

APA Style 7th Edition Quick Guide

This guide provides a quick overview for citing common information sources according to the *Publication Manual of the American Psychological Association* (7th ed.). Copies of the APA manual are available at the St. Paul Library research desk, and in the Reference section (BF76.7 .P83. 2020).

You should not rely solely on this guide for APA citing advice. Please consult the APA manual and/or the APA website (<https://apastyle.apa.org>) for in-depth assistance. Chapters 8-11 of the APA manual contain most of the citing information.

GENERAL RULE FOR APA CITING

APA requires that references cited in the text must appear in the reference list, and each entry on the reference list must be cited in the text (there are some exceptions). References are double-spaced (examples in this guide are single-spaced and in a smaller font to save space).

Reference list entry:

In-text citation (parenthetical or narrative):

Alexander, P. A. (2018). Past as prologue: Educational psychology's legacy and progeny. <i>Journal of Educational Psychology</i> , 110(2), 147-162. https://doi.org/10.1037/edu0000200	(Alexander, 2018) or Alexander (2018)
---	---

REFERENCE LIST

All references include the **author, date, title, and source**. The reference list includes only the works that you have read and used in your paper.

Journal, Newspaper, and Magazine Articles (also called Periodicals)

Print template: Author. (Date). Title of article. *Title of Periodical*, volume(issue), page number(s).

Online template: Author. (Date). Title of article. *Title of Periodical*, volume(issue), page number(s). DOI or URL

Examples

Source	Reference list	In-text citation: Parenthetical or Narrative
Scholarly journal with a DOI	McCauley, S. M., & Christiansen, M. H. (2019). Language learning as language use: A cross-linguistic model of child language development. <i>Psychological Review</i> , 126(1), 1-51. https://doi.org/10.1037/rev0000126	(McCauley & Christiansen, 2019) or McCauley and Christiansen (2019)
Scholarly journal without a DOI, in print or from a library database	Utay, J., & Miller, M. (2006). Guided imagery as an effective therapeutic technique: A brief review of its history and efficacy research. <i>Journal of Instructional Psychology</i> , 33(1), 40-43.	(Utay & Miller, 2006) or Utay and Miller (2006)
Magazine article	Bustillos, M. (2013, March 9). On video games and storytelling: An interview with Tom Bissell. <i>The New Yorker</i> . https://www.newyorker.com/books/page-turner/on-video-games-and-storytelling-an-interview-with-tom-bissell	(Bustillos, 2013) or Bustillos (2013)

Examples come from the *Publication Manual of the American Psychological Association*.

Books		
Print template: Author or Editor. (Date). <i>Title of the book</i> . Publisher.		
Online template: Author or Editor. (Date). <i>Title of book</i> . Publisher. DOI or URL		
Chapter template: Chapter author. (Date). Title of chapter. In E. E. Editor (Ed.), <i>Title of book</i> (edition, page number(s)). Publisher. DOI or URL (if online)		
Examples		
Source	Reference list	In-text citation: Parenthetical or Narrative
Print book	Berk, R. A. (2012). <i>Top 10 flashpoints in student ratings and the evaluation of teaching</i> . Stylus.	(Berk, 2012) or Berk (2012)
Ebook	Brown, L. S. (2018). <i>Feminist therapy</i> (2nd ed.). American Psychological Association. https://doi.org/10.1037/0000092-00	(Brown, 2018) or Brown (2018)
Chapter in edited book	Balsam, K. F., Martell, C. R., Jones, K. P., & Safren, S. A. (2019). Affirmative cognitive behavior therapy with sexual and gender minority people. In G. Y. Iwamasa & P. A. Hays (Eds.), <i>Culturally responsible cognitive behavior therapy: Practice and supervision</i> (2nd ed., pp. 287-314). American Psychological Association.	Balsam et. al (2019) or Balsam et. al (2019)
Religious work	<i>The Qur'an</i> . (M. A. S. Abdel Haleem, Trans.). (2004). Oxford University Press.	(<i>The Qur'an</i> , 2004) or <i>The Qur'an</i> (2004)
Dictionary or encyclopedia entry	Merriam-Webster. (n.d.). Self-report. In Merriam-Webster.com dictionary. Retrieved July 12, 2019, from https://www.merriam-webster.com/dictionary/self-report	(Merriam-Webster, n.d.) or Merriam-Webster (n.d.)

Websites		
Template: Author. (Date). <i>Title</i> . Website name. URL		
<ul style="list-style-type: none"> • Determine the author by noting who is responsible for the content. An author can be an organization, business, or government entity. • When the author and website name are the same, omit the website name from the citation. • If the content you are citing has a specific date, use it; otherwise use (n.d.) for no date. The copyright date on the website itself should not be used as the publication date. • If the content changes over time, include a retrieval date before the URL. 		
Examples		
Source	Reference list	In-text citation: Parenthetical or Narrative
Individual author	Martin Lillie, C. M. (2016, December 29). <i>Be kind to yourself: How self-compassion can improve your resiliency</i> . Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion-can-improve-you-resiliency/art-20267193	(Martin Lillie, 2016) or Martin Lillie (2016)
Group author	Centers for Disease Control and Prevention. (2018, January 23). <i>People at high risk of developing flu-related complications</i> . https://www.cdc.gov/flu/about/disease/high_risk.htm	(Centers for Disease Control and Prevention, 2018) or Centers for Disease Control and Prevention (2018)
News website	Avramova, N. (2019, January 3). <i>The secret to a long, happy, healthy life? Think age-positive</i> . CNN. https://www.cnn.com/2019/01/03/health/respect-toward-elderly-leads-to-long-life-intl/index.html	(Avramova, 2019) or Avramova (2019)

Examples come from the *Publication Manual of the American Psychological Association*.

