

The Way of APA

Citing and Managing Your References



Learning Objectives



Learn citation basics

Become familiar with APA citation style for:

- In-text citation
- Reference list

Learn techniques to get APA-formatted citations from databases while you search

Become familiar with resources that help you use APA

Citation Basics



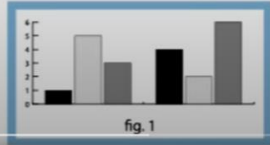
Why bother citing?

My Research Paper


Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nullam sed purus lectus. Aenean eget rutrum nisl. Maecenas lacinia est a pretium pharetra. Integer non risus sollicitudin, porta nulla nec, aliquam massa. Ut eu est elementum, "pulvinar ipsum sit amet, auctor nunc. Fusce rutrum volutpat risus id accu" (Shakespeare 77).

Sed quis vehicula augue. Sed sit amet orci a nisl bibendum pellentesque eget vel nisi. Cras at lorem mi. Nulla consequat purus ac commodo adipiscing. Maecenas vitae leo dictum, hendrerit nisi id, aliquam massa. Phasellus id justo id lectus ornare tincidunt. Sed rhoncus lorem ac nulla luctus malesuada ac sed tortor. Aenean suscipit dignissim dui, in pharetra turpis volutpat vel. Praesent eget meti diam (Marlowe 154).

Nunc feugiat nunc in feugiat vehicula. Sed lobortis dolor interdum, dictum leo nec, scelerisque leo. Ut urna risus, hendrerit ac lacinia sed, gravida ac erat. Vivamus blandit velit id accumsan pulvinar. Integer facilis felis rutrum, pharetra tortor vitae, laoreet ligula.



Category	Value
1	1
2	3
3	2
4	3
5	2
6	4



0:35 / 1:54

Citation: A Very Brief Introduction (NCSU Libraries, 1:54)

Why cite?



Creating Citations



In your APA paper

- Use **in-text citations** whenever you directly quote a source and when you paraphrase

AND

- Provide a full **reference list** at the end of your paper: this will be labelled “References”



APA also has guidelines for how you should format your paper

For example

- Let's say your research topic is:
How does meditation influence perfectionism in students?
- You find a great article in the PsycINFO database:
Diaz, F.M. (2018). Relationships among meditation, perfectionism, mindfulness, and performance anxiety among collegiate music students. *Journal of Research in Music Education*, 66(2), 150-167.

In-Text Citation: Quoting

- Place quotation marks around other people's exact words (“...”)
- Don't rephrase or reorganize the quoted words
- Indicate the source of the quotation using a standard method (e.g. APA)



Tip: if copying an exact passage while researching, use quotation marks

In-Text Citation: Quoting

- Use quotation marks and don't forget the authors, date, and page number (s)

with high levels of socially prescribed and self-directed perfectionism, which have been linked to increased trait anxiety in a number of previous studies (Chang et al., 2008; O'Connor et al., 2010). As the use of meditative practices appears to have been quite prevalent among the current sample of music students, it would be useful to examine this variable further in order to determine if more specific recommendations could be made for students prone to high levels of both perfectionism and anxiety.



“...more specific recommendations could be made for students prone to high levels of both perfectionism and anxiety” (Diaz, 2018, p. 162).

In-text citation using a signal phrase

- Diaz (2018) notes that “...more specific recommendations could be made for students prone to high levels of both perfectionism and anxiety” (p. 162).

In-Text Citation: Paraphrasing

- Write other people's ideas in your own words
- Using synonyms or changing the word order is **not** sufficient
- Indicate the source of the quotation using a standard method (APA)



**Tip: read the passage, close the book,
write it in your own words**

In-Text Citation: Paraphrasing

- The text may be completely different, but it's the same idea and you give credit.

tion, and behavioral interventions (Lehrer, 1987). Moreover, students who prefer nonpharmacological methods for treating anxiety may be especially interested in exploring meditation. Along with practical applications, educators working at colleges and universities may be interested in considering how meditative practices align with recommendations for maintaining health and wellness as established by accrediting bodies, such as the NASM.

The main idea:
Meditation may be a viable option for students that are not interested in taking pharmaceuticals to treat their anxiety

Diaz (2018) indicates that meditation may be a alternative nonmedical method to treat anxiety in students (p. 162).

