

SOURCE INTEGRATION EXAMPLES

Source integration is essential when you want to use information and ideas that are not your own in your essay. The goal is to seamlessly weave this information into your own writing while also giving credit where it is due and avoiding plagiarism. There are three ways to integrate sources: summarizing, paraphrasing, and quoting.

SUMMARIZING

Summarizing is typically used when you only want to incorporate the main idea of a source. For instance, you might summarize the conclusion of a study or a scene from a novel into a concise statement in your own voice.

APA EXAMPLE:

ORIGINAL TEXT:

These data suggest food budget savings from being a true vegetarian, even holding demographics constant. The average meat eater said they spent \$148/week on food, whereas a true vegetarian with the same demographics spent \$11/week less, saving about 7% on food. This is less than the 15% reduction found in Berners-Lee et al. (2012) study and the 10% reduction found in Grabs (2015), however, it should be noted that Berners-Lee and Grabs rely on similar data. Still, the savings are real, and when evaluating the environmental consequences of vegetarianism the rebound effect of the savings should be taken into account, as in Grabs (2015). Taken from Lusk & Norwood's "Some vegetarians spend less money on food, others don't," p. 239.

SUMMARIZED TEXT:

Even after adjusting for demographic differences, Lusk and Norwood (2016) found that vegetarians spend about 7% less on food than meat-eaters.

MLA EXAMPLE:

ORIGINAL TEXT:

*Everyone fought hysterically. It was complete anarchy. Everybody fought everybody else. No group fought together for long. Two, three, four, fought one, then turned to fight each other, were themselves attacked. Blows landed below the bell and in the kidney, with the gloves open as well as closed, and with my eye partly opened now there was not so much terror. I moved carefully, avoiding blows, although not too many to attract attention, fighting from group to group. The boys grouped about like blind, cautious crabs crouching to protect their mid-sections, their heads pulled in short against their shoulders, their arms stretched nervously before them, with their fists testing the smoke-filled air like the knobbed feelers of hypersensitive snails... Taken from Ralph Ellison's *Invisible Man*, p. 23.*

SUMMARIZED TEXT:

The boys fought blindfolded in a battle royale, relentlessly throwing punches at the others while attempting to protect themselves (Ellison 23).

PARAPHRASING

Paraphrasing also requires you to use your own words, but incorporates more specific information than a mere summary. It is a useful way to include details without using too many quotes.

APA EXAMPLE:

ORIGINAL TEXT:

What about true vegetarians? Figs. 2 and 3 suggest they probably spend less money than the other two groups, both in and outside the grocery store. True vegetarians strangely seem the opposite of partial vegetarians, in that they spend less money overall but a particularly low amount outside the grocery store. This is partially explained by demographics. True vegetarians make less money than partial vegetarians and about the same as meat eaters. They are younger than meat eaters but older than partial vegetarians, and are more likely to be female and less likely to be overweight or obese. Their household consists of less people, less children, and fewer spouses, and these considerations together makes their lower food expenditures unsurprising. Taken from Lusk & Norwood's "Some vegetarians spend less money on food, others don't," p. 236-237.

PARAPHRASED TEXT:

Lusk and Norwood (2016) found that true vegetarians spend less money at both grocery stores and restaurants than partial vegetarians and meat-eaters, which could be due in part to their demographics. Their income is equivalent to that of meat-eaters but lower than partial vegetarians, and they tend to live in smaller households. Their age is in between that of the other two groups, and within their group there are more women and less instances of obesity. The combination of these characteristics could explain why true vegetarians spend less on food than the other two groups.

MLA EXAMPLE:

ORIGINAL TEXT:

The one thing which I did know was that the vet was acting toward the white man with a freedom which could only bring on trouble. I wanted to tell Mr. Norton that the man was crazy, and yet I received a fearful satisfaction from hearing him talk as he had to a white man. Taken from Ralph Ellison's *Invisible Man*, p. 93.

PARAPHRASED TEXT:

The invisible man has conflicting feelings about how the vet treats Mr. Norton. While he is appalled by the vet's social impropriety, such unimpeded freedom of expression in the presence of a white man brings him a sense of gratification (Ellison 93).

