



## APA 7th Edition Quick Guide

### APA References

The APA (American Psychological Association) style is used to cite sources within the social and behavioral sciences.

**Two types of citations are included in most research papers:**

- 1) Citations within the text of the document and
- 2) A list of references citations at the end of the paper.

#### In-Text Citations

In-text citations appear in the body of your paper. They identify your use of an idea or quotation from one of your sources. The APA Handbook uses the (author, date) citation system for in-text citations.

#### Reference Citations

Information about the sources you use in your work are included as a separate list at the end of the paper. The APA Handbook suggests using the title, "References" for the list.

**Any source information that you provide in an in-text citation must correspond to a source in your References.**

### APA citations core elements

APA reference list entries have four main components which answer four specific questions—

1. **Author:** *Who* is responsible for the work?
2. **Date:** *When* was this work published?
3. **Title:** *What* is this work called?
4. **Source:** *Where* can I retrieve this work?

If a writer can answer these four questions about a source they can successfully create a reference for any type of work regardless of the medium.

### Major changes to 7th edition

- Running header no longer required for student papers.
- Use of "they" as a singular pronoun accepted.
- Extensive updates to bias-free language usage; more information can be found on the APA's [website](#).
- One space after a period at the end of a sentence.
- Use of quotation marks around [linguistic examples](#) instead of italics.
- Tables and figure may be presented in the text of document or on separate pages after reference list.
- All sources with 3 or more authors now use only first author and 'et al' when creating in-text citation. (Smith et al., 2020)
- Up to 20 authors included in any one reference list entry.
- DOIs and URLs presented as hyperlinks
- "Retrieved from" only used when identifying a date in a citation, not the DOI or URL location.

Source	Citation Example	Parenthetical In-Text Citation
<b>Book</b>	Burgess, R. (2019). <i>Rethinking global health: Frameworks of power</i> . Routledge.	(Burgess, 2019)
<b>Book: two or more authors</b>	Kilmeade, B. & Yaeger, D. (2013). <i>George Washington's secret six</i> . Sentinel.	(Kilmeade & Yaeger, 2013)
<b>Edited Book</b>	Kesharwani, P. (Ed.). (2020). <i>Nanotechnology based approaches for tuberculosis treatment</i> . Academic Press.	(Kesharwani, 2020)
<b>eBook</b>	Cain, S. <i>Quiet: The power of introverts in a world that can't stop talking</i> (K. Mazur, Narr.) [Audiobook]. Random House Audio. <a href="http://bit.ly/2G0bpbl">http://bit.ly/2G0bpbl</a>	(Cain, 2012)
<b>Journal article from library database</b>	Anderson, M. (2018). Getting consistent with consequences. <i>Educational Leadership</i> , 76(1), 26-33.	(Anderson, 2018)
<b>Journal article with a DOI from library database</b>	McCauley, S. M., & Christiansen, M. H. (2019). Language learning as language use: A cross-linguistic model of child language development. <i>Psychological Review</i> , 126(1). 1-5. <a href="https://doi.org/10.1037/rev0000126">https://doi.org/10.1037/rev0000126</a>	(McCauley & Christiansen, 2019)
<b>Dictionary, thesaurus, or encyclopedia</b>	American Psychological Association. (n.d). <i>APA dictionary of psychology</i> . Retrieved June 14, 2019, from <a href="https://dictionary.apa.org">https://dictionary.apa.org</a>	(American Psychological Association, n.d.)
<b>Webpage from an internet site</b>	Martin Lillie, C. M. (2016, December 29). <i>Be kind to yourself: How self-compassion can improve your resiliency</i> . Mayo Clinic. <a href="https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion-can-improve-your-resiliency/art-20267193">https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-compassion-can-improve-your-resiliency/art-20267193</a>	(Martin, 2016)

## MORE RESOURCES

<http://library.lsc.edu/help/citation.asp>

See more examples of and links to resources to help you with APA 7th ed.

<https://apastyle.apa.org/>

The official homepage for APA style where you can learn more about citations, paper formatting and style guidelines.

**Need more help?**

**Ask a librarian!**

**One-on-one assistance is available in person, by phone, email or by chat!**

Phone: 409-882-3082  
 email: [lscolibrary@lsc.edu](mailto:lscolibrary@lsc.edu)  
[www.libguides.lsc.edu](http://www.libguides.lsc.edu)