Go to the Online Library Orientation for HEC students site:
https://spcollege.libguides.com/HECLibraryOrientation

Under the Writing Help tab, watch the Paraphrasing and Citation Strategies video.

Under the APA Help tab, watch the Introduction to APA Style video.

Under the Writing Help tab, review the following handouts: Paraphrasing Strategies and Getting Started & Revision Tips.

Complete this quiz by clicking the box next to the correct answer and save document.

Write a brief statement about what you learned from this experience and what you will do differently in the future (maximum 250 words). You may type this below the quiz. Email both your quiz and statement to an HEC Writing Specialist or Librarian.

Schedule an appointment either in person in the HEC Library or by phone to finalize this process.

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Question #1: A paraphrase is information from a source written in your own words:

☐ True

☐ False

Question #2: Which of the following require an in-text citation?

☐ A) Direct quotes

☐ B) Paraphrases

☐ C) Both A & B are correct

Question #3: Which of the following is the correct in-text citation format for a paraphrase?

☐ (Smith, p. 1).

☐ Paraphrases do not need to be cited

☐ (Smith, 2018).
Question #3: Which of the following is the correct in-text citation format for a direct quote?

- (Smith & Jones, 2018).
- (Smith, p. 1).
- (Smith & Jones, 2018, p. 1).

Question #4: When paraphrasing, it is acceptable to replace one or two words in the original sentence:

- True
- False

Question #5: Check the strategies you can use below to help you be successful when writing papers (you may select more than one):

- Put your sources away when you begin writing
- Get started ahead of time and save time for revision
- Make sure to cite sources both in-text and in the references page
- Copy and paste information from sources into your Word document as a placeholder

Question #6: Direct quotes should be used sparingly in research papers:

- True
- False

Question #7: Direct quotes should not be the exact same as the original source:

- True
- False

Question #8: Review the following passage from the Centers for Disease Control and Prevention website.

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into the cells in your body for use as energy. If you have type 2 diabetes, cells don’t respond normally to insulin; this is called insulin resistance. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can’t keep up, and your blood sugar rises, setting the stage for prediabetes and type 2 diabetes. High blood sugar is damaging to the body and can cause other serious health problems, such as heart disease, vision loss, and kidney disease.
Which of the following are acceptable paraphrases?

**A:** Insulin is a hormone made by a person’s pancreas and acts as a key to allowing blood sugar into one’s cells for energy use. If a person has type 2 diabetes, then their cells don’t respond regularly to insulin, which is called insulin resistance. The person’s pancreases produce more insulin in order to get cells to respond. Over time, the pancreas can’t keep up, increasing blood sugar. This sets the stage for prediabetes and even type 2 diabetes. Elevated blood sugar is detrimental to the body and can lead to heart disease, vision problems, and kidney disease.

**B:** Insulin is a hormone that regulates blood sugar in cells and converts it to energy. However, individuals with type 2 diabetes experience insulin resistance, which is when cells do not properly respond to insulin. The pancreas then produces more insulin to compensate. Over time, the pancreas gets overloaded and blood sugar levels increase, leading to numerous health complications.

☐ A is an acceptable paraphrase

☐ B is an acceptable paraphrase

☐ Both A & B are acceptable paraphrases