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APA format has changed! As of October 2019, the seventh edition of the handbook is in use. **Make sure to ask your professor which edition (6th or 7th) they prefer!**

This handout is based on the *Publication Manual of the American Psychological Association*. It is not meant to serve as a substitute for the handbook but rather as an overview of the most common formatting guidelines.

APA format specifies how academic papers should be set up and how any sources used within the paper should be referenced. This system is used most frequently in the fields of Education, Communication Science and Disorders, Psychology, and other Social Sciences. It is always recommended that students ask their professors which format s/he wants students to use.

**Integrating Research and Academic Integrity**

It is necessary to cite sources to give appropriate credit, in order to avoid plagiarism. Plagiarism, as defined by The College of Saint Rose Catalog of Undergraduate Studies, includes but is not limited to “Purchasing, copying, down-loading, printing, or paraphrasing another’s book, article, paper, speech, exam, portfolio, creative work, argument, or any other work and presenting it as one’s own, either in whole or in part” and “Incorporating portions of another’s work without proper acknowledgement and documentation” (strose.edu/academics/academic-resources/academic-integrity/plagiarism-policy/). Plagiarizing can result in failure of the assignment, failure of the course, and/or expulsion from the college. Professionally, plagiarism can result in being fired and/or sued.

Basic APA Format:
- Typed, double-spaced, on standard-sized paper (8.5x11)
- 1-inch margins on all sides
- APA recommends using either a sans serif font such as 11-point Calibri, 11-point Arial, or 10-point Lucida Sans Unicode, or a serif font such as 12-point Times New Roman, 11-point Georgia, or 10-point Computer Modern
- The title of the paper is on the first page, bolded, centered, and double spaced
- Page number in the upper right corner
- Titles of long works (books, journals, plays, movies, CDs, paintings, etc.) are *italicized*
- Titles of short works (articles, poems, short stories, songs, etc.) are in “quotation marks”
- Headings can be used to organize the text of advanced research papers.

General components of an APA format paper:
- Title Page
  - *Abstract*—a brief summary of the paper, maximum 250 words
  - Text pages—the body of the paper, sometimes organized according to section headings, depending on the type of research paper
  - Reference page—a list of sources used in the paper
  - *Tables*
  - *Figures*
  - *Appendices*—materials relevant to the paper’s topic that would be too distracting if presented within the paper (ex. charts, tests, questionnaires, interviews, etc.)
• Footnotes or endnotes—information about the author, content, copyright permissions, or tables that you want to include but which would be distracting in the body of the paper. *See the Publication Manual of the American Psychological Association, 6th edition, for more detailed information. For student papers, you are usually not responsible for including these components.

**Title Page**—centered, double-spaced on the top half of the page:

• Title—give the paper a title (no more than 12 words) that is relevant to your topic. It should be **bolded**
• Beneath the title, type (not bolded):
  o Your Name
  o Your Affiliation—as a student, your affiliation is The College of Saint Rose.
  o Course Number and Name
  o Instructor Name
  o Assignment Due Date

Running Head—a shortened form of the title, no more than 50 characters. It is usually flush left, while the page numbers are flush right. There is no running head on the title page. The header begins on the rest of the pages, using a shortened form of the title. **There is no longer a running head on student papers.**

Page number—the title page is numbered as 1 in the upper right corner.

**First Page**- depending on the length of your paper, your professor may require an abstract. The abstract page includes the page number in the heading. On the first line of the abstract page, center and bold the word “Abstract” do not use italics, underlining, or quotation marks.

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Sample Title Page:  

Sample Abstract Page:  

Sample First Page:  

**APA Style: A Review**  
Polly Pockette  
The College of Saint Rose  
CSD 222: Language Disorders  
Dr. Pepper  
March 25, 2020

**Abstract**  
Blah blah blah blah. Blah blah blah blah...  

**Keywords**: banana, mango, rainbow

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**Following APA Guidelines**  
Writing writing writing. Things about your paper and what you’re writing about. Background information. Thesis. Adsffgsffgsfag wldstd f df'a sdfa dsf jkckjih jkldjkdksf jka sieuio iopugio sdfa jkckjih sdfa jkckjih jkldjkdksf jkckjih hasdf'a daf ljkjkf, jhbfjkh haskjklh jkldjkdksf jkckjih hasdf k, asdf hkasf k h heioopp p poperio ioei... Paper Continues....  
Writing writing writing. Things about your paper and what you’re writing about. Background information. Thesis. Adsffgsffgsfag wldstd f df'a sdfa dsf jkckjih jkldjkdksf jka sieuio iopugio sdfa jkckjih sdfa jkckjih jkldjkdksf jkckjih hasdf'a daf ljkjkf, jhbfjkh haskjklh jkldjkdksf jkckjih hasdf k, asdf hkasf k h heioopp p poperio ioei... Paper Continues....  
Writing writing writing. Things about your paper and what you’re writing about. Background information. Thesis. Adsffgsffgsfag wldstd f df'a sdfa dsf jkckjih jkldjkdksf jka sieuio iopugio sdfa jkckjih sdfa jkckjih jkldjkdksf jkckjih hasdf'a daf ljkjkf, jhbfjkh haskjklh jkldjkdksf jkckjih hasdf k, asdf hkasf k h heioopp p poperio ioei... Paper Continues....
If your paper requires subheadings, they should be formatted according to the following chart:

<table>
<thead>
<tr>
<th>Level</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Centered, Boldface, Title Case Heading</strong></td>
</tr>
<tr>
<td></td>
<td>The paragraph begins below, indented as usual.</td>
</tr>
<tr>
<td>2</td>
<td><strong>Left-aligned, Boldface, Title Case Heading</strong></td>
</tr>
<tr>
<td></td>
<td>The paragraph begins below, indented as usual.</td>
</tr>
<tr>
<td>3</td>
<td><strong>Left-aligned, boldface, italicized, Title Case Heading</strong></td>
</tr>
<tr>
<td></td>
<td>The paragraph begins below, indented as usual.</td>
</tr>
<tr>
<td>4</td>
<td><strong>Indented, Boldface, Title Case Heading Ending with a Period.</strong> The paragraph begins on the same line as the heading.</td>
</tr>
<tr>
<td>5</td>
<td><strong>Indented, boldface, italicized, Title Case Heading Ending with a Period.</strong> The paragraph begins on the same line as the heading.</td>
</tr>
</tbody>
</table>

Note: Each heading level is a subheading for the previous. For example: Level 2 is a subheading for Level 1, Level 3 is a subheading for Level 2, Level 4 is a subheading for Level 3, and so on.

**APA Writing Style**

Clear and logical
- Use transition words (then, next, furthermore, consequently, therefore, conversely, etc.). Be aware of verb tenses
  - Use past tense (Jones showed) or present-perfect tense (Jones has shown) when writing a literature review or the Procedure section
  - Use past tense when describing the Results (“Anger increased significantly”)
  - Use present tense to discuss the Results and to write the Conclusion (“This change signifies that…”)
  - Be specific with pronouns (use “This test” instead of just “This”)

Concise
- Avoid jargon, wordiness, and colloquial (informal, conversational) language
- Avoid repetition and redundant ideas

Objective
- Do not use “I” in a research paper unless instructed by your professor (using “I” and “we” can be acceptable when writing a personal reflection or when discussing the steps you took to complete an experiment) (see the *Publication Manual of the APA*, for more information)
- Be aware of biases when it comes to gender, ethnicity, and other labels (see the *Publication Manual* for more information).

**Using APA to Document Sources**

Cite sources whenever you:
- quote from a text (use the exact wording of the original text)
- paraphrase from a text (put a section of text into your own words)
- summarize a text (present a condensed version of a text)
- use facts, statistics, or data from a text
• refer to an idea or source in passing
• use a photograph, painting, chart, table, graph, or other visual from a source.
A safe guideline to use is: **ANY** time you use **ANY** idea, from **ANYONE** or **ANYWHERE** else, it is necessary to document it.

