

APA Style: Quick Guide (6th Edition)

- Social Sciences (Education, Sociology, Psychology, Child and Youth Studies, Business, Economics)
- Applied Health Sciences (Kinesiology, Recreation and Leisure, Medical Sciences, Nursing)
- Sciences (Biology, Chemistry, Physics, Computer Science)

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This is the **first element** of your citation. It appears (in parentheses) and includes; author(s), year of publication, and page number. You **must cite** when you use both **direct quotations and paraphrases**.

Quotes	Paraphrases
<p>“Young adults are especially susceptible to sleep deprivation” (Wise, 2018, p. 201).</p> <p>According to Wise (2004), “young adults are especially susceptible to sleep deprivation” (p. 201).</p>	<p>Studies using neuroimaging allowed researchers to identify how meditation effects attention and self-awareness (Raffone, Tagini, & Srinivasan, 2011).</p> <p>In their 2011 study, Raffone et al. explore how cognitive neuroscience can help explain the connections between meditation and attention.</p>

APA – Reference List Citation

This is the **second element** of your citation. It appears on your references page and depending on the type of source, includes information necessary for the reader to find the source (author, date of publication, title, etc.)

References

- Albada, K. F. (2000). The public and private dialogue about the American family on television. *Journal of Communication*, 50 (4), 79-100. ← **An article in a scholarly print journal**
- Bergmann, P. G. (1993). Relativity. In *The New Encyclopedia Britannica* (Vol 26, pp. 501-508). Chicago: Encyclopaedia Britannica. ← **An article in a reference book**
- Fukuyama, F. (2002). *Our post-human future: Consequences of the Biotechnology revolution*. New York: Farrar. ← **A book by a single author**
- Herbst-Damm, K. L. & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225-229. doi: 10.1037/0278-6133.24.2.225 ← **An online source from the web or electronic database with a DOI (digital object identifier)**
- National Research Council. (2000). *Beyond six billion: Forecasting the world's population*. Washington: National Academy. ← **A book by a corporate author**



