

APA CITATION



SUNY Potsdam
CWC

We're here to get you started writing that health, sociology, psychology, education or any other subject paper that requires APA. APA may seem impossible with its complicated formatting and related, but different, style of citation. But you're in luck. This outline will break it down, so soon you'll be writing in no time.

Using APA might seem like a waste of time, but it's not. A lot of people enter classes where they are expected to have already had experience with APA citation. It's not anyone's fault—most weren't taught in high school, and some haven't been required to use citation much in their academic lives.

But don't get cocky: Don't think just because you know APA that you don't need this tutorial or the web links it shows you. Teachers, writing tutors (like myself), and scholars live off these websites we're showing you. We all have to keep up on the details of APA citation, especially since they change year to year. So really, this is your heavensent; we're giving you the up-to-date, crammed-in-seven-pages summary of the twisting maze called APA.

The Purpose of This Tutorial

This tutorial allows you (the student) to learn about APA without your teacher having to spend a whole week going over it. Citation is incredibly important, so learn from this tutorial. We want you to succeed, and success is through credibility. Citation helps you establish credibility through the sources you use and how you use them. Let citation help you write better papers, and in consequence, earn better grades. Your ability to cite will influence, and maybe determine, your future both academically and professionally.

This tutorial is for you.

Something to keep in mind



APA is formatted and cited for the social sciences. In this case, remember what's important in those fields. Scientific studies, research, and modern medicine—these aspects of social science require constant testing and evaluation. This means that the more credible the sources, and the more recent the research, the more credible the knowledge is. That's why, in APA, you would cite like this (CDC, 2010, p. 49) rather than this (Gregory 49). The APA citation emphasizes year of publication to show how recent the source is, while an MLA-format citation focuses on author and page number.

Aiming at APA



➤ When writing in APA, because of its focus on science, logic and data, you should adapt your writing in a similar fashion. So instead of the writing flowery, or using imagery, be concise and straight to the point. State your purpose clearly and show your claims and evidence in a sophisticated, organized fashion.

You should, when presenting your evidence, use the most recent and up-to-date scientific research models and empirical evidence as sources. In the field of health and science, it's all about relativity.

APA Need-To-Know:

- You may use “I” or “We” if there’s more than one author. Just be careful to stay unbiased with your writing.
- Use the **active voice**, for example, “I interviewed...” rather than “I have interviewed...”
- Be specific in your explanations; simplify what you say by using accurate wording, so the reader can understand easily.
- Be careful with your word choice. For example, use the term “participants” rather than “subjects.” And be descriptive in who you are referring to, like using “community members” or young children.”
- Also, be aware that there is nothing definite in science and health; therefore avoid using words that suggest certainty.

Starting Your Paper

Before beginning your essay, you should start with some important elements.

- ❖ **Running head**
- ❖ **Page numbers**
- ❖ **Title page**
- ❖ **Abstract**

Implement these in your paper before you start so you're ready to focus on the writing.

Running Head: At the top of every page, a header should be placed called a running head. This running head will simply be a shortened version of your title, in all caps on the left hand side. Only on the title page will you include the words "Running head," followed by a colon and your shortened title.

Page numbers: The running head will be on the left side of the header, and your page number will be on the right. *Your page number will include only the number, not your name.*

Title Page: The title page should consist of the title, the subtitle, the author (your name), and the school name (SUNY Potsdam).

Abstract: If your teacher wants you to include it, following the title page should be the abstract. The abstract is basically a summarized introduction into your issue. It should be concise and short, no more than half a page. *Remember, though, only include an abstract if your instructor requires it.*

**When your done reading the particulars, check out this video-
[Purdue OWL: APA Formatting - The Basics](#)**



Pouncing at the Particulars

Capitalization: When typing the subtitle of your source, capitalize only the first word of the title and the first word after the colon.

Italicizing Titles: Italicize the titles of long works, such as, books. For short works, like articles, they require no quotation marks or italicizing.

Visuals: Keep visuals as simple as possible. They should be very easy to understand. That way your visual can help the reader understand your point.

