

WRITING AND CITING WITH ACADEMIC INTEGRITY

Five Tips to Improve Your Writing Today

1. Locate academic—scholarly, peer-reviewed—sources. Use the Library eReserves and Research Guides.
2. Take careful notes. Always include the bibliographic information with page numbers.
3. Create a basic outline that includes the main points required in your paper. The main points will make logical headings in your paper.
 - a. Develop an introduction that states your thesis and tells your reader why it is important and how you will support your claim. (“Explain what you will tell the reader.”)
 - b. The body of your paper provides the evidence to support your claim. (“Tell the reader.”)
 - c. Your conclusion summarizes the evidence and suggests key takeaways. (“Review what you just told the reader.”)
4. Engage with the material. Most papers will require you to apply or interact with and evaluate the research findings you have shared.
5. Seek feedback and revise as needed. Utilize the [Writing Center's](#) services and resources!

Avoiding Plagiarism

What is plagiarism? Plagiarism is **using another's work without documenting the source**. It can involve another student's paper, a book or article written by someone else, a quote taken from their work, or restating their ideas without attribution. It even includes lifting portions from a previous paper you have written without citing it. It also includes using text generated through large language models (artificial intelligence) and presenting it as your own work.

Why Cite Your Sources?

- To show readers that you have done your research.
- To give credit to others for the work they have done.
- To provide readers the ability to check your sources if there are questions.
- To point the way for others to build on your work.

Citation Rules

Pro tip: When in doubt, cite it. Give credit where credit is due. To avoid plagiarism, it is always better to err on the side of overciting than to under-cite.

Provide a citation whenever:

1. *Referring* to or mentioning a source in general (e.g., a book/article title, entire chapter, whole website, etc.).

Turabian

In this paper, I will explore and share my personal reflections on David G. Benner's excellent book, *Care of Souls: Revisioning Christian Nurture and Counsel*.¹ This book not only

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context, spirituality and psychology were still deeply integrated. Therefore, I found David Benner's (1998) *Care of Souls* book extremely compelling because it aligned my personal experience with and my support of an integrated approach to therapy. Firstly, *Care of Souls* led

2. *Quoting* from a source (block quote or in text).

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must be dealt with separately and differently. But as Benner points out, "Even if we confine ourselves to Pauline psychology, we are forced to consider conscience, heart, flesh, mind, old man, new man, inner man, outer man, and many other concepts—all contenders for inclusion as basic parts of personality."² A fresh perspective offered by Benner is that we are not fragmented

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are so deeply intertwined that we cannot effectively examine one element in a silo. Therefore, we need integrated soul care in counseling to adequately transform the depths of a person through "fostering the psychospiritual growth and health" (Benner, 1998, p. 23). Recovery did not

3. *Paraphrasing or rewording* a thought, concept, or idea from a source.

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desires. Humans have a body, have a soul, and have a spirit, thus neglecting one of those elements would reduce the wholeness of a person.¹ As I understand it, the soul, spirit, and body

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physically, grow spiritually, and attend to the holistic health of my soul. Jesus offered me the spiritual renewal and spiritual repose necessary to care for my soul (Benner, 1998). I experienced

4. *Referring to your own* thought, concept, or idea, or quoting something which you have written in a prior paper. Format such citations as unpublished manuscripts to avoid self-plagiarism.
5. *Referring to or quoting scripture.* To [cite scripture in Turabian](#), see 17.8.2 in the manual (and 24.6.1 and 24.6.3 for OT and NT book abbreviations). To [cite scripture in APA](#), see 8.13, 8.28, and 9.41-2 in the manual. Use parenthetical citations for scripture references.

Writing Center Resources

Our writing resources are reviewed and updated often, and new ones are added periodically. We recommend you bookmark our Writing Center [Resources page](#) and reference our resources while writing your papers.

We offer information including [Writing with gender-inclusive language](#), [Avoiding plagiarism](#), and [How to use copyrighted material](#). We also have the following resources, as well as many others:

APA Resources	Turabian Resources
APA formatting checklist	Turabian formatting checklist
APA title page template	Turabian title page template
APA examples of common reference types	Turabian examples of common reference types
APA Style PowerPoint	Tips on Turabian PowerPoint

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