APA 6th ed. Style and Examples

What is APA and why do we use it?

APA stands for the American Psychological Association. Be sure to use APA for disciplines such as psychology, education, and social sciences. Therefore, we use APA to:

- Express the key elements of quantitative results
- Choose the graphic form that will best suit our analyses
- Report critical details of our research protocol
- Describe individuals with accuracy and respect

What are guidelines for formatting my APA paper?

- Your essay should be **typed and double-spaced** on standard-sized paper (8.5" x 11"), with 1" margins on all sides. APA recommends using 12 pt. Times New Roman font.
- Include a page header (also known as the "running head") at the top of every page. To create a page header/running head, insert page numbers flush right. Then type "TITLE OF YOUR PAPER" in the header flush left using all capital letters. The running head is a shortened version of your paper's title and cannot exceed 50 characters including spacing and punctuation.
- Your essay should include four major sections: **Title Page, Abstract, Main Body, and References**
- The reference list should be on a new page, double spaced, and use the hanging indent method (all lines after the first one are indented)

How do I document sources in APA?

- APA requires that information be cited in 2 different ways—within the text and in a reference list at the end of the paper
- APA uses the **author and date** method of citation that is **separated with a comma**. To elaborate, the last name of the author and the date of publication are inserted in the text at the end of your sentence if the author's name is not mentioned. However, if you mention the author's name in your sentence, only the year in parentheses is needed after the name.
- When referencing or summarizing a source, provide the author and year. When quoting or summarizing a particular passage, include the specific page or paragraph number, as well.

How do I format my in-text citations and Reference list?

Book with One Author (3 Ways): Author, Date Method

In text:

- In one developmental study (Baker, 2015), teenagers learned...
- In the study by Baker (2015), teenagers learned...
- In 2015, Baker's study of young adults…

Reference list:

Author's Last Name, First Initial. (Year of publication). Title of work: Capital letter also
for subtitle. Publisher City: Publisher Name.

Ex.:

Peeters, T. (1997). Autism: From theoretical understanding to educational intervention. San
Diego: Singular Pub. Group. Note:

Note: APA uses first initials, not full first names. Secondly, only the first word of the title is
capitalized; every other word in a title is lowercase

Multiple Authors

For two authors, cite both names every time you reference the work in the text. For three or
more, cite the author's names on first reference and subsequently, include only the first author
followed by "et al".

In text:
First citation: Adkin, Baker, and Johnson (2002) state that...

Subsequent citations: Adkin et al. (2002) state that...

No Author

When a resource has no named author, cite the first few words of the reference entry (usually the
title). Use double quotation marks around the title of short works such as an article, chapter, or
Web page. Italicize the title of longer works such as a periodical, book, brochure, or report.

In text:
The site seemed to argue that medical marijuana is beneficial ("Medical Miracles," 2017).

The brochure argues that there should be tougher gun laws in America (*American Life*, 2016).

Author with No Date

It is important to indicate the date a source was published as this tells the reader how much time
has passed between the source's publication and the writing of your own research paper.

However, there are several exceptions to this rule, such as sources with no specified date of publication. **In these cases, substitute the year with "n.d." (indicating "no date").**

In text:
Establishing regular routines, such as exercise, can help survivors of disasters recover from trauma (American Psychological Association [APA], n.d.).

Website

Reference list:

Name of the Website. (Year). *Title of the page*. Retrieved Month Day, Year, from
http://webaddress

Ex.:
Autism Society of America. (2005). *Autism statistics*. Retrieved June 5, 2018, from
http://www.autismsociety.org

Article from Database

Reference list:

Author's Last Name, First Initial. (Year). Tile of article. *Title of the Journal*, *Vol # (issue #), and page #.* Retrieved from Name of Database database.

Ex.:

Berk, C. (2005). Autism and the environment? *Environmental Health Perspectives*, *113 (6), 405*. Retrieved from Academic Search Elite database.

Newspaper Article from a Database

Reference list:

Author's Last Name, First Initial. (Year, Month Day). Title of article. *Title of the Newspaper*, page #. Retrieved from Name of Database database.

Ex.:

Smith, S. (2002, December 24). Violent crime on the rise. *USA Today*, pp. 3-4. Retrieved from Newspaper Source Plus database.

Note: Newspaper article references only are preceded by "p." or "pp."

Follow these rules and guidelines and you will be on the right track to documenting in APA!