

# APA Citation - The Three Elements

## In-text Citations



**WHY:** So the reader knows where every single piece of information or image used in your paper came from.

## List of References



**WHY:** So your reader can easily find the actual sources you used.

## Quotation Marks & Block Quotation



**WHY:** So your reader can tell whether you are quoting your source or putting the information into your own words.

# Formatting Entries on a Reference List



**Author. Date. Title. Source.**

Dowling, J. E. (2011). *The great brain debate: Nature or nurture?* Princeton University Press.

# Formatting In-text Citations



**WHEN:** Every time you use a piece of information or an image from a source, even when you put that information into your own words.



**WHERE:** At the end of the sentence where you stop taking information from a source OR at the end of the paragraph if all the information in the paragraph came from the same source. For images, cite directly underneath the image.



**HOW:** Five easy steps:

Step 1: Find the entry for the source in your list of References.

Step 2: Take the first information that the reader sees for that entry (usually the **author's last name** OR the **title of the article**). Place a comma after this information. **E.g. Dowling,**

Step 3: Add the year of publication if there is one. If not, use the abbreviation n.d.. **E.g. Dowling, 2011**

Step 4: If you are quoting your source or using a piece of information that can be found on a specific page in your source, add the page number. **E.g. Dowling, 2011, p. 3**

If you are using a source with no page numbers, use the paragraph number instead. **E.g. Smith, 2015, para. 7**

Step 5: Put the whole citation between round brackets. **E.g. (Dowling, 2011, p. 3) (Smith, 2015, para. 7)**

# Reference Page - Sample and Checklist

## Source Type:

Webpage on a website with no author

Webpage on a website with a group author

Webpage on a website by a gov't agency

Webpage on a news website

Webpage on a website with one author

Book or eBook

Journal article from a database

YouTube video or streaming video

## References

*Anxiety prevention with mindfulness therapy.* (n.d.). CBC News.

<http://www.cbc.ca/news/health/depression3555884>

British Mindfulness Research Association. (2016, May 23). *Media multi-tasking impairs attention: Breath meditation helps.*

<http://mindbmra.org/media-multi-tasking>

Canadian Institutes of Health Research. (2012, Spring). *Mindfulness based cognitive therapy.* <http://www.cihr-irsc.gc.ca/e/45254.html>

Dube, S. R. (2017, May 31). *The importance of building children's resilience.* CNN. [https://www.cnn.com/2017/05/31/health/](https://www.cnn.com/2017/05/31/health/children-resilience-trauma-partner/index.html)

[children-resilience-trauma-partner/index.html](https://www.cnn.com/2017/05/31/health/children-resilience-trauma-partner/index.html)

Lunau, K. (2014, June 15). Bringing mindfulness to the school curriculum. *Macleans.* [https://www.macleans.ca/society/health/](https://www.macleans.ca/society/health/bringing-mindfulness-to-the-school-curriculum/)

[bringing-mindfulness-to-the-school-curriculum/](https://www.macleans.ca/society/health/bringing-mindfulness-to-the-school-curriculum/)

Rector, N. A. (2010). *Cognitive-behavioural therapy.* Centre for Addiction and Mental Health.

Satterwhite, A. K., & Luchner, A. F. (2016, March). Exploring the relationship among resilience, dependency, and self-criticism: The role of culture of social support. *North American Journal of Psychology*, 18(1), 71-82.

Van Cuylenberg, H. (2014, August 23). *Discovering resilience.* [Video].

YouTube. <https://www.youtube.com/watch?v=XZZCZlZShFU>

For additional examples on formatting reference list entries, please refer to the [LLC Webpage](#) and the [APA Style Website](#).

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## Checklist:

- Use a new page.
- There is a header on every page, starting with the title page. The header only includes a page number and is flush right.

The title **References** appears in bold on the first line of the page and is centered.

- Arrange sources in alphabetical order by the surname of the first author or article title when there is no author.
- When using the title to alphabetize entries, ignore the prepositions "A", "An" & "The" if they are the first words in the title.
- Use hanging indentation. The first line of every entry is flush left and all subsequent lines are indented ½ an inch.
- Double-space the entire list (no extra space between entries).
- Titles for stand-alone publications (e.g. books, webpages, data sets, reports) are always in *italics*.
- Titles of resources that are part of a greater whole (periodicals, book chapters) are not italicized.
- Use (n.d.) if there is no identifiable date of publication.
- All references end with a full stop (period) except when the entry ends with a DOI or URL.

