APA Style (7th ed.) Library Guide

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Based on the Publication Manual of the American Psychological Association, Seventh Edition and The University of Alberta Library’s APA Citation Style QuickGuide

*Reminder to students: Always confirm a course’s specific APA Style requirements with your instructor.

Formatting Requirements of Citations

Reference Format
The reference list must include the following formatting:

- Title the page References (see page 18 of this guide for a sample reference page).
- There are four elements to a reference entry, placed in the following order:
  - 1. Author. 2. Date. 3. Title. 4. Source. (see page 5 of this guide for an in-depth breakdown for using each element)
  - Place a period at the end of each element (this excludes DOI or URL)
  - Use punctuation marks, most commonly commas or parentheses, between different parts of the same element.
- References cited in-text must appear as an entry in the reference list. This excludes personal communications and secondary sources.
- Place the list of reference entries on a new page at the end of your text.
- All entries in the reference list are organized alphabetically, by author’s last name or by title if there is no author
- If two or more entries are by the same author(s), list the entries in chronological order (oldest first)
- If two or more entries have the same authors and year, each source must be differentiated by placing an alphabetical letter after the year (e.g., 2019a, 2019b, 2019c)
- If no publication date is available, use the abbreviation (n.d.). See page 284 in the APA Manual for guidance on other missing elements.
- Double space all references
- Each entry must be formatted with a hanging indent (0.5 inch or 1.27 cm).
  - To create a hanging indent in Microsoft Word: Highlight your reference entry, right click, select Paragraph from list, a box will open and select Hanging from the drop down menu labelled Special.

For more information, consult pages 281 to 309 in the APA Manual.

Formatting DOIs and URLs
- To standardize the retrieval of sources with a DOI, the entire hyperlink is required in APA 7 (i.e., https://doi.org/10.1037/pla0000096)
- If no DOI is available, treat the source as a print format
- Whether print or online, if a source has a DOI it must be included in a reference list entry
- If citing a webpage or a document retrieved from a website, provide a URL in the reference list entry
- Do not state “retrieved from” prior to the URL.
### Formatting Author Names

<table>
<thead>
<tr>
<th>Type of Author(s)</th>
<th>General Reference Template</th>
<th>Example of Author Element</th>
<th>In-text Citation Format</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Author</strong></td>
<td>Title. (Year).**</td>
<td>Stress: A social issue. (n.d.).</td>
<td>(Stress: A social issue, n.d.)</td>
</tr>
</tbody>
</table>

* To indicate the roles other than an author of a resource, write (Ed.) for one editor or (Eds.) for multiple editors (for other types of roles, see pp. 287-288).

** If no author, move the title element to the author’s position. If the title of a work is italicized in a reference, also italicize in the in-text citation (e.g., a book or website). If the title of a work is not italicized in a reference entry, place double quotation marks around the title in the in-text citation (e.g., a journal article, reference entry, or chapter in a book).

For more information, consult pages 264 to 265, 285 to 289, and 304 to 306 in the APA Manual.

### Formatting Titles of Works

When formatting titles, it is important to recognize whether the title is for a stand-alone work (e.g. books, webpages, or social media) or from a work that is contained by a larger work (e.g., chapter in an edited book or article in a journal). How titles are formatted will also depend on whether they are found in a reference entry or in the body of your work.

**Title used in a reference entry**

- For works that are part of a larger work: Do not italicize the title or use quotation marks. Place the title in sentence case (first word and any proper nouns are capitalized).
  - E.g., Cost benefit analysis to select clean energy solutions in dairy farm milk collection posts in Azores
- For stand-alone works: Italicize and place the title in sentence case.
  - E.g., The new republic of childhood: A critical guide to Canadian children’s literature in English.
• For periodicals (e.g., journals or magazines): Place in title case (capitalize all major words) and italicize of the name of the periodical
  o E.g., *International Journal of Play Therapy*

**Titles used in the body of your work**

• Place double quotation marks around the title and use title case (capitalize all major words) for titles of articles, book chapters, and any other works that are part of a larger work.
  o E.g., The article “Cost Benefit Analysis to Select Clean Energy Solutions in Dairy Farm Milk Collection Posts in Azores” explores…

• Italicize and use title case for titles of periodicals, book titles, reports, webpages, and other stand-alone works

For more information, consult pages 158, 165, 167 to 172, and 291 to 293 in the APA Manual.