Website with no date and a retrieval date	U.S. Census Bureau. (n.d.). <i>U.S. and world population clock</i> . U.S. Department of Commerce. Retrieved July 3, 2019, from https://www.census.gov/popclock/	(U.S. Census Bureau, n.d.) or U.S. Census Bureau (n.d.)
--	--	---

Audiovisual Media

Physical Template: Author. (Date). *Title* [Description]. Publisher.

Online template: Author. (Date). *Title* [Description]. Publisher. URL

Examples

Source	Reference list	In-text citation: Parenthetical or Narrative
YouTube video	Fogarty, M. [Grammar Girl]. (2016, September 30). <i>How to diagram a sentence (absolute basics)</i> [Video]. YouTube. https://youtu.be/deiEY5Yq1qI	(Fogarty, 2016) or Fogarty (2016)
TED Talk (from the TED website)	Giertz, S. (2018, April). <i>Why you should make useless things</i> [Video]. TED Conferences. https://www.ted.com/talks/simone_giertz_why_you_should_make_useless_things	(Giertz, 2018) or Giertz (2018)
PowerPoint slides in a course management system	Mack, R., & Spake, G. (2018) Citing open source images and formatting references for presentations [PowerPoint slides]. Canvas@FNU. https://fnu.onelogin.com/login	(Mack & Spake, 2018) or Mack and Spake (2018)

Authors

- Authors are cited by their last name, followed by a comma and their initials, i.e., Author, A. A.
- List sources in the reference list in alphabetical order by the first author's last name.
- Multiple authors in a single reference should be listed in the same order as they appear in the source.
- For 2-20 authors, use an ampersand (&) before the last author's name.
- For 21 or more authors, list the first 19 authors' names, insert an ellipsis, and then the final author's name.

DOI (Digital Object Identifier)

- The DOI is a unique alphanumeric string used to identify and locate online sources, primarily scholarly journal articles.
- The DOI is placed at the end of a reference. They are formatted like a URL with no period at the end, and can appear in the reference list as a hyperlink (<https://doi.org/xxxx>) or as plain text.
- Older DOIs will appear as doi:xxxx or http://dx.doi.org/xxxx. You will need to standardize DOIs into the updated <https://doi.org> format. Ask your instructor for their preference on DOI formatting for student papers.
- If there is no DOI for a journal article end the citation after the page numbers, unless there is a nondatabase URL.

Citing Course Materials

- Classroom resources, such as lecture notes, PowerPoint slides, and Brightspace D2L content, should be cited in the reference list if the audience has access to them. This would be appropriate for a classroom assignment.

Examples come from the *Publication Manual of the American Psychological Association*.

IN-TEXT CITATIONS

- References are cited in the body of the paper using the author-date citation system.
- If the author’s name appears as part of the narrative, cite only the date in parentheses. Otherwise, put the author’s last name and date in parentheses.

Paraphrasing (putting someone else’s words or ideas into your own words)

Examples

One author Two authors Three or more authors	Parenthetical (Koehler, 2016) (Salas & D’Agostino, 2020) (Martin et al., 2020)	Narrative Koehler (2016) Salas and D’Agostino (2020) Martin et al. (2020)
Group author with abbreviation <i>First citation</i> <i>Subsequent citations</i>	(National Institute of Mental Health [NIMH], 2020) (NIMH, 2020)	National Institute of Mental Health (NIMH, 2020) NIMH (2020)
Multiple Authors Within the Same Parenthesis	(Adams et al., 2019; Shumway & Shulman, 2015; Westinghouse, 2017)	

Quotations (using the exact words from another work)

- If you are citing a specific part of a source, provide the author, year, and page number(s).
- If you are quoting from a work that has no page numbers, you have several options to indicate where the specific information is located:
 - Provide a heading or section name, or an abbreviated heading or section name in quotation marks.
 - Provide a paragraph number, e.g., “para. X” (count the paragraphs manually if they’re not numbered).
 - Provide a heading or section name with a paragraph number.
 - For audiovisual works, provide a time stamp for the beginning of the quotation.
 - For religious or classical works, use the name of the book, chapter, verse, line, and/or canto.
- Quotes of 40 words or more should use a block quotation. See pages 272-273 in the APA manual for details.
- Use quotations sparingly.

Examples

Parenthetical (Ervin et al., 2018, p. 470) (Chamberlin, 2014, para. 1) (Gecht-Silver & Duncome, 2015, Osteoarthritis section) (Thompson, 2020, Slide 7) (King James Bible, 1769/2017, 1 Cor. 13:1) (Cuddy, 2012, 2:12)	Narrative “Quote” wrote Ervin et al. (2018, p. 470). Chamberlin (2014) noted that “quote” (para. 1). Gecht-Silver and Duncome (2015, Osteoarthritis section) ... Thompson (2020) described “quote” (slide 7). King James Bible (1769/2017, 1 Cor. 13:1)... In 2012, Cuddy argued that “quote” (2:12).
---	--

Personal Communications

- Personal communications include sources such as personal interviews, emails, letters, telephone conversations, live speeches, unrecorded classroom lectures, etc. They are cited in the body of the paper only because they are not considered recoverable. Do not include them in the reference list.
- Give the initials and surname of the communicator, and provide as an exact date as possible.
- Quotations from research participants are not included in the reference list or cited as personal communications. State that they are research participant quotations in the body of the paper.

Parenthetical (T. Nguyen, personal communication, February 24, 2019)	Narrative T. Nguyen (personal communication, February 24, 2019)
--	---

Examples come from the *Publication Manual of the American Psychological Association*.