What Is an APA 7th Edition Student Style Essay?

APA (American Psychological Association) style is used mostly for writing in psychology, but also other social sciences, nursing, and business. In documenting sources, APA style emphasizes authors and the dates their works were published. Everything in your paper, including the title page, should be double-spaced in an accessible font, like 11-point Calibri or 12-point Times New Roman.

An APA 7th style student paper usually has three parts (instructor requirements may vary):

1. Title page
2. Text of the paper with sources cited in APA format
3. References list of sources

1. Title Page

For the running head, insert the page number 1, right aligned.

The title is centered, **boldface**, with title capitalization on the 3rd or 4th line from the top of the page.

Capitalize all words except for “a/an/the,” FANBOYS, and prepositions that are three or fewer letters. Any word is capitalized if it is the first word of a title or subtitle.

A blank line follows the title.

Then the following are given, on a separate line for each, with no extra space between lines:

- Student author name*
- College/university name
- Official course name abbreviation and number
- Instructor name
- Assignment due date

*Give your full name in the form First Name Middle Initial (if any) Last Name. If there is more than one author for the paper, separate two names with the word “and,” and for three or more names, separate each with a comma, and put the word “and” before the last author’s name.
2. Text of Paper

The margins are 1" from the top, bottom, left and right edges of the paper.

Begin your paper with your Full Paper Title centered in bold text. Start the first paragraph on the next line, left aligned.

All new paragraphs, indent .5" with no extra space after paragraphs.

Center the major section headings in bold type (for example, Method, Results, and Discussion; they are considered Level 1). The same capitalization rules apply to section headings as for other titles. Subsection headings are formatted according to level:

Level 2: Left-Aligned Bold
   Text begins as a new paragraph.

Level 3: Left-Aligned Bold Italic
   Text begins as a new paragraph.

Level 4: Indented, Bold, Ending With a Period. Text begins on the same line and continues as a regular paragraph.

Level 5: Indented, Bold, Italic, Ending With a Period. Text begins on the same line and continues as a regular paragraph.
To format Tables:

Above the table, type “Table #” in bold
Next line: Title of Table in Italic

<table>
<thead>
<tr>
<th>Woodchuck</th>
<th>Wood chucked (in kg)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>423.9</td>
<td>94.2</td>
</tr>
<tr>
<td>2</td>
<td>373.0</td>
<td>82.9</td>
</tr>
<tr>
<td>4</td>
<td>347.0</td>
<td>77.1</td>
</tr>
<tr>
<td>6</td>
<td>411.3</td>
<td>91.4</td>
</tr>
</tbody>
</table>

Note: Each virtual woodchuck received a 450-kg woodpile. Woodchucks 3 and 5 were removed from the analysis because they would not chuck wood.

Below the table, type “Note.” in italics followed by any necessary explanation and, if borrowed, copyright info in plain text

For borrowed tables and figures, after any description or explanation, put the following types of information in the note for copyright attribution, adjusted for your source type:

From/Adapted from “Title,” by I.M. Authora, I.B. Authorb, and Z. Lastauthor, YEAR, Periodical Title, #(#), p. ## (https://...). Copyright YEAR by Publisher.

Then also put an APA style entry into the References list for the source of the table or figure.

In-text Citations (How to Incorporate Sources into Your Text)

APA style requires internal citation that provides authors’ last names and the date of publication. You may put the author and date into the sentence in what is called the “narrative citation” style, or you can put all the necessary information into parentheses at the end of a sentence in a “parenthetical citation.” You can cite your sources different ways in your text, but you should use signal phrases as much as possible, especially if you use quotations from sources that don’t have page numbers.

A. Being Clear About Who Says What

The first time you introduce a text, give the full name and credentials of the author or authors (X), the title of the work and the year it was published in a signal phrase. You may also name the genre of the work (article from newspaper, trade journal, academic journal, TED Talk, university course website, conference presentation, etc.). The verbs should use past or past perfect tense:
In his/her YEAR genre, “Title,” X argued that__________________.


B. Narrative and Parenthetical Templates for Citing Sources in APA Style

Unlike MLA style, you only need to include a page number when you use a quotation.

For sources with one author:

- X (YEAR) stated, “_____” (p. ###).
- X (YEAR) illustrated ______ with examples of ______.
- Despite the consensus on ______, there are those who still ____ (X, YEAR).

For sources with two authors:

- According to X and Y (YEAR), “_____” (p. ###)
- Researchers have found that ____ (X & Y, YEAR, p. ###).

For sources with three or more authors:

- X et al. (YEAR) found that “_____” (p. ###).
- Later research confirmed the previous findings that ____ (X et al., YEAR).

C. Block Quote Format

For long quotes of more than 40 words (Figure 2):

Figure 2

Example of a Long Quote Format

In 1986, Random House published a compilation of all of Douglas Adams’ Hitchhiker’s Guide novels. In Chapter 1 of The Long, and the Thank You for All the Fish, he wrote:

Adams pointed out the fallibility of broad surveys and poor statistical analyses in an attempt to win the approval of the public, but he also wanted to highlight the power of the few.

Parenthetical citation after the period at the end of your quote.

If there is no narrative citation in the introduction to the block quote, put a full parenthetical citation at the end: (Author, YEAR, p. #)
3. Reference List

Beginning on a separate page after the body of the paper, center the title “References” in bold at the top, then list your resources alphabetically by author last name.

Double space all entries, but with hanging indents of .5 inch. (A hanging indent is when the first line of a paragraph is against the left margin, but subsequent lines are indented.)

Methods of creating hanging indents vary according to which word processing application you are using.

All authors’ names are listed by family name, then initials; if a source has 2 to 20 authors, separate the names with commas, and put an ampersand (&) before the last author.

For works by 21 or more authors, list them all up to 19, then put an ellipsis ( . . . ) and the last author’s name.

Include a DOI (digital object identifier) for all sources that have one; if an online source has both a DOI and a URL, give only the DOI. Allow the DOI or URL to be a hyperlink, especially if the document is to be read online. Shortened DOIs are allowed from https://shortdoi.org/ and shortened URLs are allowed if they are sure to go to the intended location. Only put sources in the references list if they can be retrieved later; things like course materials on a class Canvas site and personal emails should be cited only in the body text.

References


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