

## Activity 1: Paraphrasing One Sentence

This activity consists of three steps:

1. Read the following published sentence and then **paraphrase** it—that is, rewrite it in your own words. You do not need to repeat every element. Instead, try changing the focus of the sentence while preserving the meaning of the original.
2. Write an **APA Style reference list entry** for the published work using the source information provided. Look up the document type in Chapter 10 of the *Publication Manual* and follow the appropriate reference example.
3. Figure out the **in-text citation** that corresponds to the reference list entry. Then add a **parenthetical citation** to your paraphrased sentence. Use the standard citation formats shown in Table 8.1 of the *Publication Manual*.

### Published Sentence

Leaders who lack emotional and social competence undoubtedly can become a liability to organizations, directly leading to employee disengagement, absenteeism, stress-disability claims, hostile-workplace lawsuits, and increased health care expenses.

### Source Information

- Document type: Journal article (Section 10.1)
- Authors: Kenneth Nowack and Paul Zak
- Publication year: 2020
- Article title: Empathy enhancing antidotes for interpersonally toxic leaders
- Journal information: *Consulting Psychology Journal: Practice and Research*, Volume 72, Issue 2, pages 119–133
- DOI: <https://doi.org/10.1037/cpb0000164>

Your paraphrased sentence and parenthetical in-text citation:

Your reference list entry:

## Activity 2: Summarizing Multiple Sentences

This activity consists of three steps:

1. Read the following published sentences and **summarize** the authors' findings in your own words in **one sentence**.
2. Write an **APA Style reference list entry** for the published work using the source information provided (see Chapter 10 of the *Publication Manual* for examples).
3. Figure out the **in-text citation** that corresponds to your reference list entry. Then add a **narrative citation** to your paraphrased sentence. You do not need to re-cite the works that are already cited in the published sentences.

### Published Sentences

Research suggests that people exercise less when demands in their job or studies increase (Englert & Rummel, 2016; Oaten & Cheng, 2005; Sonnentag & Jelden, 2009). Building upon these findings, the present study investigated the relationship between university students' implicit theories about willpower and the amount they exercise during their final examination period. We hypothesized and found that students with a limited theory about willpower—those who believed that their self-control resembles a limited resource—exercised significantly less than students with a nonlimited theory during this stressful period (about 220 min less over the course of 2 weeks).

### Source Information

- Document type: Journal article (Section 10.1)
- Authors: Katharina Bernecker and Jule Kramer
- Publication year: 2020
- Article title: Implicit theories about willpower are associated with exercise levels during the academic examination period
- Journal information: *Sport, Exercise, and Performance Psychology*, Volume 9, Issue 2, pages 216–231
- DOI: <https://doi.org/10.1037/spy0000182>

Your paraphrased sentence and narrative in-text citation:

Your reference list entry: