



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.

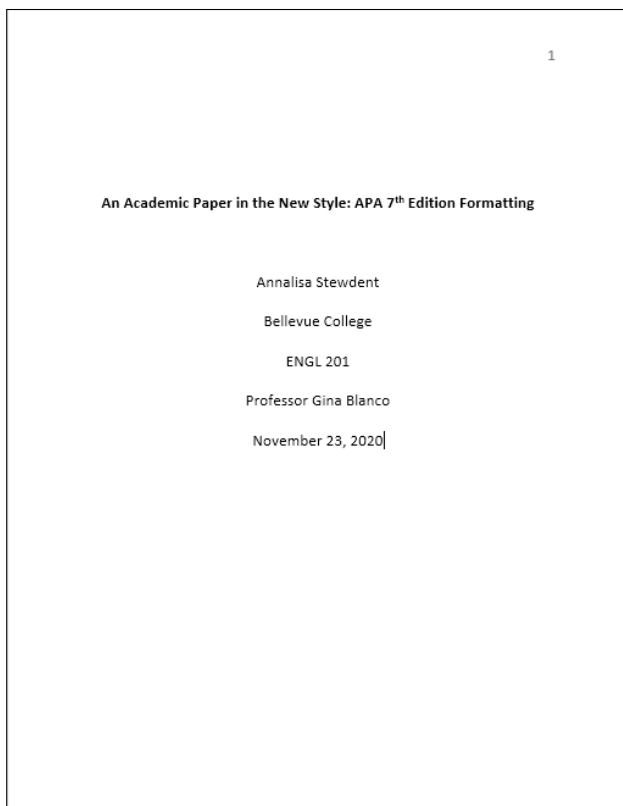
An APA 7th style student paper usually has three parts (instructor requirements may vary):

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

1. Title Page

Figure 1

Example of APA 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.

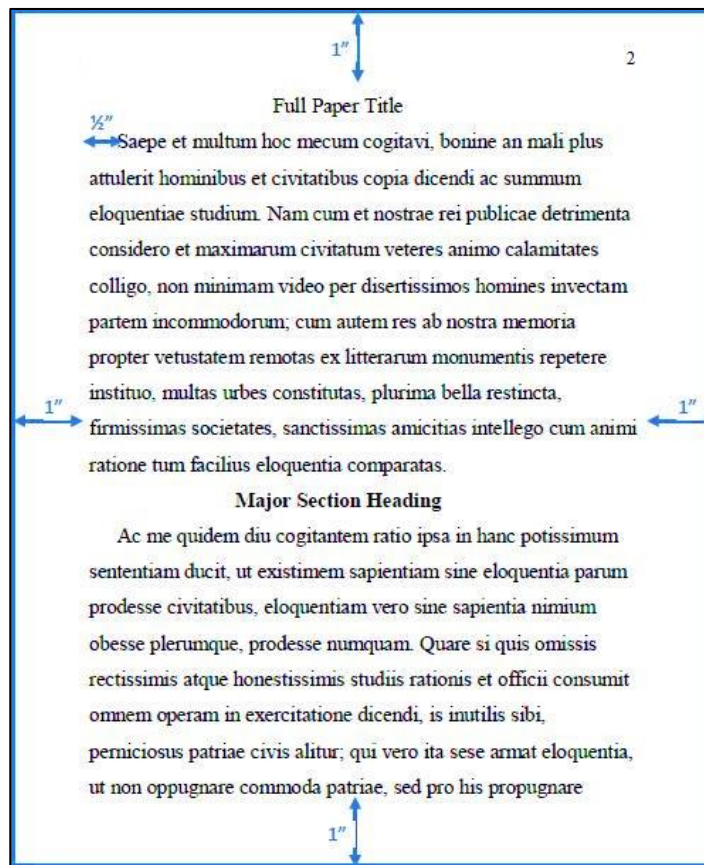
Then the following are given, on a separate line for each, with no extra space between lines:

- 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 Italics*

Table 1

Wood the Woodchucks Chucked in Experiment 1

Woodchuck	Wood chucked (in kg)	%
1	423.9	94.2
2	373.0	82.9
4	347.0	77.1
6	411.3	91.4

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

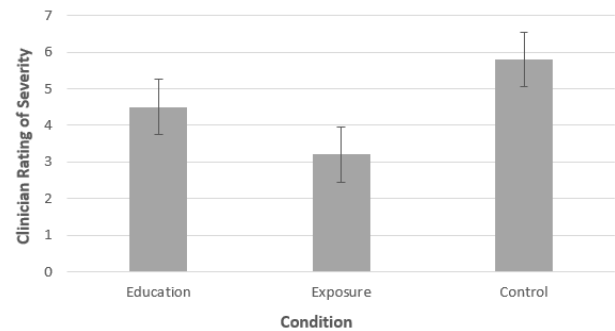
To format **Figures**:

(can include graphs, charts, or photos)

Above the figure, type “**Figure #**” in **bold**
Next line: *Title of Figure in Italics*

Figure 1

Clinician Rating of Severity of Exposure



Note. Adapted from “Examples From the Internet,” by I.M. Greedy, 2021, *Journal of Acquisitive Academics*, 1(2), p. 511. Copyright 2021 Imaginary.

Below the figure, type “*Note.*” followed by any
necessary explanation and copyright info

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.” If you must use a quotation from a source that doesn’t have page numbers, provide a heading or section name, time stamp, or paragraph number (count them yourself if no other helpful landmarks are in the text, even if not numbered) in place of a page number.

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_____.

Example:

In her 2016 *New York Times* editorial "Insurance Reform and Lives Lost," journalist Marcy Doe 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. ###).
- 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).

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).

For personal communications or course materials, use only in-text citations:

- Narrative citation: I. M. Somebody (personal communication, August 8, 2021) reported _____
- Parenthetical citation: (I. M. Somebody, personal communication, August 8, 2021)

C. Block Quote Format

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

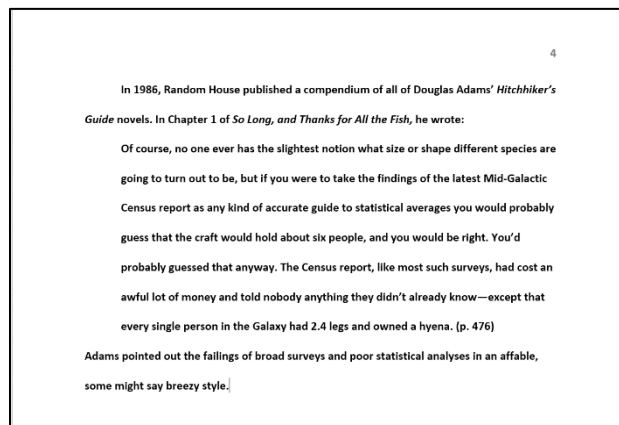
Entire quoted passage is **indented .5 inch, double spaced**, without quotation marks.

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. #)

Figure 2

Example of a Long Quote Format



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.

If the publisher of a source is also the author, omit the publisher element from the list entry.

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.

Figure 3

Example Format of References List



Note. Adapted from “APA 7 Style Citations” by Bellevue College Library Media Center, https://bellevuecollege.libguides.com/ld.php?content_id=59596049

References

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

Bellevue College Library Media Center. (2020). APA 7 style citations [PDF]. https://bellevuecollege.libguides.com/ld.php?content_id=59596049