

APA STYLE – 7th Ed. (American Psychological Association)

* Updated March 2021

General Rules:

- Double space your reference list and paper
- Arrange your list on alphabetical order by the surname of the author OR the title of the book if there is no author
- Capitalize only the first letter of the first word in the title
- *Italicise* journal titles and volume numbers. Do not italicise issue numbers
- References cited in the text must appear in the reference list
- In your reference list, alphabetize the entry by title, ignoring **A**, **An**, or **The**

In-Text Citations and Signal Phrases:

When information is quoted or referred to in a paper, an in-text citation is used to identify the source of the information or a signal phrase in place of a citation. In-text citations briefly identify the source and allow the reader to locate the full citation in your reference list (bibliography).

Example in-text citation:

During the turbulent 1960's, science fiction programs on television reflected the public's attitudes towards the older generation (**Gibson & Roberts, 2008**).

Example in-text citation with signal phrase:

Gibson and Roberts in a 2008 study discussed how, during the turbulent 1960's, science fiction programs on television reflected the public's attitudes toward the older generation.

Other Tips:

- When a work has no author, use the first two or three words of the work's title as your text reference.
- Do not use quotation marks around a quote of more than 40 words, you must use a free-standing block quotation on a new line, indented five spaces and omit quotation marks.
- Quotations of less than 40 words should be incorporated in the text and enclosed with quotation marks.

EXAMPLES OF REFERENCE LIST ENTRIES AND IN-TEXT CITATIONS

PRINT SOURCES	REFERENCE LIST	IN-TEXT CITATIONS
Book 1 author	Watson, J. (2012). <i>Human caring science: A theory of nursing</i> (2nd ed.). Jones & Bartlett Learning.	(Watson, 2012)
Book 2-5 author (include all names)	Beck, C.A.J., & Sales, B.D. (2001). <i>Family mediation: Facts, myths, and future prospects</i> . American Psychological Association.	(Beck & Sales, 2001) or et al. if more than 3 authors
Edited book	Leitch, M. G. (Ed.). (2019). <i>A new companion to Malory</i> . D. S. Brewer.	(Leitch, 2019)
Chapters, Short Stories from a Book (anthology)	Stockert, P. A. & Taylor, C. (2014). Sleep. In P. A. Potter, A. G. Perry, J. C. Ross-Kerr & M. J. Wood (Eds.), <i>Canadian fundamentals of nursing</i> (5th Cdn. ed., pp. 993-1016). Elsevier.	(Stockert & Taylor, 2014)
Encyclopedia (print source)	Lindgren, H.C. (2001). Stereotyping. In <i>The Corsini encyclopedia of psychology and behavioural science</i> (Vol.4, pp. 1617-1618).	(Lindgren, 2001)
Magazine (print source)	Abramsky, S. (2012, May 14). <i>The other America 2012</i> . Nation, 294(20), 11-18.	(Abramsky, 2012)
Newspaper (Print source)	Aulakh, R. (2012, June 13). From surviving to thriving. <i>Toronto Star</i> , GT1, GT4.	(Aulakh, 2012)
DVD or Video	Jackson, P. (Director). (2001). <i>The lord of the rings: The fellowship of the ring</i> [Film; four-disc special extended ed. on DVD]. WingNut Films; The Saul Zaentz Company.	(Jackson, 2001)
ONLINE SOURCES	REFERENCE LIST EXAMPLE	IN-TEXT CITATIONS
Website (with author)	Kmec, J. (2012, March 13). <i>Where's the Boss? And What Counts as "Work"? The Society Pages</i> . https://thesocietypages.org/socimages/2012/03/13/wheres-the-boss-and-what-counts-as-work/	(Kmec, 2012)
Website (no author)	<i>Tuscan White Bean Pasta</i> . (2018, February 25). Budget Bytes. https://www.budgetbytes.com/tuscan-white-bean-pasta/	("Tuscan White Bean," 2018)
Website (Group or corporate author)	United States Environment Protection Agency. (2004, July). <i>Ground Water and Drinking Water</i> . US EPA Website http://water.Epa.gov/drink	("United States Environment," 2004)
Magazine (On-line)	Freedman, D. H. (2012, June). The perfected self. <i>The Atlantic</i> . http://www.theatlantic.com/magazine/archive/2012/06/the-perfected-self/8970/4/?single_page=true	(Freedman, 2012)
Encyclopedia (On-line)	Beck, J., & Foley, D. (2015). Music composition. In <i>The Canadian Encyclopedia</i> . https://thecanadianencyclopedia.ca/en/article/music-composition	(Beck & Foley, 2015)

ONLINE SOURCES	REFERENCE LIST EXAMPLE	IN-TEXT CITATIONS
Data table Online from E-stat	Statistics Canada. (2006). <i>Business dynamics in Canada, 2003</i> . http://www.statcan.ca/english/freepub/61-534-XIE/61-htm	(Statistics Canada, 2006)
Online Government Publication	Health Council of Canada. (2007). <i>Canadians' experience with chronic illness care in 2007</i> .	("Health Council," 2007)
Map or Diagram	Aboriginal Peoples circa 1823 (2005). <i>Atlas of Canada</i> . http://www.atlas.gc/images/shared/tmp/map815034.gif	("Aboriginal Peoples," 2005)
Pamphlet	Cedars-Sinai. (2015). <i>Human papillomavirus (HPV) and oropharyngeal cancer</i> [Brochure]. https://www.cedars-sinai.org/content/dam/cedars-sinai/cancer/sub-clinical-areas/head-neck/documents/hpv-throat-cancer-brochure.pdf	(Cedars-Sinai, 2015)
Online video/ YouTube	All Aces Media. (2012, January 19). <i>Often awesome the series</i> [Video]. Vimeo. http://vimeo.com/35311255	(All Aces Media, 2012)
BLOG Post	Dobbs, D. (2012, June 13). Fun in cities: Feature, not bug. <i>Wired Science</i> . http://www.wired.com/wiredscience/2012/06/fun-in-cities-feature-not-bug/ara . (2007, November 27). Pullman book. [web log message]. http://bcaifc.wordpress.com/	(Dobbs, 2012)
Audio clip (Podcast)	Rogers, S. (Host). (2012, June 18). Richard Wagamese: Children's book panel (No. 225) [Audio podcast episode]. In <i>The Next Chapter</i> . CBC. http://www.cbc.ca/thenextchapter/episode/2012/06/18/richard-wagamese-bookworm-childrens-book-panel/	(Rogers, 2012)
Online Poem or play	Avison, M. The Dumbfounding. (n.d). in P Lancashire (ED.), <i>Representative poetry online: Canadian poets</i> . library.utoronto.ca/canpoetry/avison/poem2.htm	(Aversion, para.2)

Sample APA "Title" and "References" page (bibliography). On the References page, each line after the first is a hanging indent. The References page is the last page of your assignment.

<p>1</p> <p>The Title of My Paper Your Name Course Name and Course Code Teacher Name Assignment Due Date</p>	<p>References</p> <p>Academic Writing Help Center. (2016). "Signal Phrases." University of Ottawa. https://sass.uottawa.ca/sites/sass.uottawa.ca/files/awhc-signal-phrases.pdf</p> <p>Bouwens, K. & Atherton, R. (2019). Purdue Owl APA Classroom Poster. <i>Purdue Professional Writing - Purdue OWL Internship class, English 490</i>. https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/images/20200129APAPoster.jpg</p> <p>KULibraries. <i>Citation: A (Very) Brief Introduction</i>. (23 August 2016). www.youtube.com/watch?v=w7ukz2DuX8U</p>
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