Let's Practice Paraphrasing & Citing

- Library Research Skills tutorial goes over many research tools, including Citing
 - Go over the “Quoting & Paraphrasing” Tutorial and think of how the student can make the appropriate changes where need be

Library Research Skills Tutorial

Creating Citations & References



Basics of creating an in-text citation

- Author & date
- For a quotation or a paraphrase, provide the last name of the **author**, the **year of publication**, and the **page number**
- If you are not citing a specific page, put the author's last name and the year of publication

Example:

(**Diaz**, 2018, pp.161-162)

Creating In-Text Citations

- 3 or more authors
 - Use **the first author's last name**, followed by “**et al.**”
 - Follow author information with **year of publication** and the **page number**

Example:

(**Flannigan et al.**, 2020, p.17)

Let's practice creating some on our own.

Activity: Creating In-Text Citations

- Author's last name: Carter
Year of Publication: 2019
page cited: 20
- Author's last name: Flannigan
Author's last name: Smith
Year of Publication: 2007
page cited: not citing a page in particular
- Author's last name: Olson
Author's last name: Wilkens
Author's last name: Edmunds
Author's last name: Franklins
Year of publication: 2020
pages cited: 12-13

In-Text Citations - Answers

- (Carter, 2019, p. 20)
- (Flannigan & Smith, 2007)
- (Olson et al., 2020, pp. 12-13)

References



The **list of sources** used in creating a research paper, a book, etc.

A **method of giving credit** to the authors from whom information was taken

A **resource for other researchers** who can use it to get information about the topic

Goes at the end of your paper

Reference List Basics

- Each source you cite in the paper must appear in your reference list;
- Likewise, each entry in the reference list must be cited in your text
- References comes after the body of your paper

seeking (De Moor, Beem, Stubbe and Boomsma, 2006). The positive relationship between Extraversion and fitness was further supported by Bogg, Voss, Wood and Roberts (2008), though the expected relationship with Conscientiousness was not found. These contradictory results may be due to a difference in outcome measurements, with the latter study using physical performance as the outcome rather than retrospective self-report of behaviour.

References

- Batia, A. S. (2008). *Relationships among personality, self-determination and exercise behaviour*. Unpublished doctoral dissertation, University of Florida. Retrieved March 2, 2009, from http://etd.fcla.edu/UF/UFE0021248/batia_a.pdf.
- Bogg, T., Voss, M. W., Wood, D., & Roberts, B. W. (2008). A hierarchical investigation of personality and behavior: Examining Neo-Socioanalytic models of health-related outcomes. *Journal of Research in Personality, 42*, 183-207.
- Buckworth, J., & Nigg, C. (2004). Physical Activity, Exercise, and Sedentary Behavior in College Students. *Journal of American College Health, 53*, 28-34.

Reference List format

Reference label centered

Citations in alphabetical order by first author (or title)

Double-spaced, all lines after first line are indented

✓ Every in-text citation in your paper must also appear in the References list at the end

References

Cummings, J. N., Butler, B., & Kraut, R. (2002). The quality of online social relationships. *Communications of the ACM*, 45(7), 103-108.

Hu, Y., Wood, J. F., Smith, V., & Westbrook, N. (2004). Friendships through IM: Examining the relationship between instant messaging and intimacy. *Journal of Computer-Mediated Communication*, 10(1), 38-48.

Tidwell, L. C., & Walther, J. B. (2002). Computer-mediated communication effects on disclosure, impressions, and interpersonal evaluations: Getting to know one another a bit at a time. *Human Communication Research*, 28(3), 317-348.

Underwood, H., & Findlay, B. (2004). Internet relationships and their impact on primary relationships. *Behaviour Change*, 21(2), 127-140.

Books (Print)