# Citing Images

**WHY:** When you want to use an image created by someone else, you must check to make sure you have the RIGHT to use that image. If you do not, find another image. It is NOT enough just to cite the source.

**How can you tell whether you have the right to use an image?** In Google, when you do an image search, click on **Tools** then select **Usage Rights**. Select **“Creative Commons Licenses”**. Any images that appear are yours to use as long as you cite them. If you cannot find anything you like, drop by the LLC and ask for help.

**How do you cite an image?** All types of graphical displays other than tables are considered figures in APA Style. They follow the same citation format. Graphical displays include infographics, graphs, charts, maps, plots, drawings, illustrations, and photographs.

## No Attribution Required

If the image license states “no attribution required,” then do not provide an APA Style reference, in-text citation, or copyright attribution.

Use the following format:

Step 1: Figure number (in bold)

Step 2: Figure title - appears one double spaced line below the figure number (in italics & title case)

Step 3: Image

Step 4: Figure note - information that clarifies the contents of the figure (double-spaced)

### Figure 1

*A Striped Cat Sits With Paws Crossed*



*Note.* Participants assigned to the cute pets condition saw this image of a cat.

## Attribution Required

If the image license states “attribution is required”, then provide a copyright attribution in the figure note AND a reference list entry on the reference page.

Use the following format:

Step 1: Figure number (in bold)

Step 2: Figure title - appears one double spaced line below the figure number (in italics & title case)

Step 3: Image

Step 4: Figure note - copyright attribution is placed directly below the image (double-spaced)  
Format ⇨ title, author, date, site name, (URL) and Creative Commons License

### Figure 1

*Lava the Sled Dog*



*Note.* From *Lava* [Photograph], by Denali National Park and Preserve, 2013, Flickr (<https://www.flickr.com/photos/denalins/8639280606/>). CC BY 2.0.

### Reference list entry:

Denali National Park and Preserve. (2013). *Lava* [Photograph]. Flickr. <https://www.flickr.com/photos/denalins/8639280606/>

Source: American Psychological Association. (2020). *APA Style*. <https://apastyle.apa.org/>

## Quotation Marks & Bloc Quotation

**WHEN:** Every time you use the same wording as your source for even just a few consecutive words.

**HOW to use quotation marks:** Put quotation marks around the words taken from your source even if you have borrowed only a few words. Put the in-text citation after the second quotation mark but before the period.

**Example 1 - Putting information into your own words entirely (citation needed but no quotation marks):**

Swiss researchers have concluded that mindfulness based therapy can benefit both patients suffering from clinical problems and those who are suffering for less clearly defined reasons (Grossman, 2014, para. 18).

**Example 2 - Quoting an entire sentence from your source (citation AND quotation marks needed):**

According to Max Bothwell, a researcher with Environment Canada, “Rock snout was first confirmed in Canada on Vancouver Island in 1988, but has likely been here long before that” (Bothwell, 2016, p. 184).

**Example 3 - Using a few significant words from your source (citation AND quotation marks needed):**

As global temperatures rise, oceans need to absorb more and more carbonic acid, which scientists say is likely to place “significant adaptive pressure” on shelled organisms and coral reefs (Slezak, 2014, para. 5).

**HOW to use a block quotation:** If you are quoting something that is more than 40 words long (about three lines), start the quotation on a new line and indent the entire quotation by 5 spaces. Do NOT use quotation marks. Put the in-text citation at the end of the quotation.

**Example:**

There is no longer much debate in the scientific community around the primary cause of global warming. It is agreed that humans are responsible:

Scientists can conclusively identify that human activity is responsible for the observed increase in CO<sub>2</sub>.

How? The carbon dioxide emitted by burning fossil fuels such as coal, natural gas, and oil has a unique chemical fingerprint — and the additional CO<sub>2</sub> in the atmosphere bears that signature. (Union of

Concerned Scientists, 2015, para. 14)

Given the ability of scientists to track global warming, it cannot be argued that the current increase in the earth’s temperature is due to natural or cyclical causes.