



The Flow of Information

UNDERSTANDING COPYRIGHT LAW

INTERNET COPYRIGHT

ETIQUETTE

GREAT RESOURCES ON THE WEB



Public Copyright Information

Here at IPE, we love the fact that the Internet allows us to quickly share information to anyone around the globe and we want to encourage you to share your passion and excitement about the work here with others. However, we expect everyone to faithfully follow the rules of Internet etiquette and copyright law:

If you find an idea you want to share, which does not belong to you, you must cite the source and provide a link. The information found here at IPE or in any of Marc David's work is subject to copyright. Copyright Law protects the particular way authors have expressed themselves.

While we're most accustomed to seeing something like this, for example: 2005 Patti Smith

Please Be Aware: since April 1989 an author retains rights to all works whether there is any posted notice of the fact or not.

This means that even if copyright notice doesn't exist anywhere on the page, copyright, and its protections, are still in effect. The Internet, while publically accessible, does not fall under the rights of that which is officially "in the public domain". Do not make the mistake of assuming otherwise.

What is Fair Use?

This exemption to U.S. Copyright Law was created to allow news coverage, social commentary, and satire or parody. According to the US Copyright Office, the Fair Use qualifies as the following:

- Quotation of excerpts in a review or criticism for purposes of illustration or comment;
- Quotation of short passages in a scholarly or technical work, for illustration or clarification of the author's observations;
- Use in a parody of some of the content of the work parodied;
- Summary of an address or article, with brief quotations, in a news report;
- Reproduction by a library of a portion of a work to replace part of a damaged copy;
- Reproduction by a state certified or professional teacher or student of a small part of a work in order to illustrate a lesson;
- Reproduction of a work in legislative or judicial proceedings or reports;
- Incidental and fortuitous reproduction, in a newsreel or broadcast, of a work located in the scene of an event being reported";
- However, they also write that: "there is no specific number of words, lines, or notes that may safely be taken without permission. Acknowledging the source of the copyrighted material does not substitute for obtaining permission".



HOW TO SHARE IPE BLOGS OR BLOGS YOU LOVE:

Of course you want to share original content on your blog, but another great way to share information with your readers is posting links to other people's blog articles. This is a way for you to become a resource for relevant material in your field as well as allow you to not have to write blogs every week which saves you time.

You can discuss why you think the article is relevant and include the first paragraph of the blog so people can get a sense of what the article is about as I have here below:

"One of the lesser understood but clinically useful nutrition strategies when it comes to weight, energy, mood and appetite regulation is the little known field of bio-circadian nutrition. Simply put, when we eat is often as important as what we eat. Like all aspects of nutrition science, there's a very elegant continuum of possibilities that exists from person to person. In other words, we're all nutritionally different, so the only true hard and fast rules are the ones that apply to your unique nutritional experience."

Click here to learn why in this article by Marc David: <http://psychologyofeating.com/nutrition-rhythm-metabolism/>

WRITER BIO:

Marc David is the Founder of the Institute for the Psychology of Eating, a leading visionary, teacher and consultant in Nutritional Psychology, and the author of the classic and bestselling works *Nourishing Wisdom*, *The Slow Down Diet*, and *Mind Body Nutrition*. The Institute for the Psychology of Eating is the world's only teaching organization dedicated to a forward thinking, positive, holistic approach to nutritional psychology. IPE is unique and revolutionary in its approach – teaching students and professionals how to effectively work with the most common eating challenges of our times.

Learn more here: <http://psychologyofeating.com/free-video-gift/>

FOR STUDENTS OF IPE

You cannot use content provided to you during the certification training. This includes core philosophies, concepts, videos and literature. Academic standards allow you to directly quote up to 4 lines (not sentences, but lines) worth of text from any public or published text, e.g. the IPE blog, articles, or Marc's books, but only so long as you have links and proper citation. Anything that qualifies as a true paraphrase or summary is allowed, but you still must provide source citation for any material that is not original to you. If you would like to use small or inspiring quotes, you must attribute, and cite as follows: "during my training @IPE" or "My mentor Marc David, said/wrote, etc."

THANK YOU to PLAGIARISM.ORG

They have offered all this helpful information for everyone who needs it!

They write: "In the interest of disseminating this information as widely as possible, plagiarism.org grants all reprint and usage requests without the need to obtain any further permission as long as the URL of the original article/information is cited."



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





What is Plagiarism?

See sources cited below. Many people think of plagiarism as copying another's work or borrowing someone else's original ideas. But terms like "copying" and "borrowing" can disguise the seriousness of the offense: According to the Merriam-Webster Online Dictionary, to "plagiarize" means

- To steal and pass off (the ideas or words of another) as one's own
- To use (another's production) without crediting the source
- To commit literary theft
- To present as new and original an idea or product derived from an existing source

In other words, plagiarism is an act of fraud. It involves both stealing someone else's work and lying about it afterward.

Plagiarism is not always a black and white issue. The boundary between plagiarism and research is often unclear. Learning to recognize the various forms of plagiarism, especially the more ambiguous ones, is an important step towards effective prevention.

