

● Station Blue: Using my own words

Focus

Moving away from the source wording.



What to do

- Highlight words or phrases that look close to the original text
- Replace them with:
 - simpler words
 - everyday language
 - how you would explain it to a friend

Ask yourself

- Does this sound like me?
- Would I say it this way when speaking?
- Can I change the sentence order?

Goal

Same meaning. Different wording.

● Station Green: Making my paraphrase shorter

Focus

Reducing length without losing meaning.



What to do

- Read your paraphrase again
- Delete one sentence that repeats an idea
- Try to combine two ideas into one sentence

Ask yourself

- Can I say this more simply?
- Am I repeating the same point?
- Is this detail really needed?

Goal

Say less. Say it more clearly.

● Station Red: Choosing key ideas

Focus

Choosing what matters most.



What to do

- Look at your individual paraphrase
- Compare it with the original paragraph
- Circle or highlight only the main ideas
- Cross out ideas that are not essential

Ask yourself

- What is the paragraph mainly about?
- If I kept only three ideas, which would they be?
- What information could a reader skip?

Goal

Keep meaning. Remove extra ideas.

● Station Yellow: Checking meaning and clarity

Focus

Understanding and explaining the message.



What to do

- Read your paraphrase without looking at the source
- Rewrite one sentence starting with:
 - “This text is mainly about...”
 - “The main point is...”

Ask yourself

- Have I understood the message?
- Is my meaning clear to someone else?
- Could my sentence be clearer?

Goal

Clear meaning matters more than perfect language.