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?

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

Show the research you’ve done

Give reader access to your sources

Add credibility to your statements

Avoid plagiarism
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:
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)

“...more specific recommendations could be made for students prone to high levels of both perfectionism and anxiety” (Diaz, 2018, p. 162).
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
The text may be completely different, but it’s the same idea and you give credit.

Diaz (2018) indicates that meditation may be an 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 needed.
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.

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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.
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References


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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


Source: OWL at Purdue University
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:

Link to article: [http://doi.org/10.1080/10888690903288748](http://doi.org/10.1080/10888690903288748)
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
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.


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


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


Activity: Spot the Errors


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
  - Author
  - Page #
  - Affiliation
  - Title
Student Title Page (7th Edition)

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

Author: Suzanne R. Butcher

Affiliation: Department of Psychology, Concordia University

Course: PSYC 364: Fundamentals of Cognition

Instructor: Dr. Jane Smith

Due Date: April 2, 2020
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
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.

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??

http://library.concordia.ca/learn