AVOIDING PLAGIARISM
by Leela Khanna

**Definition of Plagiarism**

Plagiarism is the act of falsely representing someone else’s work or ideas as your own. Acts of plagiarism in writing include:

- Cutting and pasting from articles on the Internet and not including quotation marks and citations acknowledging the source
- Copying an author’s language word-for-word and not including quotation marks and citations
- Paraphrasing an author’s ideas without including citations that give the author credit
- Summarizing an author’s argument and not including a citation

**Consequences of Plagiarism**

Accusations of plagiarism are taken very seriously and may result in a grade reduction or expulsion from the university

*Note*

For examples on how to correctly include sources, see the other “Incorporating Sources” handouts.

**Plagiarizing through a Direct Quotation**

Copying a text word-for-word without including:

1. Quotation marks
2. Citations

**Original Text**

In her article “Pizza is a Healthy Choice, Believe It or Not,” Alicia Jalowsky, a researcher at the Institute of Nutrition Studies, wrote the following paragraph:

“Pizza, a dish of Italian origin consisting of a flat, round base of dough baked with a topping of tomato sauce, cheese, and added meat or vegetables, can be considered a wholesome and nutritious dietary supplement that contributes to a balanced diet because its ingredients include grains, vegetables, dairy, meat, and fruit – all the major food groups, except sweets.”

Contrary to popular belief, nutritionist Alicia Jalowsky argues that pizza is “a wholesome and nutritious dietary supplement that contributes to a balanced diet because its ingredients include grains, vegetables, dairy, meat, and fruit – all the major food groups, except sweets” (13).
Alicia Jalowsky argues that pizza is part of a healthy and balanced diet. Its ingredients, which include dough, tomato sauce, cheese and sometimes meat or vegetables contains almost all major food groups except for sugar, making it a nutritious meal (Jalowsky 13).

**Original Text**

In her article “Pizza is a Healthy Choice, Believe It or Not,” Alicia Jalowsky, a researcher at the Institute of Nutrition Studies, wrote the following paragraph:

Pizza, a dish of Italian origin consisting of a flat, round base of dough baked with a topping of tomato sauce, cheese, and added meat or vegetables, can be considered a wholesome and nutritious dietary supplement that contributes to a balanced diet because its ingredients include grains, vegetables, dairy, meat, and fruit – all the major food groups, except sweets.

**Plagiarizing through a Paraphrase**

- Directly copying select phrases of text
- Copying the sentence structure of text
- Deleting some words, altering grammatical structures, or plugging in one-for-one synonym substitutes
- Omitting citations at the end of the paraphrase

**Original Text**

Alicia Jalowsky argues that pizza, which is a flat, round base of dough baked with tomato sauce and cheese and added meat or vegetables can be a healthy and nutritious dietary supplement because it consists of grains, vegetables, dairy, meat and fruit – all the major food groups, except sweets.

**Plagiarizing through a Summary**

Using your own words to condense the main ideas without including a citation

**Original Text**

Since the ingredients in pizza consist of almost all of the major food groups, it can be considered a nutritious meal.

**Plagiarizing through a Summary**

Since the ingredients in pizza consist of almost all of the major food groups, it can be considered a nutritious meal (Jalowsky 13).