) may need to be used.

| Number of authors | First narrative citation | Subsequent citations |
|-------------------|--------------------------|--------------------------|
| One or two | Johnson and Troy (2008) | Johnson and Troy (2008) |
| Three or more | Steepleton et al. (2007) | Steepleton et al. (2007) |

| Number of authors | First parenthetical citation | Subsequent citations |
|-------------------|------------------------------|----------------------|
| One or two | Johnson & Troy, 2008 | Johnson & Troy, 2008 |

| | | |
|---------------|-------------------------|-------------------------|
| Three or more | Steepleton et al., 2007 | Steepleton et al., 2007 |
|---------------|-------------------------|-------------------------|

Notes

1. There is only one period in *et al.* It comes after the second part, not the first.
2. The Latin phrase *et al.* is **not** italicized when used in a paper.
3. Some papers use “and colleagues” in the narrative and “et al.” in the parenthesis.

APA advises the use of “et al.” consistently and throughout the paper.

4. Do not capitalize any part of *et al.*
5. In a reference section, sources that have more than seven authors should be listed as the first six authors, then an ellipse (...), then the name of the final author.
6. In a reference section, use the ampersand (“&”) rather than “and” for the final author.