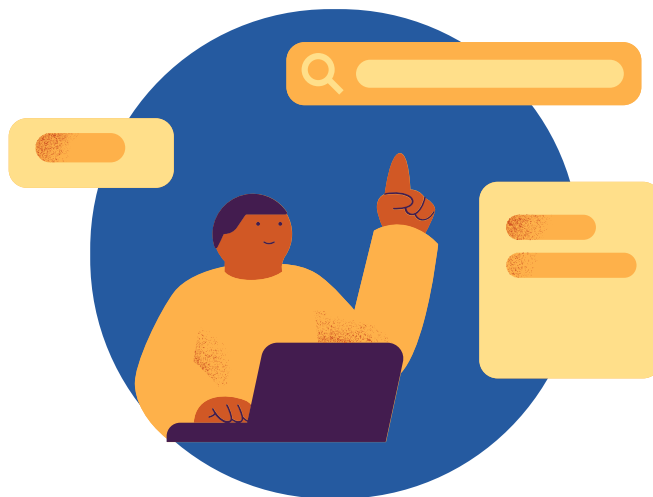




Directed Learning Activity

Integrating Sources in APA Citation Style



University of California, Irvine

Paraphrasing v. Summarizing v. Using Quotations

An Introduction

What does it mean when your professor asks you to “provide a summary” of a reading or to “paraphrase instead of using direct quotations” in your final assignment? Paraphrasing, Summarizing, and using Quotes are all ways of integrating external source material into your essay. Using any (or all!) of these methods can help you be clear and succinct in your writing, while also carefully and correctly attributing course material to the author or authors of a publication.



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Why?

There are a number of ways to start including external sources in your writing, but the method you choose depends greatly on what it is you are trying to achieve. **Consider This: What are you trying to do with the text? What is your goal?**

Paraphrasing: *To reword text to clarify the material or "rewrit[te] the passage while retaining its meaning."*

Summarizing: *To shorten or condense the text and find the main idea.*

Quoting: *Because the quoted material says something that can't be said any other way.*

Other Reasons You Might Consider

Paraphrasing	Summarizing	Using Quotes
To emphasize the aspects of the source that are relevant to your paper.	To quickly capture the main ideas of a source or sources.	To introduce specific language that you will refer back to in your essay.
To show that you understand the material.	To create a broad overview of the material.	To analyze the specific language an author uses.
		To add variety to your text.

What's the Difference?



Paraphrasing	Summarizing	Using Quotes
Uses specific details	Avoids specific details in favor of using general language.	Takes a quote directly from the source and integrates it into your essay.
Can be of similar length to the original.		Uses quotation marks.



REMEMBER! No matter which you choose, it is important to correctly attribute the material you are using to the author or authors of a publication. Be sure to use citations!

Getting Started:

Paraphrasing	Summarizing	Using Quotes
Step 1: Identify the main topics of the passage; there should be at least two.	Step 1: Determine the central argument or arguments being made.	Step 1: Find and organize relevant quotes.
Step 2: Consider how the main topics relate. Identify the relationship between the ideas.	Step 2: Consider how you might express those topics in fewer words.	Step 2: Research how to apply the appropriate citation format (or visit the UCI Writing Center for extra help!)
Step 3: Capture the essentials before writing it in your own words!		

APA Formatting and Style (7th Edition)

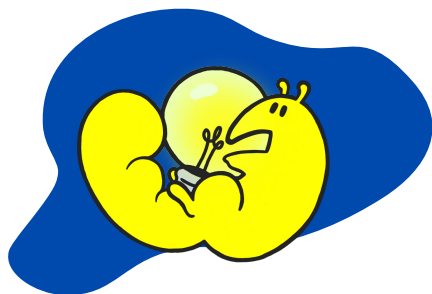
The following information has been taken or adapted from the Purdue Owl website and Mt. SAC's Writing Center handouts.



These examples demonstrate how you can integrate sources using APA citations. Most APA in-text citations will include the author's(s') last name AND the year the source was published. See below variations of how you can cite in-text for APA.

In-Text Citation	Paraphrasing OR Summarizing
Option A	<p>Author and Date Cited in Text (no parenthetical citation necessary)</p> <p>In her 2012 book <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i>, Susan Cain explores the dynamics behind introversion and explains the benefits of highlighting introverts in a society that values extroverts.</p>
Option B	<p>Author and Date Not Cited in Text</p> <p>In her book <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i>, the author explores the dynamics behind introversion and explains the benefits of highlighting introverts in a society that values extroverts (Cain, 2012).</p>
Option C	<p>Author and Date Cited in Text</p> <p>Cain (2012) explores the dynamics behind introversion and explains the benefits of highlighting introverts in a society that values extroverts in her book <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i>.</p>

In-Text Citation	Using Quotes
Option A	<p>Name of Author Cited in Text</p> <p>Cain (2012) states in her book <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i>, "Once you understand introversion and extroversion as preferences for certain levels of stimulation, you can begin consciously trying to situate yourself in environments favorable to your personality – neither overstimulating nor under-stimulating, neither boring nor anxiety – making (p. 124).</p>
Option B	<p>Name of Author Cited in Text</p> <p>It's important to remember that "once you understand introversion and extroversion as preferences for certain levels of stimulation, you can begin consciously trying to situate yourself in environments favorable to your personality – neither overstimulating nor under-stimulating, neither boring nor anxiety – making" (Cain, 2012, p. 124).</p>



NOTE! These above examples are not the only ways to integrate sources in APA. These are just a few options that you can use. Please review the **APA Citations DLA** for more APA practice and information.

