APA Citation Basics for Beginners

What is APA Citation Style?

APA stands for "**American Psychological Association**." The APA Style Guide instructs students and professors how to reference information from someone else's work within their own work.

APA Citation Style has 2 components: (1) **"in-text" citations**, and (2) **a "reference list"** at the end.

In-Text Citation Basics

In-text citations provide a quick, short-hand version of where you pulled the information from. Include these citations in your writing *any time* you refer to *any resource* (a book, journal article, etc.).

After you refer to someone else's work, include the author's **last name**, **year of publication**, and **page number** (p.) or **page range** (pp.) (*if applicable*); these details are placed in parentheses, and *generally* go at the end of the sentence before the period.

> *Paraphrasing*:
> One study found that when people ride their bicycles to their workplaces they are happier throughout the day (Smith, 2017, p. 85).

If you introduce the author within your sentence, then you do not need to include his/her name in parentheses.

> *Directly Quoting*:
> Smith found that "there is a correlation between cycling to work and improved mood" (2017, p. 85).

If you are citing a work by:

- ✪ **2 authors** → use both names joined by "&" (Tremblay & Martin, 2016, pp. 8-10)
- ✪ **3-5 authors** → include all names the *first* time (Lam, Roy, Lee, Brown & Wilson, 2017, p. 15), and *afterward* just use the first author + "et al." (Lam et al., 2017, pp. 15)
- ✪ **6+ authors** → only cite the first author + "et al."

To cite **multiple sources in one sentence** use a semicolon (Chan, 2017, p.10; Lee, 2016, p. 3; Clark, 2017, p. 11).

Reference List Basics (Use the title "Reference List" at the top of the list)

The **reference list** is a record of *all* works cited; it appears at the end of your paper and provides the full details for each of your sources. The authors are listed alphabetically by last name (*use initials for first names*).

Book – 1 author
Author Last name, First initial(s) (Publication Year). *Title of Book*. City of Publication, Province/State of Publication: Name of Publisher.

Chapter in a Book with an Editor (each chapter by a different author)
Author Last name, First initial(s) (Publication Year). Title of Chapter. In Last name, First initial(s) (Ed.), *Title of Book* (chapter page range). City of Publication, Province/State of Publication: Name of Publisher.

Article from a Journal – 1 author
Author Last name, First initial(s) (Publication Year). Article Title. *Journal Title*, Volume # (Issue #), page range.

Extra Tips:
✪ **2 authors** → Last name, First initial(s) & Last name, First initial(s) (e.g. Tremblay, K.P. & Martin, M.Z.) ✪ **2 editors** → Last name, First initial(s) & Last name, First initial(s) (Eds.) (e.g. Cook, K. & Li, Q. (Eds.)) ✪ **3-7 authors** → list all authors (Last name, First initial(s)), using commas between names + "&" for the last one ✪ **8+ authors** → list the first 6 authors + 3 ellipsis points (…) and then jump to the last author