QUOTING

Quotes are a great way to incorporate sources into your writing, but should be used with discretion. It is appropriate to use a quote when:

- Putting the information in your own words would alter the meaning
- The original wording is particularly striking, powerful, or poetic
- The source adds a significant amount of credibility to your paper

Adapted from "Source Integration." *Excelsior College OWL*, <https://owl.excelsior.edu/argument-and-critical-thinking/using-evidence/using-evidence-source-integration/>

It is important to use a lead-in phrase to integrate a quote into your own writing. This can be a simple signal phrase that states the source, or you can introduce the quote with other paraphrased information, ideas, or explanation.

APA EXAMPLE (SIGNAL PHRASE):

ORIGINAL TEXT:

As individuals orient their diet to match their ethical beliefs and health goals, vegetarianism can become a part of one's identity and can result in vegetarian subcultures. Taken from Lusk & Norwood's "Some vegetarians spend less money on food, others don't," p. 232.

QUOTED TEXT:

According to Lusk and Norwood (2016), "as individuals orient their diet to match their ethical beliefs and health goals, vegetarianism can become a part of one's identity and can result in vegetarian subculture" (p. 232).

MLA EXAMPLE (SIGNAL PHRASE):

ORIGINAL TEXT:

Due, however, to circumstances the nature of which I shall explain to you in person on the occasion of the next meeting of the board, it is to the best interests of the college that the young man have no knowledge of the finality of his expulsion. For it is indeed his hope to return here to his classes in the fall. However, it is to the best interests of the great work which we are dedicated to perform, that he continue undisturbed in these vain hopes while remaining as far as possible from our midst.

This case represented, my dear Mr. Emerson, one of the rare, delicate instances in which one for whom we held great expectations has gone grievously astray, and who in his fall threatens to upset certain delicate relationships between certain interested individuals from the school. Thus, while the bearer is no longer a member of our scholastic family, it is highly important that his severance with the college be executed as painlessly as possible. I beg of you, sir, to help him continue in the direction of that promise which, like the horizon, recedes ever brightly and distantly beyond the hopeful traveler. Taken from Ralph Ellison's *Invisible Man*, p. 190-191.

QUOTED TEXT:

Dr. Bledsoe writes to Mr. Emerson, "It is to the best interests of the college that the young man have no knowledge of the finality of his expulsion . . . I beg of you, sir, to help him continue in the direction of that promise which, like the horizon, recedes ever brightly and distantly beyond the hopeful traveler" (Ellison 95).

*Note: To omit any irrelevant material from a passage, you may use ellipses (three periods, each separated by a space) to shorten the quote to an acceptable length.

APA EXAMPLE (WITH OTHER INFORMATION):

ORIGINAL TEXT:

What this discussion makes clear is that demographics might play a profound role in influencing how much money individuals spend on food, and if we are interested in the impact of becoming a vegetarian on one's

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food bill, particular care must be made as to which of these demographics change as meat is replaced with vegetarian dishes. Taken from Lusk & Norwood's "Some vegetarians spend less money on food, others don't," p. 237.

QUOTED TEXT:

The data collected from Lusk and Norwood's (2016) internet survey leads them to understand that demographics can significantly affect an individual's food expenditures, and therefore "particular care must be made as to which of these demographics change as meat is replaced with vegetarian dishes" (p. 237).

MLA EXAMPLE (WITH OTHER INFORMATION):

ORIGINAL TEXT:

How had I come to this? I had kept unswervingly to the path placed before me, had tried to be exactly what I was expected to be, had done exactly what I was expected to do—yet, instead of winning the expected reward, here I was stumbling along, holding on desperately to one of my eyes in order to keep from bursting out my brain against some familiar object swerved into my path by my distorted vision. Taken from Ralph Ellison's *Invisible Man*, p. 139.

QUOTED TEXT:

After being expelled for taking Mr. Norton to see Jim Trueblood, the invisible man wonders how his diligence has brought him to his demise, feeling as if he is "stumbling along, holding on desperately to one of [his] eyes in order to keep from bursting out [his] brain against some familiar object swerved into [his] path by [his] distorted vision" (Ellison 139).

*Note: it is important to alter small words, such as pronouns, to create grammatical continuity between your writing and the quote. In this example, "my" has been changed to "his," and is placed in brackets to denote this modification.