The Plagiarism Spectrum was developed as a way to define and distinguish the common ways in which plagiarism can take form. The Spectrum makes these forms memorable by tagging the types with "Digital 2.0" monikers, a gesture that both acknowledges the role that the internet plays in instances of content copying and makes the types more meaningful for a generation of writers who are "digital natives."¹

As part of the Plagiarism Spectrum project, a May 2012 survey of nearly 900 secondary and higher education instructors was also conducted to assess the frequency with which these types appear as well as the degree to which each type is problematic for instructors.

Each of the 10 most common types of plagiarism are defined below. The types are ranked in order of severity of intent. Read Carefully.

1. Clone: Submitting another's work, word-for-word, as one's own
2. CTRL-C: Contains significant portions of text from a single source without alterations
3. Find – Replace: Changing key words and phrases but retaining the essential content of the source. Too many people think this is just paraphrasing, and therefore legal, but it's not.
4. Remix: Paraphrases from multiple sources, made to fit together
5. Recycle: Borrows generously from the writer's previous work without citation
6. Hybrid: Combines perfectly cited sources with copied passages without citation
7. Mashup: Mixes copied material from multiple sources
8. 404 Error: Includes citations to non-existent or inaccurate information about sources
9. Aggregator: Includes proper citation to sources but the paper contains almost no original work
10. Re-tweet: Includes proper citation, but relies too closely on the text's original wording and/or structure



BUT CAN WORDS AND IDEAS REALLY BE STOLEN?

According to U.S. law, the answer is yes. The expression of original ideas is considered intellectual property and is protected by copyright laws, just like original inventions. Almost all forms of expression fall under copyright protection as long as they are recorded in some way (such as a book or a computer file).

RECAP

Q: WHICH OF THE FOLLOWING ARE CONSIDERED PLAGIARISM?

- Turning in someone else's work as your own?
- Copying words or ideas from someone else without giving credit?
- Failing to put a quotation in quotation marks?
- Giving incorrect information about the source of a quotation?
- Changing words but copying the sentence structure of a source without giving credit?
- Copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not (see our section on "fair use" rules)? Most cases of plagiarism can be avoided, however, by citing sources. Simply acknowledging that certain material has been borrowed and providing your audience with the information necessary to find that source is usually enough to prevent plagiarism. See our section on citation for more information on how to cite sources properly.

Answer: All of them!

HOW TO PREVENT PLAGIARISM:

In a research paper, you have to come up with your own original ideas while, at the same time, making reference to work that's already been done by others. But how can you tell where their ideas end and your own begin? What's the proper way to integrate sources in your paper? If you change some of what an author said, do you still have to cite that author? Confusion about the answers to these questions often leads to plagiarism. If you have similar questions or are concerned about preventing plagiarism, we recommend using the checklist below. Consult with your instructor

HAVE QUESTIONS ABOUT PLAGIARISM?

If you can't find the answers on our site or are unsure about something, you should ask your instructor. He or she will most likely be very happy to answer your questions. You can also check out the guidelines for citing sources properly. If you follow them and the rest of the advice on this page, you should have no problems with plagiarism.

PLAN YOUR PAPER

Planning your paper well is the first and most important step you can take toward preventing plagiarism. If you know you are going to use other sources of information, you need to plan how you are going to include them in your paper. This means working out a balance between the ideas you have taken from other sources and your own, original ideas. Writing an outline or coming up with a thesis statement in which you clearly formulate an argument about the information you find will help establish the boundaries between your ideas and those of your sources.



TAKE EFFECTIVE NOTES

One of the best ways to prepare for a research paper is by taking thorough notes from all of your sources so that you have much of the information organized before you begin writing. On the other hand, poor note-taking can lead to many problems-- including improper citations and misquotations, both of which are forms of plagiarism! To avoid confusion about your sources, try using different colored fonts, pens, or pencils for each one, and make sure you clearly distinguish your own ideas from those you found elsewhere. Also, get in the habit of marking page numbers, and make sure that you record bibliographic information or web addresses for every source right away-- finding them again later when you are trying to finish your paper can be a nightmare!

WHEN IN DOUBT, CITE SOURCES

Of course you want to get credit for your own ideas. And, you don't want your instructor to think that you got all of your information from somewhere else. But if it is unclear whether an idea in your paper really came from you, or whether you got it from somewhere else and just changed it a little, you should always cite your source. Instead of weakening your paper and making it seem like you have fewer original ideas, this will actually strengthen your paper by:

- Showing that you are not just copying other ideas but are processing and adding to them,
- Lending outside support to the ideas that are completely yours, and
- Highlighting the originality of your ideas by making clear distinctions between them and
- Ideas you have gotten elsewhere

MAKE IT CLEAR WHO SAID WHAT

Even if you cite sources, ambiguity in your phrasing can often disguise the real source of any given idea, causing inadvertent plagiarism. Make sure when you mix your own ideas with those of your sources that you always clearly distinguish them. If you are discussing the ideas of more than one person, watch out for confusing pronouns. For example, imagine you are talking about Harold Bloom's discussion of James Joyce's opinion of Shakespeare, and you write: "He brilliantly portrayed the situation of a writer in society at that time." Who is the "He" in this sentence? Bloom, Joyce, or Shakespeare? Who is the "writer": Joyce, Shakespeare, or one of their characters? Always make sure to distinguish who said what, and give credit to the right person.

MAKE IT CLEAR WHO SAID WHAT

A paraphrase is a restatement in your own words of someone else's ideas. Changing a few words of the original sentences does NOT make your writing a legitimate paraphrase. You must change both the words and the sentence structure of the original, without changing the content. Also, you should keep in mind that paraphrased passages still require citation because the ideas came from another source, even though you are putting them in your own words.

The purpose of paraphrasing is not to make it seem like you are drawing less directly from other sources or to reduce the number of quotations in your paper. It is a common misconception among students that you need to hide the fact that you rely on other sources. Actually, it is advantageous to highlight the fact that other sources support your own ideas. Using quality sources to support your ideas makes them seem stronger and more valid. Good paraphrasing makes the ideas of the original source fit smoothly into your paper, emphasizing the most relevant points and leaving out unrelated information. Learning how to paraphrasing properly:



Let's say that you want to introduce information from another source (a book, a journal article, or website, for example) into your paper. You could approach this by quoting the work directly or try to convey the information from the original source in your paper by rephrasing it in your own words. This latter approach is paraphrasing.

LET'S TAKE A MOMENT TO MAKE A CLEAR DISTINCTION BETWEEN THE TWO.

QUOTING:

To quote is to include the identical wording from the original source in your paper. Quoted material in your paper is distinguished from your own words by the use of “ ” or by indenting the quoted text (if quoting a longer passage). In addition to quotation marks or indenting, all quoted material should also be cited, using either footnotes, endnotes, or in-text citation.

PARAPHRASING:

To paraphrase is to include the ideas or information from an original source in your paper by rephrasing those ideas or information in your own words. The key to successful paraphrasing is: use as few words as possible from the original text – be mindful not to change the meaning that you are trying to convey as you rephrase – and to cite your paraphrase. Without proper citation, your paraphrase could be construed as plagiarism.

SIX STEPS TO EFFECTIVELY PARAPHRASING ALONG WITH A FEW EXAMPLES CAN BE FOUND ON THE PURDUE ONLINE WRITING LAB WEBSITE.

ANALYZE AND EVALUATE YOUR SOURCES

Not all sources on the web are worth citing-- in fact, many of them are just plain wrong. So how do you tell the good ones apart? For starters, make sure you know the author(s) of the page, where they got their information, and when they wrote it (getting this information is also an important step in avoiding plagiarism!). Then you should determine how credible you feel the source is: how well they support their ideas, the quality of the writing, the accuracy of the information provided, etc. We recommend using the “Web Page Evaluation Criteria” available through New Mexico State University’s website.

HOW TO CITE YOUR SOURCES

A “citation” is the way you tell your readers that certain material in your work came from another source. It also gives your readers the information necessary to find that source again, including:

- Information about the author
- The title of the work
- The name and location of the company that published your copy of the source
- The date your copy was published
- The page numbers of the material you are borrowing



WHY SHOULD I CITE SOURCES?

Giving credit to the original author by citing sources is the only way to use other people's work without plagiarizing. But there are a number of other reasons to cite sources:

- Citations are extremely helpful to anyone who wants to find out more about your ideas and where they came from
- Not all sources are good or right -- your own ideas may often be more accurate or interesting than those of your sources. Proper citation will keep you from taking the rap for someone else's bad ideas
- Citing sources shows the amount of research you've done
- Citing sources strengthens your work by lending outside support to your ideas

DOESN'T CITING SOURCES MAKE MY WORK SEEM LESS ORIGINAL?

Not at all. On the contrary, citing sources actually helps your reader distinguish your ideas from those of your sources. This will actually emphasize the originality of your own work.

WHEN DO I NEED TO CITE?

Whenever you borrow words or ideas, you need to acknowledge their source. The following situations almost always require citation:

- Whenever you use quotes
- Whenever you paraphrase
- Whenever you use an idea that someone else has already expressed
- Whenever you make specific reference to the work of another
- Whenever someone else's work has been critical in developing your own ideas.

For more information on:

- Citation styles - visit: <http://plagiarism.org/citing-sources/citation-styles>
- Bibliography – visit: <http://plagiarism.org/citing-sources/whats-a-bibliography>
- Footnotes – visit: <http://plagiarism.org/citing-sources/what-are-footnotes/>
- On quotations – visit: <http://plagiarism.org/citing-sources/quoting-material/>

DO THE RIGHT THING:

Plagiarism.org Sources:

- <http://plagiarism.org/plagiarism-101/what-is-plagiarism>
- <http://plagiarism.org/plagiarism-101/types-of-plagiarism/>
- <http://plagiarism.org/plagiarism-101/prevention/>
- <http://plagiarism.org/citing-sources/how-to-paraphrase/>
- <http://plagiarism.org/citing-sources/whats-a-citation>



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