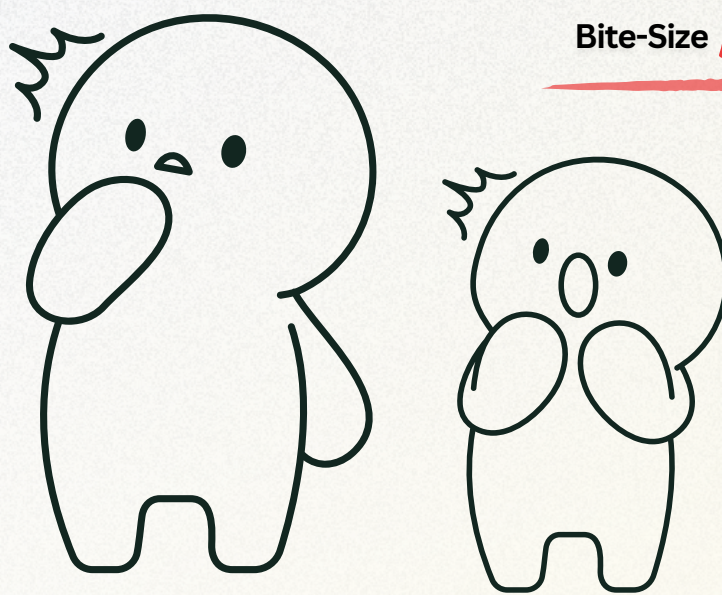


UNDERSTANDING PLAGIARISM

and how to avoid it

Bite-Size *Learning*



?

What is Plagiarism

Plagiarism involves using another person's work without providing proper acknowledgement.

!

Why Avoid Plagiarism

Plagiarism is considered a serious form of academic dishonesty and may result in academic penalties. It can be avoided by **accurately citing and referencing all sources** of information used in your work.

Common Types of Plagiarism to Avoid



DIRECT COPYING

Direct Copying is when you copy the words or ideas from someone else's work without providing proper references to the original source in your work.

WHAT TO AVOID

✗ Direct Copy & Paste

The digital revolution-including smartphones, wearable devices, mobile applications, and online platforms- has fundamentally transformed modern human lifestyle and health behaviors. This narrative review synthesizes evidence on the positive and negative impacts of social media and smart technologies on the six pillars of lifestyle medicine...



WHAT TO DO

- ✓ Use quotation marks for direct quotes
- ✓ Provide proper citations & references to acknowledge sources

“The digital revolution-including smartphones, wearable devices, mobile applications, and online platforms- has fundamentally transformed modern human lifestyle and health behaviors”
(AlNamlah et al., 2026).

Reference: AlNamlah, L., Konswa, A. A., Alakeel, R., & Taieb, H. (2026). The impact of advanced technology and social media platforms on lifestyle medicine: A narrative review. *Discover Public Health*, 23(1), 1–21. <https://doi.org/10.1186/s12982-026-01479-z>

Common Types of Plagiarism to Avoid

PATCHWRITING

Patchwriting is when you copy sections of text from multiple sources and replace a few words, while retaining the original sentence structure.



Original Text

The digital revolution—including smartphones, wearable devices, mobile applications, and online platforms—has fundamentally transformed modern human lifestyle and health behaviors.

WHAT TO AVOID

✗ Patchwriting

The digital revolution—including mobile phones, smart wearables, health apps, and digital networks—has drastically altered modern human lifestyle and health behaviors.

It is still plagiarism if you only:

- Replace a few words, and
- Retain the original sentence structure

WHAT TO DO

- ✓ Understand the ideas presented in the source
- ✓ Paraphrase in your own words
- ✓ Provide proper citations & references to acknowledge the source

✓ **EXAMPLE:** Contemporary lifestyle choices and health behaviors have been profoundly reshaped by advancements in digital technologies (AlNamlah et al., 2026).



Common Types of Plagiarism to Avoid

REUSING PREVIOUS WORK

Reusing content from your previous assignment such as copying the sentences or paragraphs into a new assignment, without informing your instructor and getting approval, is considered **self-plagiarism**.

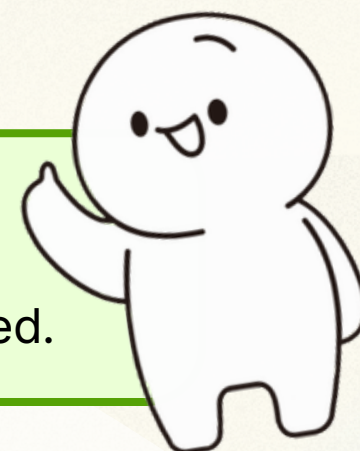


WHY YOU SHOULD AVOID IT

- ✗ It misrepresents old work as new, original effort.
- ✗ It prevents you from demonstrating your understanding and showing what you have learned.
- ✗ It is considered unethical and may violate academic integrity guidelines.

WHAT TO DO

- ✓ Always follow academic guidelines
- ✓ Obtain approval and disclose any work that has been reused.
- ✓ If permission is granted, ensure it is properly cited and referenced.



“

What are Citations & References

In-text citations are notes in the main body text that tell readers which sources you took ideas, words or statistics from.



References are the sources of information that you cited in your work. They are compiled in a reference list which includes complete publication details such as author names, titles, publication dates, and more.

