

How to Avoid Plagiarism in Academic Writing

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What Is Plagiarism (Really)?

Plagiarism occurs when you use someone else's ideas, words, or structure **without proper acknowledgment**.

According to the University of Oxford (2018), plagiarism includes:

- Copying text word-for-word without citation
- Paraphrasing too closely to the original source
- Submitting someone else's work as your own

Plagiarism can happen even when a source is listed in the references — if it is not cited correctly in the text.

References

- American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). APA Publishing.
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- Carr, N. (2010). *The shallows: What the Internet is doing to our brains*. W. W. Norton.
- University of Oxford. (2018). *Plagiarism*. Oxford University Press.