**In-text Citations**

A citation describes the work where you found and used information to support your writing’s arguments or ideas. When citing a specific part of a work, identify the point in-text where the information was retrieved from. All in-text citation information must correspond to a specific reference entry found in the reference list at the end of a paper. There can be only one reference entry to correlate with an in-text citation.

• When using quotations, always indicate the location in-text where the quotation is found (e.g., Austen, 1813, p. 35)
• If a page number is not available for a direct quote, provide the paragraph, section, or chapter.
• Page number and paragraph will be abbreviated (e.g., p. 218, pp. 218-220, or para. 6), whereas chapter is not (e.g., Chapter 10).
• When citing a work by two authors, list both authors’ last names in the order they were presented (e.g. Egoff & Saltman)
• When creating in-text citations for works by three or more authors, only list the first author’s last name followed by et al. (e.g., Connor et al., 2011)

**Quotations and paraphrasing**

• Paraphrasing is taking an author’s idea(s) and incorporating it into your own words.
• When citing a paraphrased idea, a page number is not required. (e.g., Health Canada (2018) recently published studies that have found…).
• A Direct Quotation is using the author’s exact words in your writing.
• To identify the author and location of quote, provide the last name(s) of the author(s), the publication date, as well as page, paragraph, chapter, etc. in-text (e.g., Recent studies confirm that “… ” (Health Canada, 2018, para. 2)).

When paraphrasing or directly quoting information in-text, there are two general manners in which an in-text citation can be presented: Narrative or Parenthetical. This guide will provide examples of a narrative and a parenthetical citation for each source type on pages 9 to 17 of this guide.
**Narrative citations**
- Presenting information about the source of the idea or quote in sentence is the process of writing a narrative or in the sentence citation
  - Paraphrase general format: Author last name(s) (publication year) …
  - Direct quote general format: Author last name(s) (publication year) “…” (p. #)

**Parenthetical citations**
- Presenting information about the source following the idea or quote is the process of presenting a parenthetical citation
  - Paraphrase general format: …(Author last name, publication year)
  - Direct quote general format: “……” (Author last name, publication year, p. #)

For more information, consult pages 269 to 278 in the APA Manual.

**Block Quotations**
- A block quotation is required if a direct quotation is more than 40 words
- To format a block quotation begin the quotation on a new line and indent the text
- Do not use quotation marks
- Double space the entire quotation
- Only place a period at the end of the quotation. Do not place a period after the parenthetical citation.

For more information, consult pages 46 and 272 to 273 in the APA Manual.

**Secondary (Indirect) Source**
- A secondary source, also referred to as an indirect source, is where information was originally presented in a different source (e.g., information cited in a textbook).
- Citing a secondary source is not recommended and should be done sparingly such as in the occasion that the original source is out of print or unavailable. When possible, the original source should be found, read, and directly cited.
- To cite a secondary source, only the source in which you found the information is included in the reference list.
- If known, include the year of the cited original work in your in-text citation
  - E.g., Nguyen and Smith’s (1999) study showed … (as cited in Jones et al., 2003)
  - E.g., (Nguyen and Smith, 1999, as cited in Jones et al., 2003)

For more information, consult pages 258 and 277 in the APA Manual.
Elements of an APA citation

Reference

There are four elements of a reference: Author, Date, Title, and Source. Consider how each element can answer the following questions in properly creating a reference:

<table>
<thead>
<tr>
<th>Author: Who is responsible for creating this work?</th>
<th>Date: When was this work published?</th>
<th>Title: What is this work called?</th>
</tr>
</thead>
</table>

Source: Where can I retrieve (or find) this work?

In-text

There are three basic elements in an in-text citation; Author, Date, and Location. There are two general manners in which citations are included in-text, *parenthetical* or *narrative*.