Author

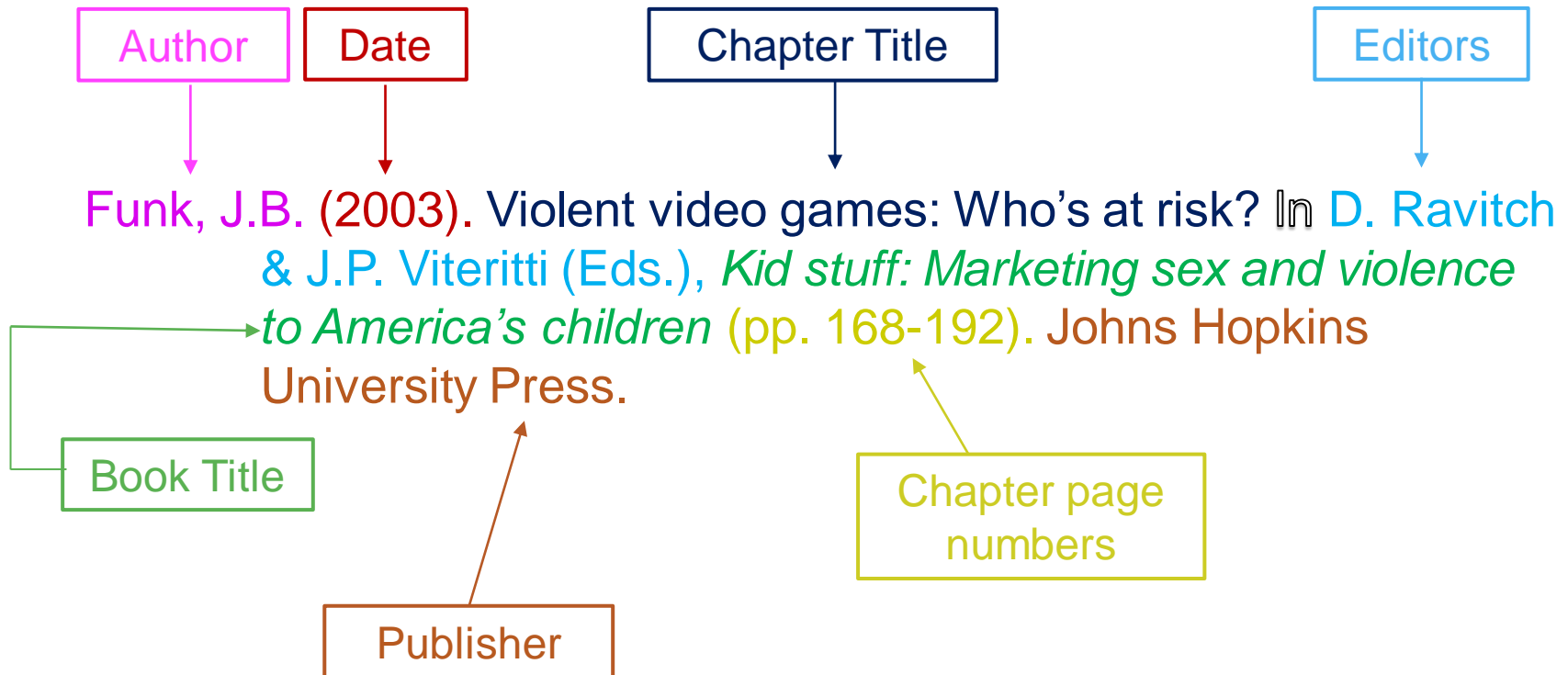
Date

Title

Clark, N., & Scott, P. S. (2009). *Game addiction: The experience and effects*. McFarland & Company.

Publisher

Book Chapters (Print)



E-Books

- Replace the publisher information with the DOI
- If the DOI is not available, include the URL of the book publisher



Note: the DOI is formatted to look like a URL!

What's a DOI?



- A **digital object identifier**
- Forms a permanent, stable link (URL) for digital documents

Article:

Olson, C.K., Kutner, L.A., Baer, L., Beresin, E.V., Warner, D., & Nicholi II, A.M. (2009). M-rated video games and aggressive behavior among young adolescents. *Applied Developmental Science, 13*(4), 188-198. <http://doi.org/10.1080/10888690903288748>

Link to article: <http://doi.org/10.1080/10888690903288748>

E-Book (with DOI)

Author

Date

Title

Hull, E., Jackson, K., & Dick, J. (2011). *Requirements engineering*. Springer Nature.

