**How to Paraphrase**

After going through the paraphrasing training session, I now understand what exactly it is and its impact on research writing. It’s essentially taking someone’s ideas and expressing them in your own words while maintaining their original meaning. It involves comprehending the idea and then rephrasing it while preserving its intent, not just replacing the content with synonyms.

While paraphrasing, a writer must show respect to the author and their original work by maintaining their original intent with the content. Keeping this in mind helps the writer maintain integrity in their work and produce plagiarism-free content. To paraphrase effectively, a writer should incorporate habits like active reading.

For a writer to produce well-researched and plagiarism-free content, they ought to master all the paraphrasing techniques. This will help them maneuver complex content and enhance clarity while writing.

In conclusion, the paraphrasing guidelines highlighted in the training session are beneficial in equipping writers to synthesize content and craft original content in their research. Paraphrasing skills aid writers in enhancing the quality of their research projects.

**Works Cited**

Valdatech Online Hub. "How to Paraphrase." YouTube, 21 July 2023, <https://www.youtube.com/watch?v=Gv9bNElX0dI>. Accessed 17 May 2024.