

APA Style Guide

APA is an acronym for the American Psychological Association. APA Style citations are used by writers to organize their work and cite references in a common structure. APA Style is the preferred citation management style for a variety of faculties including Business, Social Sciences, Education, and Math & Science. The most recent version is the 7th edition (as of October 2019).

APA Citations

1 in-text citation
+ 1 reference list citation
1 complete citation

The [in-text citation](#) is abbreviated and leads the reader to the full citation in the reference list.

The report lists self-efficacy as one of the four factors identified in social cognitive motivational theory (Linnenbrink & Pintrich, 2002).

The [reference list citation](#) provides all the information necessary for the reader to locate the original source.

Linnenbrink, E. A., & Pintrich, P. R. (2002).
Motivation as an enabler for
academic success. *School
Psychology Review*, 31(3), 313.
<https://doi.org/10.1080/02796015.2002.12086158>

In-Text Citations

- Include author(s) name and year of publication
- **If you are citing a quote, you need to include the page number**
- These citations can be either narrative or parenthetical. Both are equally acceptable.

Narrative Example:

Linnenbrink and Pintrich (2002) list self-efficacy as one of the four factors identified in social cognitive motivational theory.

Parenthetical Example:

Self-efficacy is listed as one of the four factors identified in social cognitive motivational theory (Linnenbrink & Pintrich, 2002).

Quotation Example:

According to Linnenbrink and Pintrich (2002) "Self-Efficacy is one of four crucial factors of social cognitive motivational theory" (p.10).

- With quotes, the page number always follows the quotation marks, and the year of publication always follows the author(s) names.

Reference List Citations

- Provides all the information necessary for the reader to locate the original source including title, author(s), publisher, date, page number(s), volume, etc...
- Each type of source has a different formatting style. We recommend checking out <https://owl.purdue.edu> or <https://apastyle.org> for a detailed guide on all APA formatting
- Pay attention to the minor details of each reference list citation such as the commas, periods, italics, and parenthesis. Each of these is important for a proper citation

Print Book Example:

Ahmed, S. (2012). *On being included: Racism and diversity in institutional life*. Duke University Press.

Journal Article Example:

Herbst-Damm, K. L. & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24 (5), 225-229.
<https://doi.org/10.1037/02786133.24.2.225>

APA Headings and Seriation

Aside from citations, APA style also includes some specific essay formatting guidelines, one of which is the proper use of headings and sub-headings. Each section of your paper should start with a Level 1 heading and any subsequent headings should follow the next level (i.e. Level 2, etc..)

Level of Heading	Format
1	Centered, Boldface, Title Case Heading Text starts a new paragraph.
2	Flush Left, Boldface, Title Case Heading Text starts a new paragraph.
3	<i>Flush Left, Boldface Italic, Title Case Heading</i> Text starts a new paragraph.
4	Indented, Boldface Title Case Heading Ending With a Period. Paragraph text continues the same line as the same paragraph.
5	<i>Indented, Boldface Italic, Title Case Heading Ending With a Period.</i> Paragraph text continues the same line as the same paragraph.