Objective: These activities are designed to practice integrating paraphrase, summary, and direct quotes in APA assignments.

Instructions: Read the following article from *The Washington Post*.

NOTE: Most of the charts and graphics in the original article have been taken out to resolve formatting issues and to condense content.

“36 million people in the U.S. may be exposed to dangerous heat today.”
by Naema Ahmed and John Muyskens
forecast as of August 16, 2023 at 9am

The Post is tracking the potential for dangerous heat using the heat index, which accounts for the combined impact of temperature and humidity — the higher the humidity, the more difficult it is for the body to cool itself off through sweating.

Extreme heat kills more people in the United States than any other weather hazard, and the risk of longer and more frequent heat waves is only expected to increase as climate change worsens. Heat disorders such as heat stroke, heat cramps and heat exhaustion are possible with any extended exposure to a heat index at or above 90 degrees.

Heat illness can set in quickly — in as little as 10 to 15 minutes — when your body overheats and can’t properly cool itself off. This can lead to muscle cramps or spasms, heavy sweating, weakness or tiredness, abnormal pulse rate, dizziness, nausea, vomiting, headache, confusion, fainting, loss of consciousness or death.

Caution

80° to 90°F

Fatigue possible with prolonged exposure or physical activity

Extreme caution

90° to 103°F

Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure or physical activity

Dangerous

103° to 125°F

Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure or physical activity

Extremely dangerous

Over 125°F

Heat stroke highly likely

Source: [National Weather Service](#)

Multiple days of extreme heat, including warm nights that don’t allow our bodies to cool down, are especially dangerous. A Washington Post analysis of data provided by the

nonprofit First Street Foundation estimated that the average number of Americans experiencing at least three consecutive days of temperatures 100 degrees or higher each year will climb from 46 percent today to 63 percent over the next 30 years.

Urban centers, which have fewer trees, less grass, and heat-absorbing pavement, can be up to 20 degrees hotter than nearby neighborhoods, according to the National Oceanic and Atmospheric Administration.

The Weather Service issues heat watches, warnings and advisories when extreme heat — generally a heat index of 100 degrees or higher — is expected or imminent. Any watch, warning or advisory in effect for your location can be seen by entering your location into the lookup box at weather.gov.

Infants and children up to four years old, adults 65 years and older, and people who are overweight, ill, or on certain medications are at the highest risk for heat-related illness, according to the Centers for Disease Control and Prevention. Outdoor workers and athletes are also at greater risk.

The Weather Service recommends wearing light, loosefitting clothing, drinking water often before you get thirsty, reducing or rescheduling strenuous activity, and staying in air-conditioned places during extreme heat.

Dan Stillman and Niko Kommenda contributed to this report.

About this story

Sources: National Digital Forecast Database; Esri.

Additional support from Katlyn Alo, Aaron Brezel, Jake Kara, James O’Toole, Karen Wang and Paige Moody. Editing by Monica Ulmanu.

The tracker was originally published June 22, 2023.

Activities:

Complete the following activities.

Section 1: Summarize

A. What is the main idea of the article? _____

B. Expand on the main idea and **write a brief summary (3-5 sentences)** of the article in your own words. **Include an in-text citation** using **Option A** (refer to APA Formatting and Style (7th Edition), page 3). Information for APA citation: Authors: Ahmed & Muyskens, Year of Publication: 2023

Section 2: Paraphrase

- A. **Paraphrase** the following excerpt. **Include an in-text citation** using **Option B** (refer to APA Formatting and Style (7th Edition), page 3). Information for APA citation: Authors: Ahmed & Muyskens, Year of Publication: 2023

Remember: For both summary and paraphrase, rephrasing the material in your own words is priority. For paraphrasing, though, you want to maintain a similar length to the original text.

Original text: "Extreme heat kills more people in the United States than any other weather hazard, and the risk of longer and more frequent heat waves is only expected to increase as climate change worsens. Heat disorders such as heat stroke, heat cramps and heat exhaustion are possible with any extended exposure to a heat index at or above 90 degrees."

Write your paraphrase below:

- B. **Choose another passage** from the article and **paraphrase it** into your own words. **Cite** the source by using **Option C** (refer to APA Formatting and Style (7th Edition), page 3). Information for APA citation: Authors: Ahmed & Muyskens, Year of Publication: 2023

Section 3: Using Quotes

- C. **Choose a quote** from the article and **integrate it** by using either **Option A or Option B** (refer to APA Formatting and Style (7th Edition), page 3). Information for APA citation: Authors: Ahmed & Muyskens, Year of Publication: 2023

Review:

Now that you've finished the DLA, please review the answer key to compare your responses.