



Paraphrasing Effectively

Paraphrasing is defined as capturing a specific claim, stance, or fact by rewriting it in language that is different from the original source in which it was found. This practice is different from **quoting** in which you would take the information word for word from the original source. Both a paraphrase and a quotation need to be cited according to the citation method required of your discipline.

There are a variety of reasons why you paraphrase in an academic essay:

1. You may need to condense an excessively long passage from the source.
2. You may need to simplify the language of the original passage for your reader.
3. Paraphrasing a passage suggests that the information is of lesser importance than something that is quoted.
4. The information may be general background information needed to understand an upcoming quote.
5. It is an expectation of your discipline that you paraphrase rather than quote.

Probability sampling is a method of sampling that utilizes some form of random selection,

whereas convenience sampling is a technique where subjects are selected because of their convenient accessibility and proximity to the researcher (e.g. inviting through social media). (van Lenthe, 2014, p. 4).

To paraphrase this quote, you would need to maintain the same ideas, but significantly change the grammatical structure of the sentence. Doing so is considered a **fair paraphrase**. You would not use quotation marks with a paraphrase because you are not taking anything word for word from the source:

