

# [Unit 1 forming cohorts and academic integrity](https://assignbuster.com/unit-1-forming-cohorts-and-academic-integrity/)

Forming Cohorts and Academic Integrity Forming cohorts and academic integrity Part I Academic integrity Academic integrity is the honest and responsible presentation of academic work. This involves submission of academic work that is a representation of an author’s original work supported with cited evidence. The author states his or her statement or idea and supports it with evidence from sources that must be credited in the work. The author should ensure that by supporting his or her evidence with any source, the interpretation presents an original idea, different from the idea in the source.   
Part II   
Ways through which I can ensure that I fulfill the standards of academic honesty and integrity   
One of the ways through which I can ensure that I fulfill the rules of academic honesty and integrity is by citing all sources I use in my academic work. Avoiding collaboration when doing academic work, unless instructed otherwise, is another way of fulfilling these rules (Capella University, 2014). I should further ensure that when I use an idea from an external source and reference it, it should create a different idea original from the idea in the source. In addition, I should also ensure that my work does not violate copyright and trademark regulations as this will be treated as a form of plagiarism (Capella University, 2014). I should equally avoid submitting previously submitted work unless instructed otherwise.   
How to learn best practices to avoid sanction   
Paraphrasing is one of the best practices for avoiding sanction and practicing with sample works is the way to learn it. Another way to learn best practices to avoid sanction is by repeated application of the MEAL plan, an acronym for main idea, evidence or examples, analysis, and link between these examples and my work. This plan helps structure a paragraph in an original way since it emphasizes on the writer’s idea.   
How to reach out for help as I work on maintaining high academic integrity standards   
Continuously seeking for advice on how to avoid plagiarism and on paraphrasing skills is my preferred way of reaching out for help.   
References   
Capella University. (2014). Academic Integrity and Policy. Capella University.