

The Writing Centre



How to cite your sources in APA style (7th Edition)

The American Psychological Association has established a set of norms for the sharing of research. So if your prof wants you to use APA style, when you present information from your sources (whether their actual writing or summaries/paraphrases of their ideas) you should use this approach to tell your reader where it came from (i.e. to cite your sources). It is an **in-text citation** system, which means that you must include a minimal citation in your text next to the cited material (rather than a number leading to a foot/endnote). This in-text citation takes the form, typically, of **author surname plus date**, which is just enough to take your reader to the full entry in your **References** list at the end of your paper. Include a **page number** for material that has a specific location in the source text (as a quotation always will have). For example, **APA citation is very straightforward (Hill, 2017)**. OR you can use the name in a signal phrase, like this: **According to Hill (2017), APA citation is very straightforward**. If it was a quotation rather than a paraphrase we would use quotation marks and give a page number: **“The citation style developed by the American Psychological Association, although thorough and sophisticated in its approach, is, to the average user, very simple to put into effect” (Hill, 2017, p. 44)**. The entry in your References list varies according to type of object being cited, but basically it requires these four elements:

1. **Who** is responsible for it? (usually the author) 2. **When** was it published? (usually the year) 3. **What** is it? (usually the title, PLUS the title of anything it is contained in, like an article *in* a journal) 4. **Where** can I find it? Usually publication details for book, or web location data for a digital source.

So, to use the table below, identify what kind of thing you have (book, journal, DVD) etc, and find it in the left-hand column. Look in the right-hand column for the reference entry and the in-text citation.

Books and reference works (APA Publication Manual, 7 th edition, pp. 321-329)	
Authored ebook with a DOI Note: no longer need “retrieved from” in your locator info	Author, A. A. (year). <i>Title of e-book</i> . https://doi.org/xxxxx
Book, one or two authors (print version or one from most academic databases--with no DOI)	Berg, B.L. (2007). <i>Qualitative research methods for the social sciences</i> (6 th ed.). Pearson. In text citation: (Berg, 2007) Gamberg, H., & Thomson, A. (1984). <i>The illusion of prison reform: Corrections in Canada</i> . Peter Lang. In-text citation: (Gamberg & Thompson, 1984)
Three or more authors (print version or from most academic databases--with no DOI) Use this pattern even on the <i>first</i> occasion	Botvin, G. J., Brown, E., Green, E. M., & Black, A. D. (1984). <i>Alcohol misuse</i> . Oxford University Press. In-text citation (Botvin et al., 1984)
An entire edited book (print version or from most academic databases--with no DOI)	Burley, J., & Harris, J. (Eds.). (2002). <i>A companion to genetics</i> . Blackwell. In-text citation: (Burley & Harris, 2002)

Chapter in edited collection (print version or from most academic databases--with no DOI)	Lawrence, J. A., & Dodds, A. E. (2003). Goal-directed activities and life-span development. In J. Valsiner & K. Connolly (Eds.), <i>Handbook of developmental psychology</i> (pp. 517-533). Sage Publications. In-text citation: (Lawrence & Dodds, 2003)
Authored eBook/audiobook without a DOI but with a non-database URL	Ochs, S. (2004). A history of nerve functions: From animal spirits to molecular mechanisms. Cambridge University Press. http://www.ebrary.com/corp/ In-text citation: (Ochs, 2004)
Encyclopedia article (Print or from most academic databases)	Lindgren, H. C. (2001). Stereotyping. In <i>Encyclopedia of psychology</i> (Vol. 4, pp. 1617-1618). Wiley. In-text citation: (Lindgren, 2001)
Entry in Wikipedia (and other online reference works) Note: use most recent archived document for date--See "View history" at top of Wikipedia entry	Globalization. (2020, February 3). In <i>Wikipedia</i> . https://en.wikipedia.org/w/index.php?title=Globalization&oldid=939038800 In-text citation: ("Globalization,"2020)
Journal, Magazine, and Newspaper Articles (APA Publication Manual, 7 th Edition, pp. 316-321)	
Journal article with DOI (one or two authors)	Rutherford, B. J. (2006). Reading disability and hemispheric interaction on a lexical decision task. <i>Brain and Cognition</i> , 60, 55-63. https://doi.org/10.1016/j.bandc.2005.09.013 In-text citation: (Rutherford, 2006, p. 56)
Journal article, more than two authors, with DOI	Westhues, A., Lafrance, J., & Schmidt, G. (2001). A SWOT analysis of social work education in Canada. <i>Social Work Education</i> , 20(1), 35-56. https://doi.org/10.1080/02615470020028364 In-text citation: (Westhues et al., 2001)
Online journal/magazine/newspaper article with no DOI, from most academic databases OR print version	Henry, W. A., & Mehta, N. S. (1990, April 9). Beyond the melting pot. <i>Time</i> , 135, 28-31. In-text citation: (Henry & Mehta, 1990, p. 30)
Printed newspaper article, discontinuous pages	Wallace, K. (2007, December 4). Passport applicant finds massive privacy breach. <i>The Globe and Mail</i> , pp. A1, A8. In-text citation: (Wallace, 2007)

