

## FORMATTING

- Double-space the entire paper, including the title page and reference list.
- Set all four margins at 1 inch (2.5cm).
- Use one of the following fonts: 11 pt. Calibri, 11 pt. Arial, 10 pt. Lucinda Sans Unicode, 11 pt. Georgia, 12 pt. Times New Roman, or 10 pt. Computer Modern.
- Include a title page and references page.

## HEADINGS

**Heading Level 1** (centred, **bold**)

**Heading Level 2** (left-aligned, **bold**)

*Heading Level 3* (left-aligned, **bold**, *italicized*)

**Heading Level 4.** (indented, **bold**, followed by a period, text begins on same line as heading)

*Heading Level 5.* (indented, **bold**, *italicized*, followed by a period, text begins on same line as heading)

## QUOTATIONS

If a direct quote is fewer than 40 words, use quotation marks:

Ratsoy suggests that "faculty encourage students to publicly disseminate their work and distribute it to a wider audience" (2016, p. 10).

If the quotation is 40 words or more, format it as a block quotation:

Ratsoy suggests that:

Whether through a student undergraduate conference, a guest lecture in a class, a teaching and learning centre workshop, or a peer-reviewed conference on or off-campus, when students co-present, their belief in the significance of their research is affirmed by the audience's interest in it. (2016, p. 10)

## TITLE PAGE

- Include page numbers at the top right, beginning with the title page.
- No "running head" is necessary for student papers
- Title is **bold**, centred, and placed roughly 1/3 of the way down the page. Capitalize major words. Place one double-spaced blank line before including:
- Author(s): first name, middle initial, last name
- Affiliation (name of university attending)
- Course name and number
- Instructor's name
- Assignment due date

1
<b>Long Term Effects of Unemployment on Health</b>
Jane D. Smith Thompson Rivers University NURS 1000: Public Health Dr. Sandra Kaur February 16, 2022

## REFERENCES

The reference list begins on a separate page, with "**References**" centred at the top.

- Alphabetize references according to the last name of the author
- Format each reference with a hanging indent (i.e. with the second and subsequent lines indented)

10
<b>References</b>
Dorling, D. (2009). Unemployment and health. <i>BMJ: British Medical Journal</i> , 338(7703), 1091-1092. doi:10.1136/bmj.b829

# APA 7<sup>th</sup> IN A NUTSHELL



This guide covers only the most common situations. For more information on citing sources in APA style, please see the **TRU APA Citation Style Guide (7th Edition)** at <https://libguides.tru.ca/apa>

Note: This guide is based on the *Publication Manual of the American Psychological Association*, 7th edition. Always check with your instructors to see if their requirements differ from those described here.



## IN-TEXT CITATIONS

In-text citations appear in the text of the paper to indicate that a source is being cited. APA uses the author—date citation system, which includes the last name of the author and the date of publication:

... (Williams, 2002).

If the author's name is stated in the sentence, include only the year of publication in parentheses:

Williams (2002) claims ...

For direct quotes, the page number is included:

... (Williams, 2002, p. 21).

If a source does not have page numbers, give the paragraph number preceded by the abbreviation "para."

...(Mayo Clinic, 2018, para. 6).

### Two Authors

... (Lind & Cohen, 2009).

Lind and Cohen (2009) found ...

### Three or More Authors

... (Jones et al., 2012). ["Et al." means "and others"]

Jones et al. (2012) determine ...

### No Author

...(Oxford English Dictionary, 2011).

The Oxford English Dictionary (2011) lists ...

### No Date

...(Wilson, n.d.)

### Artificial Intelligence/GenAI (such as ChatGPT)

... (OpenAI, 2023).

It is important to *also* include **written acknowledgement** of the GenAI tool used, the **prompt(s)**, and your **modifications**. You may also wish to put the original output in an appendix of your paper or in online supplemental materials.

### Personal Communication

... (N. Kaur, personal communication, February 24, 2020).

## REFERENCES

### Journal Article with DOI

A Digital Object Identifier (DOI) is a string of numbers, letters, and symbols used to permanently identify a document. Include the DOI whenever possible:

Pocock, L. (2019). Nursing in an era of climate change. *Middle East Journal of Nursing*, 13(3), 18-21. <https://doi.org/10.5742MEJN.2019.93699>

### Journal Article with no DOI

If a journal article has no DOI, is accessed online, and is not part of subscription database, include the URL of article at end of the reference.

Sidani, S. & Epstein, D. R. (2003). Enhancing the evaluation of nursing care effectiveness. *Canadian Journal of Nursing Research*, 35(3), 26-38.

### Book with DOI and no DOI

Moghissia, H. (2013). *Women, power and politics in 21st century Iran*. <https://doi.org.10.1080/13552074.2013.767529>

Kaplan, J. S., & Hayn, J. (2012). *Teaching young adult literature today: Insights, considerations, and perspectives for the classroom teacher*. Rowman & Littlefield.

### Video (Online)

Harvard University. (2019, August 28). *Soft robotic gripper for jellyfish* [Video]. YouTube. <https://www.youtube.com/watch?>

### Artificial Intelligence/GenAI (such as ChatGPT)

OpenAI. (2023). *ChatGPT* (Mar 14 version) [Large language model]. <https://chat.openai.com/chat>

### Wikipedia Entry

Oil painting. (2019, December 8). In *Wikipedia*. [https://en.wikipedia.org/w/index.php?title=Oil\\_painting&oldid=929802398](https://en.wikipedia.org/w/index.php?title=Oil_painting&oldid=929802398)

### Chapter in Edited Book

Sweller, J. (2005). Implications of cognitive load theory for multimedia learning. In R. E. Mayer (Ed.), *The Cambridge handbook of multimedia learning* (pp. 19-30). Cambridge University Press. <https://doi.org/10.1017/CBO9781139547369>

### Government Report

British Columbia. (2018). *Climate action in B.C.: Progress to targets*. <https://www2.gov.bc.ca/assets/gov/environment/climate-change/action/progress-to-targets/2018-progress-to-targets.pdf>

### Newspaper/Magazine Article (Print or Database)

Kahn, S. (2013, February 28). Beyond tolerance lies true respect. *The Globe and Mail*, p. A.15.

### Newspaper/Magazine Article (Website)

Renzetti, E. (2019, October 22). After a sad joke of a federal election, it's time to make every vote count. *The Globe and Mail*. <https://www.theglobeandmail.com/opinion/article-making-every-vote-count-its-time-for-electoral-reform>

### Article from Online News Site

Gallagher, J. (2015, November 1). *Antibiotic apocalypse*. BBC News. <http://www.bbc.com/news/health-21702647>

### Webpage or Blog

Heerema, E. (2019, July 30). *How dementia is diagnosed*. Verywell Health. <https://www.verywellhealth.com/how-is-dementia-diagnosed-4121157>

### Podcast

Seales, A. (Host). (2018–present). *Small doses with Amanda Seales* [Audio podcast]. Starburns Audio.

### Clip Art or Stock Image

Common sources include iStock, Getty Images, Adobe Stock, Shutterstock, Microsoft Word and PowerPoint. If the license associated with clip art or a stock image states "no attribution required," then do not provide an APA Style reference, in-text citation, or copyright attribution.

Otherwise:

Denali National Park and Preserve.

(2013). *Lava* [Photograph]. Flickr. <https://www.flickr.com/photos/denalinps/8639280606/>

### PowerPoint slides from a Classroom Website

Mack, R., & Spake, G. (2018). *Citing open source images and formatting references for presentations* [PowerPoint slides]. Canvas@FNU. <https://fnu.onelogin.com/login>