<http://doi.org/10.1007/978-1-84996->

405-0

DOI

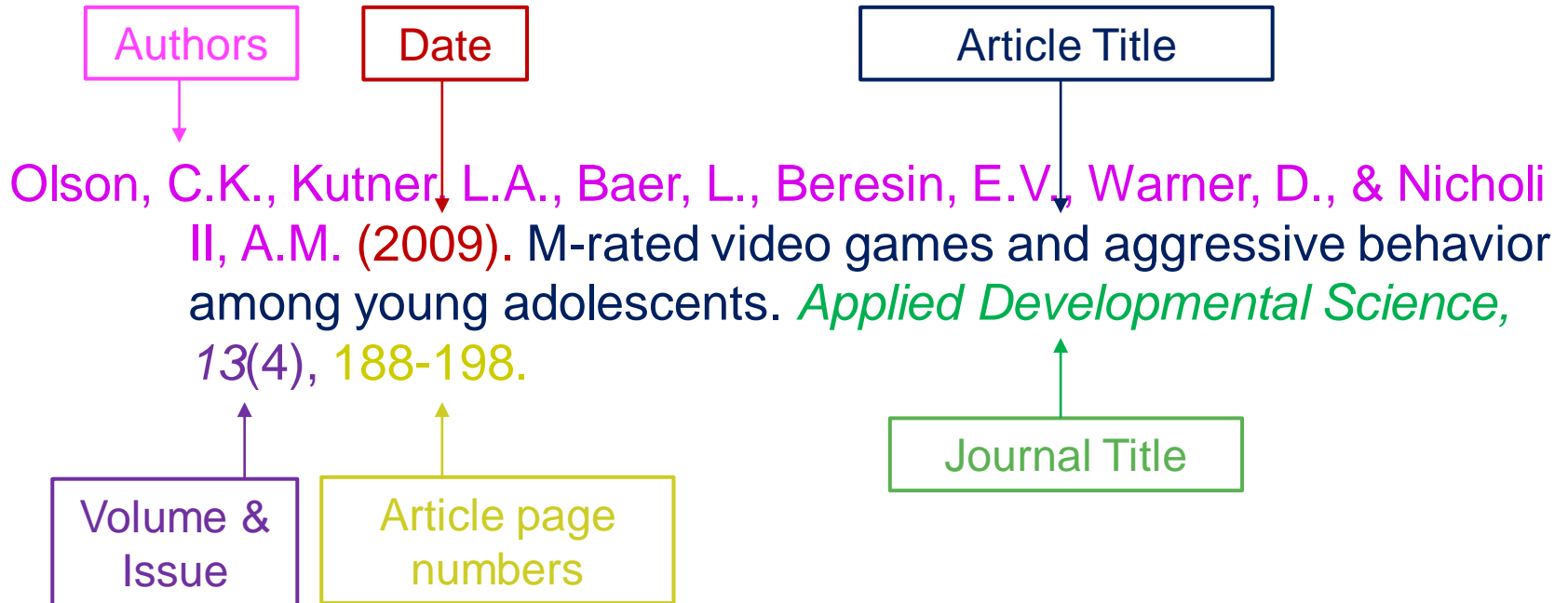
E-Book (without DOI)

Clark, N., & Scott, P. S. (2009). *Game addiction: The experience and effects*. McFarland & Company. <http://mcfarlandbooks.com/>



URL of the book
publisher

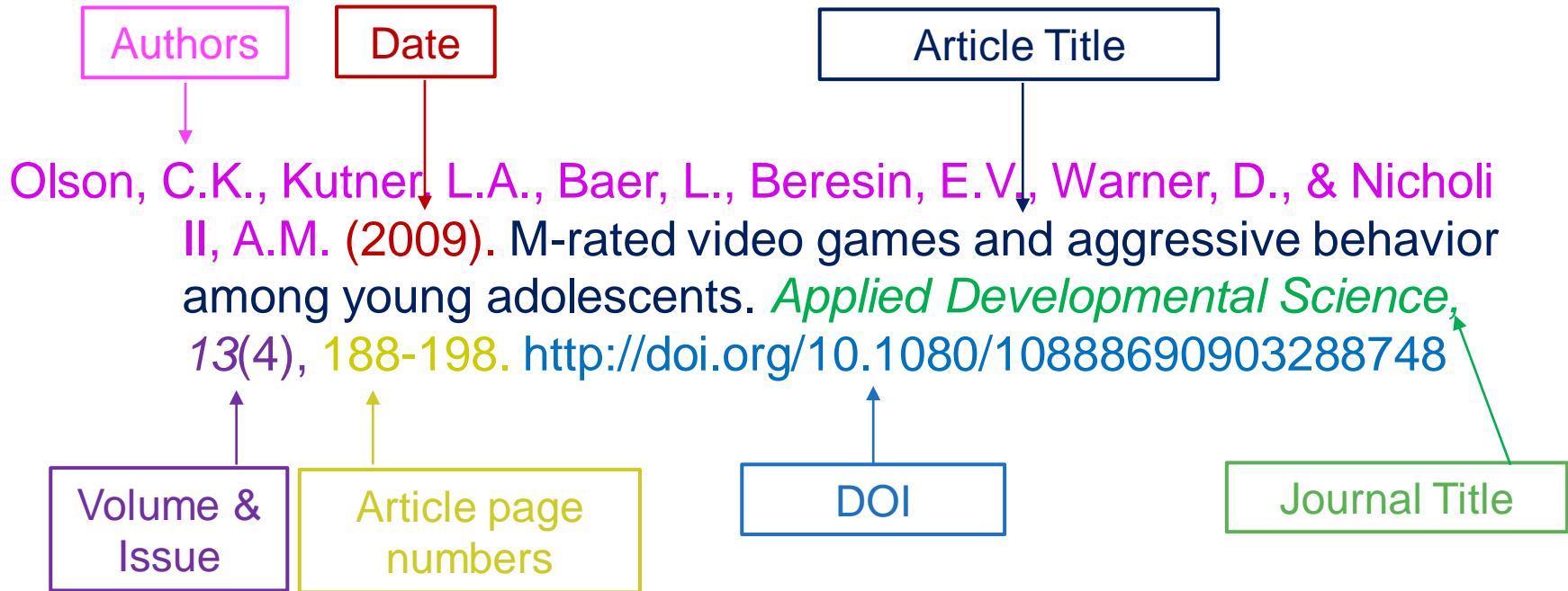
Article (Print)



