



## General Formatting

- Title page
- References page
- Abstract (ask your instructor)
- In-text citations
- Double-spaced
- Page number on every page
- Times New Roman size 12

### Student Title Page:

1
<b>Title</b>
Author Name
College
Course Name & Number
Instructor
Due Date

#### APA 7 update on running heads:

“Student papers need only the page number in the page header, unless the instructor or institution also requires a running head” (American Psychological Association, 2020, p. 44).

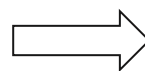
### First Page of Student Paper:

2
<b>Title</b>
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Duis aute irure dolor in

## In-Text Citations

Use the author’s last name and the year of publication separated by a comma.

(Last Name, Publication Year).



(Ruiz, 2014).

\*If the work has more than three authors, list *only* the first author, followed by “et al.”

Parenthetical example: (Warner et al., 2023).

Signal phrase example: According to Warner et al. (2023)...

However, in the reference entry, list *all* authors, up to twenty authors.

## Citing a Direct Quote

Direct quotations must be followed by the page number.

**Lorde (1984) demands, “we must root out internalized patterns of oppression” (p. 243).**

## Examples of Reference Entries

Setup:

- Type “References” and center it at the top of the page
- Alphabetize by the first letters of each source
- Use hanging indents
- Maintain double-spacing
- List all authors, up to 20 authors
- Capitalize *only* the first word of titles, subtitles, words after colons and dashes, and proper nouns when citing the source’s title.

### Website

Lastname, First initial. Middle initial. (Year, Month Date). *Title of page*. Site name. URL

Abraham, G. (2019, November 18). *Autism and gender*. NeuroClastic.

<https://neuroclastic.com/autism-and-gender/>

### Online Journal

Lastname, First initial. Middle initial. & Lastname, First initial. Middle initial. (Year). Title of article. *Title of Periodical*, vol.(issue), page numbers. DOI

Johansen, B. & McLean, G. N. (2006). Worldviews of adult learning: A core concept in human resource development. *Advances in Developing Human Resources*, 8(3), 321-328.

<https://doi.org/10.1177/1523422306288424>

### Book

Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle*. Publisher Name.

Lamb, W. (1998). *She's come undone*. Pocket.

### Podcast Episode

Host, A. A. (Host). (Year, Month Date). Title of episode (No. if provided) [Audio podcast episode]. In *Name of podcast*. Publisher. URL

Sarian, B. (Host). (2022, November 3). Who were the bozos before Bezos? When money ruins everything [Audio podcast episode]. In *Dark History*. Audiobloom. [www.URLhere.com](http://www.URLhere.com)