

APA Style: Quick Guide (7th 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**.

Quotations	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 et al., 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. <i>Journal of Communication</i> , 50 (4), 79-100.	← An article in a scholarly print journal
Bergmann, P. G. (1993). Relativity. In <i>The New Encyclopedia Britannica</i> (Vol 26, pp. 501-508). Encyclopaedia Britannica.	← An article in a reference book
Fukuyama, F. (2002). <i>Our post-human future: Consequences of the Biotechnology revolution</i> . 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. <i>Health Psychology</i> , 24, 225-229. https://doi.org/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). <i>Beyond six billion: Forecasting the world's population</i> . National Academy.	← A book by a corporate author



APA – General Formatting

APA papers should be written *double-spaced*, with *one inch margins*. Consult the APA Manual (7th Edition) for font styles. APA papers must include a *title page*, the *main text*, *headers*, and a *reference list*.

1	2
<p>Multitasking: A Desired Skill for Students?</p> <p>Mike Writingking Brock University AZLS 0Q00 March 10, 2020</p>	<p style="text-align: center;">Multitasking: A Desired Skill for Students?</p> <p>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.</p> <p style="text-align: center;">Literature Review</p> <p>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)</p>

Heading Levels

Level	Format
1	Centered, Boldface, Uppercase and Lowercase Headings
2	Flush Left, Boldface, Uppercase and Lowercase Heading
3	<i>Flush Left, boldface, italicized, Uppercase and Lowercase Heading</i>
4	Indented, boldface, Uppercase and Lowercase Heading, ending with a period.
5	<i>Indented, boldface, italicized, Uppercase and Lowercase Heading ending with a period.</i>

Tips and Tricks for APA

- Be cautious when using online citation machines. They can often have errors in punctuation and formatting.
- 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!

If in doubt, remember to cite!



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