

Quick Tips for APA In-text Citations and Headings

Publication Manual of the American Psychological Association 7th ed

BE SURE TO UNIFORMLY DOUBLE SPACE THE PAPER

(Note that the presence of a running head is now optional based on instructor preference)

TITLE IN ALL CAPS 1

Full Title in Upper and Lower Case

Your Name

Name of College

(Any other info your instructor wants)

TITLE IN ALL CAPS 2

Full Title in Upper and Lower Case

Open with an introduction that presents the specific problem under study. The presence of a running head is now determined by instructor, so be sure to check your assignment notes.

When you begin to quote or paraphrase from your sources, that information must be credited to the source. You can do so by either introducing the source in the paragraph or by integrating the quoted material. In the latter case, an in-text citation will be necessary. APA citations usually include the author, the year, and a page number like this: (Smith, 2017, p. 20).

TITLE IN ALL CAPS 3

A great resource is the Purdue Online Writing Lab or *OWL* because at that site, the various types of sources are addressed. Also, The American Psychological Association (APA) website is excellent for answering any formatting question.

In addition, your instructor may want you to include an abstract and divide the paper into sections using what APA refers to as **Level Headings**.

Finally, any sources used in the paper must be listed on the final page in specific APA format. Again, the *OWL* or the manual has information about properly formatting reference page entries.

TITLE IN ALL CAPS 4

References

Smith, A. (2017). The title of the article. *Publication Title*, 9, 20-23.

Thomas, B. (2017). Notice the capitalization of the article title. *Use of Italics Quarterly*, 24, 18-19. <http://www.online.edu>

Williams, C. (2017). Notice the alpha order of the names: See the hanging indent. *Tips for APA Formatting: Digital Edition*. <https://doi.org/10.101010/101010>

For more information, see the *Publication Manual of the American Psychological Association 7th ed*. or go to these websites:

www.apastyle.org,

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html or

<http://library.ws.edu/c.php?g=181164&p=1192370>



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In-Text Citations: https://extras.apa.org/apastyle/basics-7e/?_ga=2.166021693.2008440217.1585920499-2027736004.1585920499#/ (Lesson 16)

Author type	Parenthetical citation	Narrative citation
One author	(Luna, 2020)	Luna (2020)
Two authors	(Salas & D'Agostino, 2020)	Salas and D'Agostino (2020)
Three or more authors	(Martin et al., 2020)	Martin et al. (2020)
Group author with abbreviation		
First citation ^a	(National Institute of Mental Health [NIMH], 2020)	National Institute of Mental Health (NIMH, 2020)
Subsequent citations	(NIMH, 2020)	NIMH (2020)
Group author without abbreviation	(Stanford University, 2020)	Stanford University (2020)

Headings: https://extras.apa.org/apastyle/basics-7e/?_ga=2.166021693.2008440217.1585920499-2027736004.1585920499#/ (Lesson 4)

Level of heading	Format
1	Centered, Bold, Title Case Heading Text begins as a new paragraph.
2	Aligned Left, Bold, Title Case Heading Text begins as a new paragraph.
3	<i>Aligned Left, Bold Italic, Title Case Heading</i> Text begins as a new paragraph.
4	Indented, Bold, Title Case Heading, Ending With a Period. Text begins on the same line and continues as a regular paragraph.
5	<i>Indented, Bold Italic, Title Case Heading, Ending With a Period.</i> Text begins on the same line and continues as a regular paragraph.

Academic writer tutorial: basics of seventh edition APA style, Lessons 4 and 16, (2020). *APA Style*. www.apastyle.org