Sources are cited in two ways: parenthetical citations (in the text) and on the Reference page. Citations provide essential information about how readers can find the sources used in the paper. APA parenthetical citations generally include: Author’s last name, year, and page number.

A citation can appear in parentheses directly following the borrowed idea with the author, year, and (sometimes) page number (see below), separated by commas.
Ex. Today’s students study more than their parents did (Smith, 1998).

OR, the author and year can be integrated within the wording of the sentence.
Ex. According to Smith (1998), today’s students study more than their parents did.

When citing text that you have QUOTED, add the page number.
Ex. Many educators disagree that “today’s students’ study more than their parents did” (Smith, 1998, p. 24).
Ex. According to Smith (1998), “today’s students study more than their parents did” (p. 24). Note that the page number is indicated with a p. only and that it always appears after the source material, even if the author and year were included earlier.

When citing text that you have PARAPHRASED, including the page number is not required, but you are encouraged to do so to help your reader find the information more easily.

**Quoting Correctly and Effectively**
Quoting involves presenting the exact wording of a text, signified by the use of quotation marks to bracket the used material. The author’s last name must be provided for most sources, along with page numbers (websites being a notable exception). A quote cannot stand on its own but must be introduced by and followed up with your own words.

  - Introduce-the author and/or quote
  - Cite-the quote
  - Explain-how the quote relates and/or supports your main idea

**Short Quotes**

- Fewer than 40 words
- Marked by quotation marks
- Author’s last name, the publication year, and page number in citation
- Introduced, cited, and explained
- Punctuation:
  - A period is placed after the citation
  - A comma is placed before the end quotation marks
  - A semicolon, question mark, or exclamation point is placed within the quotation marks when part of the quote or after the final quotation mark when not part of the quoted material
  - An ellipsis (…) is used to indicate where you omit words within a quote
Brackets [ ] are placed around words that you have added to the quote to facilitate readability.

Quoted words within a quote are marked by ‘single quotation marks.’

Example: Harris (2001) suggests that in order to help students better understand why plagiarism is so troubling, teachers can require “students to think about who is really being cheated when someone plagiarizes” (p. 33). Students can consider how authors are hurt when others steal their work and how they as students are missing out on the valuable educational experience of doing research and producing a text that they can call their own.

Long Quotes:
- Longer than 40 words
- Printed in a block, tabbed in from the left margin
- No quotation marks used (the block is doing the same work as the quotation marks)
- End punctuation is placed before the citation (the notable exception to the rule)
- Introduced, cited, and explained.

Example:
Students plagiarize for a variety of reasons. As Harris (2001) explains:

Many students are simply not convinced that the hard work required for a real education is worth it. The reasons may be manifold. Some students believe that the diploma will be a magic ticket to a high-paying job regardless of what they learn, so that all the shortcuts they can find are appropriate. (p. 4)

This perception shows that education’s role in preparing individuals for life is sometimes perceived as an obstacle to overcome, rather than important in its own right.

Setting up Citations in Various Circumstances
Works with two authors (list the authors in the order they appear on the source):
- Use an & (ampersand) to separate the authors’ names when you place them in parentheses. (Smith & Jones, 2004, p. 44)
- Use the word and to separate them if you write their names in the sentence. As Smith and Jones (2004) maintain…(p. 44).

Works with 3 or more authors:
- You do not have to write out all of their names. Simply list the first author’s last name and the abbreviation ‘et al.’
  (Bell et al., 1997, p. 32) OR Bell et al. (1997) claim that…(p. 32).

More than one author with the same last name:
• Add the first initial to each duplicate name
  (M. Jones, 1997) OR According to M. Jones (1997)...

Two or more works in the same parentheses:
• Used when multiple sources address the same idea
• Arrange sources alphabetically within the parentheses and separate each source with a semi-colon
  (Leonard & West, 1997; Lewis, 1985; Smith, 1978)

Specific part of a source:
• (Lewis, 1985, Chapter 10, p. 5) OR According to Lewis (1985) … (Chapter 10, p.5).