Section Headings: With APA, because it is used in the social sciences, organization, rather than creativity, is emphasized. Thus, to introduce, and to increase organization, section headings are used.

Knocking out the In-Text Citation

For APA, citations often involve multiple authors, or you have to cite multiple works in the same sentence. So make sure to stay aware of your sources, because they and your citations will be more complex. Also, a more updated version of APA requires page numbers to be included at the end of every in-text citation. Be sure you know whether your teacher expects this or not.

Here are some basic formats for in-text citations:

1. Ex. Smith (2001) states “drugs kill” (p. 5).

→ Basic format: If you state the author within the sentence, then, directly after the author’s name, show the year of publication in parentheses.

2. Ex. Smith, Schultz, Snyder and Becket (2003) agreed that smoking was a leading cause of cancer (p. 132).

→ Multiple authors: note the page number- that’s an update of APA. You now show page numbers even for paraphrases.

3. Ex. Research completed by A. Snyder (2000) showed...

→ Authors with the same name: use the initial of the first to clarify your author’s name.

4. Ex. Studies indicated that... harmful (Cook et al., 2004; Schultz et al., 2010).

→ Two or more works in the same parenthesis: organize them in the same order in which they or their findings appear in the sentence.

5. Ex. Becket and Scott decided “that... future generations” (Cigarette’s In the Home, para. 3).

→ No page number: when no page number is indicated on your original source, state title and paragraph number as indicated above.

Tackling the Reference Page

The purpose of the reference page is basically so you can present your sources in an easily recognizable, organized way. It also allows the reader to access your sources clearly.

- You're entries should be in alphabetical order, with a hanging indent.
- ✓ Be aware of punctuation, it's placed specifically.
- ❖ Also be careful with situation, based on your sources, you will enter it differently, so take note of source type (book, journal, blog, etc.) and its details (Author? Editors? Translated?).

Single Author:

Smith, D. (2010). *Words at Home: Consider the Children*. Detroit: University of Michigan.

Multiple Works, Same Author:

Leonardo, D. (2003, November 23). Science of Man. *Science Today*, 43, 145.

Leonardo, D. (2006, September 3). Letting Man Fly. *Science Today*, 104, 12.

Note: the title of journal and its volume number are italicized. Also consider that the title of a journal is not quoted. For two works by same author, Order in your bib is determined by date.

For more examples of how your reference list should look, pop to [Cite Source](#).

More than Eight Authors (article):

Rothschild, J., Carson, U., Roland, K., Regan, L., Parson, O'Neal, M., Letterman, J. (2003). Interpretation of Adolescence. *The Journal of Juveniles*, 23, 12-16.

Note: When listing more than eight authors, list the first six, followed by an ellipsis (triple period) and the author's last name.

Book with an Author and an Editor:

Goldman, S. (2011). *Noting the difference: Bailing out society*. (R. Birch, Eds.). New York, NY: HarperCollins.

Note: (1) See that the first word after the colon in the title is capitalized.
(2) Notice that for the editor, first name initial is first, then last name.

Unknown Author:

New concise world atlas. (2007). New York, NY: Oxford University Press. Order in the jungle. (2008, March 15). *The Economist*, 386(8571), 83-85.

Note: Notice that (1) the title of a book is italicized and (2) there is no space between the volume number the parentheses that holds issue number.

❖ For a step-by-step reference page formatting video, check out [Purdue OWL: APA Formatting: Reference List Basics](#)

Activity Page: Now You Try

➤ Links you'll want to know before you get started:

[Purdue OWL APA guide](#)

[Cite Source](#)

[Diana Hacker](#)

- Note: The running head on the Diana Hacker sample papers and Purdue Owl sample papers are incorrect; for the correct example go to the [Purdue Owl's corrected APA sample paper](#).

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The Activity:

- 1) Go to [SUNY Potsdam's Academic Honor Page](#).
- 2) Under heading C, use the Basic Standards of Academic Integrity, numbers 1, 2, and 3, in three separate sentences, to accurately show a quote or paraphrase, using APA in-text citation.
- 3) Then once you've complete step 2, create a reference page for your citations.

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