

Overview

APA is a citation style used in disciplines such as psychology, education, nursing, and social work. APA documentation consists of:

- **In-Text Citations:** Citation enclosed in parenthesis that indicate (Author, year) and, for quotes, page number (p. #), or paragraph number (para. #) for online material with no visible page numbers.
- **Reference List:** Alphabetical list of sources cited in the paper, along with publication information (not including personal communications and references to the Bible and Qur'an).

With the exception of general knowledge, all borrowed information needs to be cited.

In-Text Citations: General Guidelines and Exemplars

The author and year of publication are always required.

For direct quotations, see Example 2. When author and/or date is not available, see Example 3. When citing a source with multiple authors, see Example 4.

Example 1: Paraphrased Information	Example 2: Quoted Information	Example 3: Paraphrased Information without Author and Date	Example 4: Summarized Information with Multiple Authors
<ul style="list-style-type: none"> • Author's last name followed by year of publication • Example A: The high infant mortality rate in the U.S. maybe attributed in part to the high cost of medical insurance (Smith, 1996). • Example B: Smith (1996) found that economic... 	<ul style="list-style-type: none"> • Author's last name followed by year of publication and page number (p. X or pp. X-Y) OR Author's last name followed by year of publication and paragraph number • Example A: The high infant mortality rate "substantially decreased with lowered costs" (Smith, 1996, p. 120) in medical insurance. • Example B: Smith (1996) concluded that the high infant mortality rate "substantially decreased with lowered costs" (p. 120) in medical insurance. 	<ul style="list-style-type: none"> • Shortened title in quotation marks in lieu of author, followed by n.d. for "no date" • Example: Some people have found Vitamin E helpful for this problem ("Ways to overcome," n.d.). 	<ul style="list-style-type: none"> • Sources with 2 authors: (Wright & Weston, 1997) • Sources with 3 or more authors: • Example: Despite concerns about limiting creativity, Jones et al. (1996) determined that exemplars from instructors promoted a higher degree of student experimentation.

Reference List: General Guidelines and Exemplars

The reference list is double-spaced. For illustrative purposes, the examples in the table below are double-spaced.

- The **References** heading is centered at the top of the page, **not** bolded
- All **citations** are aligned left and have a hanging indent
- **Sources** are listed alphabetically by the author's last name/corporation's name
- **Short publications** are in normal type: articles and chapter titles
- **Longer publications** are italicized: books, newspapers, journals, and magazine titles

Source	Citation
Book (Print)	Haviland, C., & Mullin, J. (2009). <i>Who owns this text?: Plagiarism, authorship, and disciplinary cultures</i> . Utah State University Press.
Book (Online)	Bazerman, C. (1988). <i>Shaping written knowledge: The genre and activity of the experimental article in science</i> . University of Wisconsin Press/WAC Clearinghouse Landmark Publications in Writing Studies. http://wac.colostate.edu/books/bazerman_shaping/
Book Chapter (Print)	Halloran, S. M. (1990). From rhetoric to composition: The teaching of writing in America to 1900. In J. J. Murphy (Ed.), <i>A short history of writing instruction from ancient Greece to twentieth-century America</i> (pp. 151-182). Hermagoras Press.
Journal Article (Online, NO doi)	Hawkins, C. (2008). Affirmations: How to inspire students to revise. <i>Praxis: A Writing Centre Journal</i> , 5(2), 31-41. https://repositories.lib.utexas.edu/handle/2152/62438
Journal Article (Online, With doi hyperlink)	Dunes, M., & Pras, B. (2013). Practices in the brand management system: Identification and considerations for five business sectors. <i>The Journal of Product and Brand Management</i> , 22(7), 444-461. https://doi.org/10.1108/IPBM-09-2013-0396
Video	Attenborough, D., Parker, G. (Writers), & Fothergill, A. (Director). (2007, April 15). Fresh water (Season 1, Episode 3) [TV mini-series episode]. In M. Lemire (Executive producer), <i>Planet Earth</i> . BBC.

Government Report	Chui, T., Tran, K., & Maheux, H. (2009). <i>2006 census: Immigration in Canada: A portrait of the foreign-born population, 2006 census: Findings</i> . (Report No. 97-557-XIE2006001). Statistics Canada. Retrieved July 7, 2021, from https://www12.statcan.gc.ca/census-recensement/2006/as-sa/97-557/index-eng.cfm
Newspaper Source	Smith, A. (2020, June 14). Cleanup continues after northeast homes, vehicles pounded by 'apocalyptic' storm. <i>The Calgary Herald</i> . Retrieved July 7, 2021, from https://calgaryherald.com/news/0615-storm-folo
Website	University of Minnesota Libraries. (n.d.). <i>Evidence-based practice</i> . Retrieved July 7, 2021, from https://apps.lib.umn.edu/instruction/evidence-based-practice/#/
Online Article (No Author)*	<i>Ways to overcome pain</i> . (n.d.). PainRx. Retrieved January 22, 2012, from http://www.painrx.com.html

*Title of the article is used in place of author

Frequently Asked Questions

***Note:** For more information, consult Additional Resources.

Which words are capitalized in the reference list?

Capitalize the first letter of the first word of article titles, subtitles, and proper nouns. **Journals are an exception** as the first letters of all keywords are capitalized.

How do I format in-text citations for websites?

The author date in-text citation is applicable to websites as well. In cases where the author is unknown, a shortened title for the website is used. See **Example 3** on page 1.

How do I cite sources taken from other sources?

When citing a source that was taken from another source, indicate the original author and the secondary author in the in-text citation as shown below. Then, include the secondary source in the reference list.

Wright (1999) argued that drug companies “‘hold governments hostage’ when they refuse to justify the cost of life-saving but highly expensive medications” (**as cited in Frost & Krahn, 2000, p. 8**).

How do I cite long quotations?

Quotes over 40 words are indented five spaces to the left, double spaced, and **not** enclosed in quotation marks as shown below.

As **Halloran (1990)** noted, correct grammar has long been associated with social class:

In the competitive middle-class society of the nineteenth-century, speaking and writing “correct” English took on new importance as a sign of membership in the upper strata... [B]y attempting to impose a “hyper-correct” dialect on the generally privileged students at Harvard and the other established liberal arts colleges, Hill and others may actually have strengthened the linguistic obstacles to upward mobility. (p. 167)

Additional Resources

***Note:** APA is revised and updated over time. To accurately cite information in your writing, note the version that is required by your instructor.

APA Style

APA Style contains information about writing and citing in the Social Sciences. This resource has a searchable database with examples, and it offers an online tutorial for those new to APA. Changes and updates in formatting are summarized. See: <https://apastyle.apa.org/blog>

Purdue Owl

Purdue Owl provides an overview of APA formatting for papers, literature reviews, and reports. In addition to providing guidelines for these genres, Purdue Owl features a sample paper with detailed explanations on the side. See:

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html

University of Calgary Writing Support Services

Sign up for writing appointments at the University of Calgary. Workshops for undergraduate and graduate students are also offered. See <https://ucalgary.ca/student-services/student-success/writing-support> for more details.

University of Calgary APA Library Guide

This guide was a result of a university wide collaboration and is being constantly updated. See <https://library.ucalgary.ca/guides/education-apa> for more details.