- *Parenthetical* involves placing all required elements in parentheses immediately after a direct quote or paraphrase.
- *Narrative* is the incorporation of the author in your writing. If relevant include the date in your narrative, when irrelevant place the publication year in parentheses following the introduction of the author.
- The location element (e.g., page number, paragraph, or section) is required when including a direct quote.

**In-text citation: Parenthetical**

- Direct Quote
  
  ...(Post et al., 2019, p. 88)

- Paraphrase
  
  ...(Post et al., 2019)

**In-text citation: Narrative**

- Direct Quote
  

- Paraphrase
  
  Post et al. (2019),

For more information, please refer to pages 1 to 4 of this guide and consult pages 253 to 278 in the APA Manual.
## Formatting your Document

### General Format

The general formatting requirements of an APA document must include:

- A page header
- Insert a page number, flush right, on every page (including the title page)
- Double-spacing of entire paper
- Margins set to 1” (2.54cm)
- Left justify text
- Indent the first line of a paragraph 0.5 in. (1.27 cm, 5 spaces, or one tab)
- Consistent font and size throughout the paper. Select from the following font options:
  - Sans serif font: Calibri, size 11; Arial, size 11; or Lucida Sans Unicode, size 10
  - Serif font: Times New Roman, size 12 or Georgia, size 11

### Order of Document

A document in APA style is ordered in the following manner:

- Title Page
- Introduction
- Body Paragraphs
- Conclusion
- References
- Tables (optional, tables may be embedded within the text)
- Figures (optional, figures may be embedded within the text)
- Appendices

For more information, consult pages 30 to 49 in the APA Manual.

## Bias Free Language

In your writing, it is important to use language free of bias. Biased writing is where the language implies prejudice and perpetuates irrelevant assumptions.

To reduce bias in your writing, consider the following:

- Use affirming and inclusive language (e.g., use the terms “individuals”, “people”, or “persons” rather than “man” to refer to all human beings).
- Avoid using adjectives as nouns to label people or groups (e.g., “the poor”; instead use “people living in poverty”) or to equate people with their condition (e.g., “drug user”; instead use “people who use drugs”).
- Focus on relevant characteristics and acknowledge relevant existing differences.
- Consider bias-free language as it relates to age, disability, gender, racial and ethnic identity, socioeconomic status, and intersectionality.
- Be specific when appropriate and relevant to the context of your writing.

For more information, consult pages 131 to 148 in the APA Manual.
Heading Levels

- Headings appear within the body of the document to create structure. The formatting and heading levels will depend on the information presented and the type of document.
- Bold and title case all heading levels. Title case is the capitalization of all major words (and words longer than 4 letters).
- Level 1 headings are used for main sections of your paper. The following level headings are used to structure the sub sections. Level 2 is a subheading of level 1 and so forth.

<table>
<thead>
<tr>
<th>Level</th>
<th>Format of Heading Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td><strong>The Heading is Centered, in Title Case, and Bold.</strong> Write the text in a new paragraph. Make sure to indent your paragraph.</td>
</tr>
<tr>
<td>Level 2</td>
<td><strong>The Heading is Flush Left, in Title Case, and Bold</strong> Write the text in a new paragraph. Make sure to indent your paragraph.</td>
</tr>
<tr>
<td>Level 3</td>
<td><strong>The Heading is Flush Left, in Title Case, and Bold Italic,</strong> Write the text in a new paragraph. Make sure to indent your paragraph.</td>
</tr>
<tr>
<td>Level 4</td>
<td><strong>The Heading is Indented, in Title Case, Bold, and Ends With a Period.</strong> Write the text on the same line and continue as a regular paragraph</td>
</tr>
<tr>
<td>Level 5</td>
<td><strong>The Heading is Indented, in Title Case, Bold Italic, and Ends With a Period.</strong> Write the text on the same line and continue as a regular paragraph</td>
</tr>
</tbody>
</table>

For more information, consult pages 47 to 49 in the APA Manual.

Figures and Tables

- Figures are all types of graphical displays excluding tables (e.g., photographs, graphs, drawings, charts, etc.).
- Number all tables and figures in the order in which they are presented in-text.
- Place the number flush left above the table or figure in bold font (e.g., **Table 1**).
- Place the title of table or figure one double-spaced line below the table or figure number. The title will be in italic title case.
- Provide a title which describes the contents of the table or figure (see Section 7.11 in the APA Manual).
- Use Arabic numerals for labelling (e.g., Table 5 or Figure 5).
- All figures and tables must be referred to in-text.
- Tables and figures cited in-text must have a complete entry in the Reference List.
- If required, place a note in italics below the table or figure (e.g., **Note.**) to provide a description of the contents that cannot be interpreted from the title. This also includes specific information, definitions of abbreviations, and copyright attribution.

For more information, consult pages 45 and 195 to 250 in the APA Manual.

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Lists (Seriation)

- Series may be presented in lettered, numbered, or bulleted lists.
- Numbered lists:
  - Use when displaying complete sentences or paragraphs (e.g., steps in a process).
  - Separate sentences in a series by an Arabic numeral followed by a period.
  - Capitalize the first word of each sentence.
  - End each sentence with a period or appropriate punctuation.
- Lettered lists:
  - Write list as a part of the narrative within a sentence or paragraph.
  - Present elements in a series with lowercase letter(s) in parentheses.
  - Use commas to separate three or more elements within a sentence.
  - If a sentence already has internal commas, instead separate using semicolons.
- Bulleted lists:
  - Use bullet points for any series that should not be placed in any type of ordinal position (e.g., level of importance).
  - Bullet points can be used when presenting a list within a sentence with three or more elements in a series.
    - Capitalize and punctuate the list as if it were a complete sentence (place a period at the end of the final item in the series).
  - If a series consists of items that are complete sentences, capitalize and punctuate each sentence as appropriate.
  - If a series consists of items that are phrases or sentence fragments, begin each item with a lowercase letter (do not capitalize).
    - Consider punctuation (commas, semicolon, and/or periods) for longer sentence fragments, as if the bullet list was not present.
    - Punctuation is not necessary for series consisting of short phrases.

For more information, consult pages 189 to 191 in the APA Manual.

Need more information about APA Style?

**Academic Writer**: Free access to the official APA online resource and citation tool through the Keyano College Library. Resources include sample APA papers, style quick guides, and tools and templates for formatting papers and references

https://academicwriter.apa.org/

**Purdue Online Writing Lab (OWL)**: Useful online resource help understand citations and formatting your paper in APA style.

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html

**APA Style & APA Blog**: APA Style includes guidelines on grammar, format, and mechanics on style online. Check out the APA Blog when needing further clarification to cite unusual sources. https://apastyle.apa.org/style-grammar-guidelines/

**The Keyano College Library**: Stop by for APA help from the Information Librarian or check out one of the APA-related resources in print or online. www.keyano.ca/library
Source: Print Books, eBooks, Book Chapter, Edited Book, and Related Items

Reference Basic Format:
Print Book

Chapter in an Edited Book

eBook – Retrieved from Website or Library Database, with DOI
https://doi.org/xx.xxxx/xxxxxxx

eBook – Retrieved from Website, no DOI

For more information, consult pages 264 to 329 in the APA Manual.

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
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<tr>
<td>APA Manual</td>
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<td>In-Text Citation Parenthetical</td>
<td>In-Text Citation Narrative</td>
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</tbody>
</table>
### APA Manual Source: Journal Articles, Magazine Articles, and News Articles

**Reference Basic Format:**

- **Journal Article - With DOI**
  
  
  https://doi.org/xx.xxxx/xxxxxxx

- **Journal Article - In Print or No DOI**
  

- **Magazine Article – Group Author**
  
  Name of Group. (Year, Month Day). Title of article: Subtitle of article. *Title of Magazine, volume(issue), page numbers.*

For more information see pp. 291-294, 316-320 in APA Manual.

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
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<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
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<tbody>
<tr>
<td>APA Manual</td>
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<td>References</td>
<td>In-Text Citation Parenthetical</td>
<td>In-Text Citation Narrative</td>
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</tr>
<tr>
<td>pp. 316 &amp; 320</td>
<td><strong>Magazine article:</strong> Print or from a Library database</td>
<td>Giddings, S. B. (2019, December). Escape from a black hole. <em>Scientific American, 321</em>(6), 50-57.</td>
<td>(Giddings, 2019, p. 50)</td>
<td>Giddings (2019)…(p. 50)</td>
</tr>
<tr>
<td>APA Manual</td>
<td>Source</td>
<td>References</td>
<td>In-Text Citation Parenthetical</td>
<td>In-Text Citation Narrative</td>
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</tbody>
</table>

**Source: Websites and Webpages, Including Reports and News Articles**

**Reference Basic Format:**

Website – Individual Author

Author, A. A. (Year, Month Day). *Title of website*. Website Name. URL

Online Document from Website – Group Author

Name of Group Author. (Year, Month Day). *Title of document or webpage of document*. URL

For more information see pp. 290, 298, 350-352 in APA Manual.

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
</tr>
</thead>
</table>

**Source: Audiovisual and Social Media**

**Reference Basic Format:**
- Image or Photograph:
  Author, A. A. (Year, Month Day). *Title or caption of image* [Photograph]. Name of Source. URL
- Video or Film:
  Author, A. A. (Role). (Year). *Title of Video* [Film]. Production Company.
- Twitter and Instagram:
  Author, A. A. [@username]. (Year, Month Day). *Content of the post up to the first 20 words* [Format of post]. Name of Social Media. URL
- Facebook and Other Social Media:
  Author, A. A. (Year, Month Day). *Content of the post up to the first 20 words* [Format of post]. Name of Social Media. URL

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Subsequent Citations: (UN, 2019)</td>
<td>Subsequent Citations: UN (2019)</td>
</tr>
</tbody>
</table>
Source: Traditional Knowledge and Personal Communications

In-Text Citation Basic Format:
Traditional Knowledge
(First and last name, nation and location, personal communication, Month Day, Year).

Personal Communication
(First initial and last name, personal communication, Month Day, Year).

For more information see pp. 259-261 in APA Manual.

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
</tr>
</thead>
<tbody>
<tr>
<td>pp. 260-261</td>
<td>Traditional Knowledge or Oral Histories of Indigenous Peoples</td>
<td>Traditional Knowledge should be cited depending on whether and how the information has been recorded. If recorded and recoverable by readers (e.g., video, audio, book, article) cite in-text and provide a reference list entry appropriate to the source type. If the information is private (not retrievable), only an in-text citation is required. If available, provide month and day in addition to the year of the communication. Provide Capitalize most terms related to Indigenous Peoples. This includes names of specific groups and word related to Indigenous culture (e.g., Cree, Dené, Elder, the Creator, Traditional Knowledge).</td>
<td>(Anna Grant, Haida Nation, lives in Vancouver, British Columbia, Canada, personal communication, April 2019)</td>
<td>Anna Grant…( Haida Nation, lives in Vancouver, British Columbia, Canada, personal communication, April 2019)</td>
</tr>
<tr>
<td>pp. 259-260</td>
<td>Personal communications</td>
<td>Personal communications include interviews, emails, letters, phone conversations, etc. Personal Communications should be cited only in-text as they cannot be retrieved by readers. A reference entry is not required. If available, provide month and day in addition to the year of the communication.</td>
<td>(S. Schmidt, personal communication, July 20, 2018)</td>
<td>S. Schmidt (personal communication, July 20, 2018)</td>
</tr>
</tbody>
</table>
Source: Course Materials

Reference Basic Format:
Author, A. A. (Publication date). Title of website. [Description of Resource]. Site Posted. URL

For more information see pp. 347 in APA Manual.

<table>
<thead>
<tr>
<th>APA Manual</th>
<th>Source</th>
<th>References</th>
<th>In-Text Citation Parenthetical</th>
<th>In-Text Citation Narrative</th>
</tr>
</thead>
</table>
HOW TO CREATE A REFERENCE LIST IN APA STYLE

References


Sample Student Title Page in APA Style

Title of Student Sample Paper

Student Name

Nursing Department, Keyano College

COURSE ###: Course Name

Instructor Name

Month Day, Year