The source has no known author:
• Cite it in parentheses using an abbreviated version of the title.
• If referring to the source in your sentence, use the full title
• Note: Rules regarding capitalization and the use of quotation marks to signal a title differ here from those followed on the Reference page.
  Original title: an article called “The Truth about Constructivism”
  (“The Truth,” 2002)
  In “The Truth about Constructivism” (2002), this concept…

Personal Communication (e-mail, personal interview, conversation, etc.):
• Cited only in the text – does not appear on Reference page; give the person’s first initial(s)
  Cite as: (J.S. Jones, personal communication, September 4, 2000) OR J.S. Jones
  (personal communication, September 4, 2000) stated that….

Webpage:
• Cite it using the author, or if none given, follow the rules for a text without an author
  (Smith, 2001) OR In “APA Today: New Rules” (2001), the idea that…

• No page number? If you cite from the website, try to indicate the paragraph number or a section heading and paragraph number

Indirect Quote/Paraphrase: If the source you are using cites another author’s idea and you want to use this idea in your paper, you must make it known to your reader you came across this idea in a secondhand manner:
• Lewis (1985) cites an experiment conducted by Brown (1975)…. (p. 10). OR Brown
  (1975) conducted an experiment which…(as cited in Lewis, 1985, p. 10).

**Summarizing**
Summarizing involves taking information from a long passage and condensing it, then putting it into your own words (similar to a book report). The author’s name and the year of publication are necessary for the citation, but there should be no page number.

Original text: These excerpts explain the very important role of emotions in sanctioning or promoting violence. First of all, the inability to experience empathy and thus the complete lack
of self-restraint in the use of violence relies on one particular emotion: fear, or more precisely, the fear of death. For much of human history, the fear of death has pushed people to extreme behavior (Lacassagne, 2015, p. 324).

Summary example: Throughout history, the fear of mortality has often been the driving force behind individuals resorting to violence (Lacassagne, 2015).

**Paraphrasing**
Paraphrasing involves presenting in your own words an interpretation of the author’s idea (usually a small section of text). The author’s last name and the year of publication must be provided for most sources. The page number is not required, but is suggested. In order for a paraphrase to be successful, it is important to use **not only** different wording **but also** different sentence structure. Check the paraphrase against the original for wording, structure, and accuracy.

Example:
Original text: “Violence is depicted in multifaceted ways in the series in accordance with the varied perspectives of the characters” (Lacassagne, 2015, p. 320).

Incorrect paraphrase:

Brutality shown many novels
“Violence is depicted in multifaceted ways in the series in accordance with the varied perspectives of the characters” (Lacassagne, 2015).

The incorrect paraphrase above would read: Brutality is shown in many ways in the novels in accordance with the varied viewpoints of the characters (Lacassagne, 2015).

Correct paraphrase: Throughout the series, it is the characters’ differing viewpoints that depict violence in a variety of ways (Lacassagne, 2015).

**Reference Page**
The Reference page (or work cited page, if only one source is referenced) is a complete list of every source referenced in a paper. It provides the information needed for a reader to locate the sources used. Each source on the Reference page should appear in the paper and vice versa. Format:

- The word References is centered at the top of the page in bold, no underlining, large font, or quotations marks
- Double-spaced throughout
- Sources are arranged alphabetically according to the first word in each entry (Author’s last name, first name)
  - If there is no author listed, alphabetize by the first important word in the title.
  - For multiple works by the same author, organize them by publication date.
- Hanging indent—the first line is left-aligned, and any subsequent lines are tabbed in.
- **Capitalize only the first** **word of the title and the subtitle of non-periodicals (books) and articles, essays, and other sections of larger texts, along with proper nouns in those titles**
- Italicize the volume number for journals and other periodicals.
Sample Reference Page

References


Basic Forms for Reference List

A Note on Formatting: You should format each citation with the intent of trying to fit the information on one line; however, most citations will carry over onto a second or even third line. If an example below shows certain information on a particular line, it is only because it could not fit on the first line.

A Note on DOI Numbers: APA now requires writers to include the Digital Object Identifier (DOI) number when provided for journal articles or any other source that may be assigned it (including online books). This number can usually be found on the first page of the article or on the landing page for the article in a database. The number always begins with the number 10 and will help your readers to find the sources cited more easily. It is generally the last item listed in a References page entry. Format the DOI number as a hyperlink.

