

Using APA format

- Summary & commentary
- Don't mention the "Title"
- Don't refer author's "full name", use ~~APA format~~
- According to Brooks (2020), [some texts] (p.1).
- [Some texts] (Brooks, 2020, pp.1-2)
- Don't quotes or copying
- No quotations

Keeping the main idea, ~~writing the sentence by~~ creating a new sentence

Basics of a paraphrase

- It is not good enough to change a few words while keeping the same basic phrase or sentence
- Communicate the ideas accurately
- ~~Pa~~ Use own words
- Be prepared to compare your version to the original and re-write

Reference page

Brooks, A.C. ~~The 3 Equations for a Happy Life, Even During a Pandemic~~ The 3 equations for a happy life, even during a pandemic. The Atlantic. <https://1-...>

A brief Discussion of Brooks, 2020

"Equation" is a metaphor

- Equation 1: Subjective Well Being = Genes + Circumstances + Habits
- Genetic and Circumstances are hard to control, while Habits not
- Equation 2: Habits = Faith + Family + Friends + Work
- Equation 3: Satisfaction = $\frac{\text{what you have}}{\text{what you want}}$

Summary

Writing in proper APA Format and Paraphrasing

Three equations mentioned by Brooks should be explained by my own word

To emphasize, don't use "abc", using abc instead.