

Academic Integrity*What is plagiarism?***Narrator:**

Plagiarism is a big word. And most students don't set out to cheat or plagiarise. They may just feel stressed because the deadline's coming up and there's lots to do. They may be super busy with work or have a challenging family life.

Completing assignments at the last minute can be very stressful, but don't worry, there's plenty of help available.

Plagiarism is a big word. And most students don't set out to cheat or plagiarise. They may just feel stressed because the deadline's coming up and there's lots to do. They may be super busy with work or have a challenging family life.

Completing assignments at the last minute can be very stressful, but don't worry, there's plenty of help available.

Don't just look at material you want to use and then change a few words here and there – that's not paraphrasing. Instead, make sure you understand what you've read, close the book or website, and write down the main ideas. Don't worry that they don't sound exactly like the original – they shouldn't. They are now in your own words, reflecting your thinking and personality.