Example: https://doi.org/10.1037/a0040251
An article in a periodical [DOI number provided]
https://doi.org/10.xxxx/xxxxxxx


An article in a periodical [no DOI number provided]:


An article in an Internet periodical or database: APA guidelines state that including the database from where an article was obtained is no longer necessary if the DOI number is provided. However, if there is no DOI number, the homepage URL for the journal should be given (even if you accessed the article through a database). If the journal is in limited circulation (i.e. no official website), then give the database name.


http://www.tandf.co.uk/journals/titles/02602938.asp

Magazine article:
Author, A. (Year, Month Day of publication). Article title. *Magazine Title, volume #*(issue # if known), page numbers.


Online magazine article: Give the volume and issue number (if known) and the URL of the homepage
Thomas, L. (2009, August 17). He’s going to have a rough year. *Newsweek, 140*(15).
http://www.newsweek.com

Newspaper article:


**Online Newspaper article:** Give the URL of the newspaper homepage


**A Book:**

Author, A. (Year of publication). *Title of work: Capital letter for subtitle*. Location: Publisher.


**A Book that names an editor:**


**Part of a book** (e.g. an essay in an anthology or a chapter written by an author different from the book’s author / editor)

Author, A., & Author, B. of the essay/chapter (Year of publication). Title of chapter. In A. Editor & B. Editor (Eds.), *Title of book* (pp. range). Publisher.

Slevin, J. F. (1994). Reading and writing in the classroom and the profession. In J. Clifford and J. Schilb (Eds.), *Writing theory and critical theory* (pp. 53-72). MLA.

**Online Book:** Follow the citation with retrieval information: either the DOI number or the website URL.


**Entry in a Reference Book (author known):**
Author, A. (Year). Entry title. In A. Editor, B. Editor, & C. Editor (Eds.), Title of Book (xx ed., Vol. xx, pp. range). Publisher. URL (if retrieved online)


Reference Entry (Author unknown):
Institution or organization name. (Year). Title of entry. In Title of reference work. Retrieved date, from URL (if retrieved online).


Report or other Document from a Government or Private Organization (Print and Online)

Print: If there is no report or document number, leave it out of the citation.

Author, A. (Year). Title of work (Report Number). Publisher.

Online: include the name of the publishing website only if it is different from the author.


General Web Document:


Film:
Producer, A. (Producer) & Director, A. (Director). (Year). Film title [Motion Picture]. Movie Studio.

**Data Set**
Author, A. (Year). *Title of data set* (Version No.) [Data set]. Publisher. DOI or URL.


**Author and other Publication Variations**

A text with 2-20 authors: List the all of the authors in the order they are listed on the text. Separate the last author listed from the others with an ampersand (&).


A text with more than 20 authors: List the first 19 authors (in the order they are listed on the text), followed by three ellipses and then the last author’s name.


A Text with No Author: Begin the entry with the title of the text, followed by the date. If “Anonymous” is presented as the author, include that in place of the author’s name in the entry.


A Text with a Group Author: List the group in the author section of the citation followed by a period.

National Institute of Mental Health. (2006). The family and the ADHD child…

Two Texts by the Same Author in the Same Year: First, check to see if the texts have more specific dates listed. If so, include those dates in the year section. If you only have information about the year of publication, arrange the entries alphabetically according to the title of the text. Attach a suffix to the date (lowercase letters) to differentiate between the two texts.

Smith, J. (Jan 2005). Effects of the sun on…

OR
Smith, J. (2005a). Effects of the sun on anemic individuals…

**A Text with No Date:** Write (n.d.) in place of the date.


**The following resources were used to assist in the design of this handout:**

The following sources were used to provide examples:


**Still need help with APA? Here are some additional resources:**

- The College of Saint Rose Writing Center, located in the Academic Success Center, on the second floor of Saint Joseph Hall. Stop by or call **454-5299** to make an appointment.
- [www.apastyle.org](http://www.apastyle.org)