Newspaper article, retrieved online (Non-academic database)	Lammam, C., & Macintyre, H. (2016, July 21). Opinion: B.C. needs to tackle tax problems. <i>The Vancouver Sun</i> . https://vancouversun.com/opinion/opinion-b-c-needs-to-tackle-tax-problems In-text citation: (Lammam & Macintyre, 2016)
Websites and Web Documents	
Authored government online report or research	Gobeil, R., & Barrett, M.R. (2008). <i>Rates of recidivism for women offenders</i> . Correctional Service of Canada. http://www.csc-scc.gc.ca/text/rsrch/reports/r192/r192-eng.shtml . In text citation: (Gobeil & Barrett, 2008)
Government report online, no author (Use organization as author. If publisher of the webpage is the same, don't repeat. If there is a parent organization (as here) use that as publisher.	Office of the Auditor General of Canada. (2009). <i>Spring report</i> . Minister of Public Works and Government Services Canada. http://www.oag-bvg.gc.ca/internet/docs/parl_oag_200905_00_e.pdf . In-text citation: (Office of the Auditor General of Canada, 2009) OR, IF well-known , or cumbersome and repeated at least three times, abbreviate: (Office of the Auditor General of Canada [OAGC], 2009) and just use the abbreviation after the first instance (OAGC, 2009).
Map from an atlas (APA like you to identify unusual items in square brackets – [map])	Magocsi, P. R. (2003). Population movements, 1944-1948 [map]. 1:8 890 000. In P. R. Magocsi, <i>Historical atlas of central Europe</i> . (Rev. & ex. ed.) University of Washington Press. (p. 53). In-text citation: (Magocsi, 2003)
Map, online	U.S. Fish and Wildlife Service [cartographer]. (2009). Cahaba River Natural Refuge [map]. 1:24,000. http://permanent.access.gpo.gov/lps109506/ In-text citation: (U.S. Fish and Wildlife Services, 2009)
Map, Google	Google Maps. (2014). [Vancouver Island University Street map]. https://maps.google.ca/maps?q=Vancouver+Island+University,+Fifth+Street,+Nanaimo,+BC&hl=en&sll=49.178002,-123.937012&sspn=0.318245,0.539017&oq In-text citation: (Google Maps, 2014)
Whole website: no need to create a reference. Name the sit in the text and give the URL in parentheses	In-text citation: e.g Useful information is available at the Assembly of First Nations website (http://www.afn.ca/index.php/en).

<p>Authored page from website. Give the title of the page and the site name (here Nativeweb).</p>	<p>Shiva, V. (2006, February). <i>Bioethics: A third world issue</i>. Nativeweb. http://www.nativeweb.org/pages/legal/shiva.html In-text citation: (Shiva, 2006)</p>
<p>Unauthored webpage. Usually it will make sense to represent the organization behind the page as the author, as here (APA prefer this). Otherwise move the title of the page into first place.</p>	<p>Group author name. (Date). <i>Title of page</i>. Site name. URL Health Canada. (2020 March 10). <i>Coronavirus disease (COVID 19) Outbreak update</i>. Government of Canada. https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html In text citation: (Health Canada, 2020)</p>
<p>Audiovisual including YouTube, TV broadcasts, movies, podcasts, etc. (for YouTube use uploader as author)</p>	<p>Van Nuys, D. (2007, December 17). <i>Shrink rap radio</i> [Audio podcast]. http://www.shrinkrapradio.com/ In-text citation: (Van Nuys, 2007)</p>
<p>Others</p>	
<p>Lecture, guest lecture, email, phone conversation, letter, or interview. No entry on Reference Page because it is “non-retrievable data”.</p>	<p>In-text citation: (R. Kaplan, personal communication, May 29, 2013).</p>
<p>Slide presentation. (if retrievable—otherwise they are a personal communication as above). Give the URL of the log-in page if they are on a site requiring a log-in like VIUlearn.</p>	<p>Hill, J, & Wang, X. (2020, March 3) <i>Five minutes on APA citation</i> [PowerPoint slides]. VIUlearn. https://learn.viu.ca/d2l/loginh/ In-text citation: (Hill&Wang, 2020)</p>
<p>Secondary source--material cited in a study you read, but you didn't read the original. You <i>should</i> read the original if possible, so use secondary sources minimally. Name the original source in your text (plus date, if available), but cite the 2ndary source, which is the only thing that appears in your references list.</p>	<p>Berg, B.L. (2007). <i>Qualitative research methods for the social sciences</i> (6th ed.). Pearson. In-text citation: e.g. In Smith and Wang's 1995 study, “quantity was found to have its own quality” (as cited in Berg, 2007, p.54).</p>

On the last page, **all references must be listed alphabetically** by author's surname (or whatever element you choose to place first in your reference entry) under the heading, "**References**" (bold and centred). Double-space the entries and use a half-inch (1.27 cm) “hanging indent” (Word will do this for you – expand “paragraph” menu on “home” tab, and select “special,” then “hanging.”)