

# QUICK GUIDE APA 7TH EDITION

A cheat sheet explaining changes from the 6th edition to the 7th edition of APA style. For more information, see the Writing Support Desk's APA 7th Edition Sample Paper or the *APA 7th Edition Manual*.

	6TH EDITION	7TH EDITION
FORMAT	<ul style="list-style-type: none"><li>Includes a running head, even on student papers</li><li>Text on title page is not in bold</li><li>Title page only features paper title, author name, and school name</li><li>Headings:<ul style="list-style-type: none"><li><b>Level three heading.</b> Begin text...</li><li><b>Level four heading.</b> Begin text...</li><li><i>Level five heading.</i> Begin text...</li></ul></li></ul>	<ul style="list-style-type: none"><li>No running head (but keep page numbers)</li><li>Title of paper and 'References' are both bold</li><li>Title page includes not only paper title, author name, and school, but also course, instructor name, and due date, plus an extra blank line space under the title</li><li>Headings:<ul style="list-style-type: none"><li><b>Level Three Heading</b> Begin text...</li><li><b>Level Four Heading.</b> Begin text...</li><li><b>Level Five Heading.</b> Begin text...</li></ul></li></ul>
IN-TEXT CITATIONS	<ul style="list-style-type: none"><li>Uses 'et al.' after first citation of 3-5 authors and every time for 6+</li><li>Includes year of publication every time author's name is mentioned</li><li>Includes page numbers with indirect citations</li></ul>	<ul style="list-style-type: none"><li>For 3+ authors, uses first author's name plus 'et al.' every time</li><li>Only cites the year the first time in a paragraph with consecutive citations of same work</li><li>Does not include page number with indirect citations (but encourages avoiding indirect citations)</li></ul>
REFERENCES	<ul style="list-style-type: none"><li>Lists up to 7 authors per citation (lists first 6, an ellipses, then the final author)</li><li>Prefaces URLs with 'Retrieved from'</li><li>Includes publisher location for books</li></ul>	<ul style="list-style-type: none"><li>Lists up to 20 authors per citation (lists first 19, an ellipses, then the final author)</li><li>Does not generally use 'Retrieved from' before URLs (some exceptions apply)</li><li>Does not include publisher location for books</li></ul>
OTHER NOTES	Instead of 'he/she,' use 'they' as a gender neutral singular	Font choices include 12 pt. Times New Roman, 10 pt. Georgia, 10 pt. Arial, and 11 pt. Calibri