Online Articles

- Add the DOI to the end of the citation
- The DOI is formatted to look like a URL
- If the DOI is not available, include the URL of the home page for the journal

Online Article (with DOI)



Online Article (without DOI)

Olson, C.K., Kutner, L.A., Baer, L., Beresin, E.V., Warner, D., & Nicholi II, A.M. (2009). M-rated video games and aggressive behavior among young adolescents. *Applied Developmental Science*, 13(4), 188-198.
<http://www.psypress.com/applied-developmental-science-1088-8691>

URL of the home page of the journal



Let's format an example together

Dyadic perceptions of depression and anxiety in romantic relationships.

Authors: Schnapp, Jacqueline E.
O'Neal, Danielle N.
Vaughn, Allison A.

Source: Journal of Social & Personal Relationships; Feb2020, Vol. 37 Issue 2, p432-449, 18p

Publication Year: 2020

Subject Terms: ANXIETY -- Psychological aspects
MENTAL depression -- Psychological aspects
ATTRIBUTION (Social psychology)
CONFLICT (Psychology)
DATING (Social customs)
INTERPERSONAL relations
PRACTICE of medicine
MENTAL health
PSYCHOSOCIAL factors
SOCIAL support
SEXUAL partners

DOI: 10.1177/0265407519867418

Activity: Spot the Errors

1. Review the sample APA reference list provided
2. Indicate the errors that need to be corrected

References

Activity: Spot the Errors

Ellwood, R. S. (2008). *Introducing Japanese Religion*.

De Landa, M. *War in the Age of Intelligent Machines*. Zone Books.

Lee, T., Kwong, W., Cheung, C., Ungar, M., and Cheung, M. (2010). Children's resilience-related beliefs as a predictor of positive child development in the face of adversities: Implications for interventions to enhance children's quality of life. *Social Indicators Research*, 95(3), 437-453. doi:10.1007/s11205-009-9530-x

Yazici, Z., Ilter, B. G., & Glover, P. (2010). "How bilingual is bilingual? Mother-tongue proficiency and learning through a second language." *International Journal of Early Years Education*, 18(3), 259-268. <https://doi.org/10.1080/09669760.2010.521297>

References

De Landa, M. (1991). *War in the age of intelligent machines*. Zone Books.

Ellwood, R. S. (2008). *Introducing Japanese religion*. Routledge.

