

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)

APA – In Text Citation

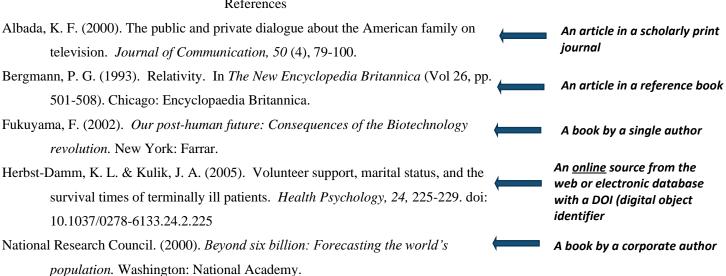
This is the first element of your citation. It appears (in parentheses) and includes; author(s), year of publication, and page number. You must cite when you use both direct quotations and paraphrases.

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

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











APA – General Formatting

APA papers should be written double-spaced, using 12 point font and with one inch margins. They must include a title page, the main text, headers, and a reference list. When used, appendices appear after the reference page.

Running Head: MULTITASKING

Multitasking: A Desired Skill for Students?

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MULTITASKING

Multitasking: A Desired Skill for Students?

Whether taking notes on a laptop, communicating with partners via social media, or listening to a lecture on a podcast, there is no doubt that technology is playing an increasingly important role in education. Although research has shown that students benefit from multitasking by increasing the number of tasks done (Getmo, 2012; Dunn, 2017), the dangers of multitasking far outweigh the benefits. A recent study of Canadian undergraduate students found that 80 percent of those surveyed feel their time spent studying is negatively impacted by incoming messages on their smartphones (Dee & Stract, 2016). An examination of recent statistics and case studies illustrates that student multitasking is having a negative impact on their study efficiency and academic performance.

Literature Review

Task and Mann (2010), define multitasking as attempting to accomplish two or more tasks at one given time. They outline several common forms of multitasking including instant messaging, reading or studying, viewing or listening to media files, and playing video games. Although multitasking involves doing several tasks...(end of sample)

Heading Levels

Level	Format
1	Centered, Boldface, Uppercase and Lowercase Headings
2	Flush Left, Boldface, Uppercase and Lowercase Heading
3	Indented, boldface, lowercase paragraph heading ending with a period.
4	Indented, boldface, italicized, lowercase paragraph heading ending with a period.
5	Indented, italicized, lowercase paragraph heading ending with a period.

Tips and Tricks for APA

 Be cautious when using online citation machines. They can often have errors in punctuation and formatting. If in doubt: remember to cite!

- Make use of campus resources if you are stuck. A-Z Learning Services daily Writing Drop-In and the Brock Library website resources are a good place to start.
- If you are unsure of exact formatting requirements, ask your TA or Instructor.
- Always prioritize paraphrases over quotations: it strengthens your argument!

9

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