**APA Style Basics**

American Psychological Association (APA) style is a method of formatting academic essays and appropriately citing sources. It is commonly used for papers within the social sciences and provides a way of presenting primary research or academic work in a logical and concise way.

**APA Style Tips**

* Essay should be double spaced with 1-inch margins on all sides with the inclusion of a page header at the top of every page. For student papers, this header could just be last name and page number.
* Font choice should be legible and consistent throughout and of 11- or 12-point size (Times New Roman, Calibri, Arial)
* APA formatted papers should include 4 major sections: **Title Page, Abstract, Main Body and References**
* APA format requires in-text citations to be formatted in the author-date method where the author’s last name and year of publication appear in the text.
* In-text citations should only be used when directly quoting a source and may be introduced with a signal phrase. If you are referring more generally to an entire work or idea, you only have to reference to the author and year of publication.
* Direct quotations that are 40 words or longer should be placed in a free-standing block of type-written lines and should not be placed in quotations. The quote should be started on a new line and indented ½ inch from the left margin.
* APA allows for the inclusion of footnotes. Footnotes provide supplemental information to your readers and are a place to provide additional content that enhances or *briefly* elaborates on the information in your essay.
* Footnotes should be formatted in the body of the essay as a superscripted number following any punctuation mark except a dash (—). These superscripted numbers should correspond to the appropriately numbered, single-spaced footnote at the bottom of the page.
* Sources cited in your paper should go on a separate page at the end of your essay in the reference list and should provide the necessary information for readers of your essay to locate the information themselves.

**In-text Citation Examples**

In-text citations with the authors name:

* According to Jones (1998), "students often had difficulty using APA style, especially when it was their first time" (p. 199).

In-text citations without the authors name:

* She stated, "Students often had difficulty using APA style" (Jones, 1998, p. 199), but she did not offer an explanation as to why.

**APA 7th Edition Reference list examples:**

**Journal article**

McCauley, S. M., & Christiansen, M. H. (2019). Language learning as language use: A cross-linguistic model of child language development. *Psychological Review*, 126(1), 1-51. <https://doi.org/10.1037/rev0000126>

**Newspaper article**

Guarino, B. (2017, December 4). How will humanity react to alien life? Psychologists have some predictions. *The Washington Post*. https://www.washingtonpost.com/news/speaking-of- science/wp/2017/12/04/how-will-humanity-react-to-alien-life-psychologists-have-some- predictions

**Authored book**

Brown, L. S. (2018). *Feminist therapy* (2nd ed.). American Psychological Association. [https://doi.org/1 0.1 037/0000092-000](https://doi.org/1%200.1%20037/0000092-000)

**Chapter in an 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.), *Culturally responsive cognitive behavior therapy: Practice and supervision* (2nd ed., pp. 287-314). American Psychological Association. <https://doi.org/10.1037/0000119-012>

**Dictionary 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>

**Government report**

National Cancer Institute. (2018). *Facing forward: Life after cancer treatment* (NIH Publication No. 18-2424). U.S. Department of Health and Human Services, National Institutes of Health. <https://www.cancer.gov/publications/patient-education/Iife-after-treatment.pdf>

**YouTube video**

University of Oxford. (2018, December 6). *How do geckos walk on water?* [Video]. YouTube.  
<https://www.youtube.com/watch?v=qm1xGfOZJc8>

**Government webpage or website**

Centers for Disease Control and Prevention. (2018, January 23). *People at high risk of devel-oping flu-related complications*. <https://www.cdc.gov/flu/about/disease/high_risk.htm>