Lee, T., Kwong, W., Cheung, C., Ungar, M., & Cheung, M. (2010). Children's resilience-related beliefs as a predictor of positive child development in the face of adversities: Implications for interventions to enhance children's quality of life. *Social Indicators Research*, 95(3), 437-453. <https://doi.org/10.1007/s11205-009-9530-x>

Yazici, Z., Ilter, B. G., & Glover, P. (2010). How bilingual is bilingual? Mother-tongue proficiency and learning through a second language. *International Journal of Early Years Education*, 18(3), 259-268. <https://doi.org/10.1080/09669760.2010.521297>

Corrected

Formatting Your Paper



In Your APA paper

- If your professor asks you to format your APA using the APA convention, this means you will have to follow APA guidelines for formatting your assignment (not just your citations)
- The title page can contain the following elements:
 - Running Title
 - Page #
 - Title
 - Author
 - Affiliation

Student Title Page (7th Edition)

Page # → 1

Title → **Creative Cognition: Incorporating Music Therapy in Cognitive Remediation Programs**

Suzanne R. Butcher ← Author

Affiliation → Department of Psychology, Concordia University

PSYC 364 : Fundamentals of Cognition ← Course

Instructor → Dr. Jane Smith

April 2, 2020 ← Due Date

APA Headings 7th

2

Title of Paper

Our paper title acts as a Level 1 heading: It is centered and in bold title case font. We do not need to use the heading "Introduction", since text at the beginning of the paper is assumed to be the introduction.

Level 2 Heading in the Introduction

Level 2 Heading in the Introduction

Level 1 Heading for First Main Section After the Introduction

Level 2 Heading

Level 2 Heading

Level 3 Heading

Level 3 Heading

Level 4 Heading.

Level 4 Heading.

Level 5 Heading.

Level 5 Heading.

APA 7th Headings

**Level 1 heading
(title)**

2

Paper Title

**Introductory
text**

Here we can introduce our paper. We do not need to identify this section as the “Introduction”, since in the seventh edition of American Psychological Association (APA) we do not need to identify the first paragraph of text as an introductory text. That being said, we will have to write “Conclusion” as a heading when we are preparing our conclusion.

**Level 2
headings**

History of APA

The APA citation style came into fruition when psychologists, anthropologists, and other members identified the need to have guidelines to streamline most aspects of scientific writing (American Psychological Association [APA], n.d.) [paragraph continues]

Reasons for Using APA

APA citation is used in a variety of disciplines to provide consistency and clarity to citations. [paragraph continues]

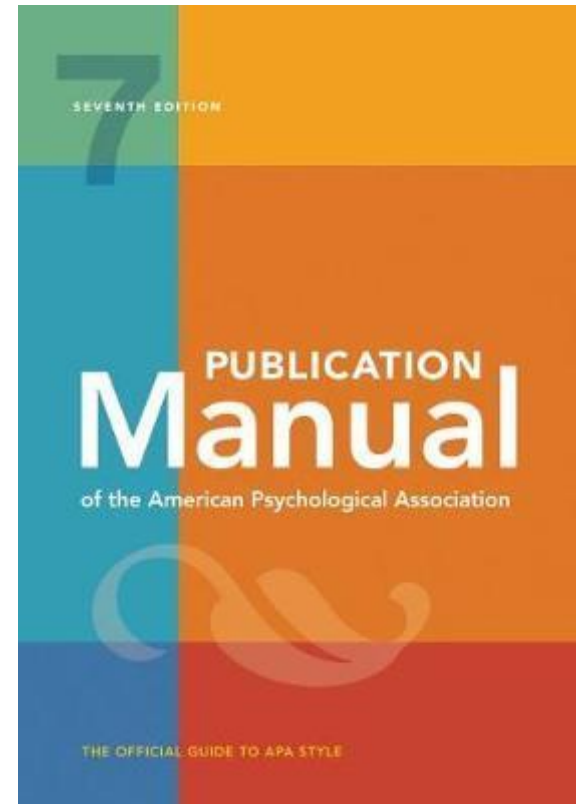
APA Resources



Citation Style Guides – 7th Edition

- Released October 2019

Today's focus: *APA (American Psychological Association) Style 6th Edition* – commonly used in Social Sciences



Citation Guides

- Shortened versions of the Style Guides are also available
 - [APA Citation Guide](#) (Concordia Library)
 - [APA Formatting & Style Guide](#) (Purdue University Online Writing Lab)

Citation Tools



Gathering references as you search

- Most databases will allow you to have an APA-formatted citation that you can paste into your reference list, email, notes, etc.
 - Example from Academic Search Complete (or any EBSCO database)
 - Example from Sociological Abstracts (or any ProQuest database)

Zotero

- Organize & manage your sources in different collections
- Create citations & references
 - Use with our citation guides to create accurate citations



[Find out more about Zotero](#)

Where to Find Help



Need more help??



Library Research Skills Tutorial

<http://library.concordia.ca/learn>