APA Citation Quick Reference Guide

This guide provides a summary of APA 7th edition citation rules, including in-text citation formats and references for common source types. Use this as a quick reference for academic writing in social sciences.

# General APA Formatting Rules

* • Font: Times New Roman 12 pt (or any readable font like Arial, Calibri)
* • Spacing: Double-spaced
* • Margins: 1 inch on all sides
* • Page numbers: Top-right corner
* • Include: Title page, abstract, main body, and references
* • Use bold title case for headings

# In-Text Citation Formats

APA uses two main types of in-text citations:

1. Narrative: Author’s name appears in the sentence. Example: Smith (2020)

2. Parenthetical: Author’s name and year appear in parentheses. Example: (Smith, 2020)

For direct quotes, include the page number: (Smith, 2020, p. 23)

# Reference List Formatting

Title the page 'References' (bold, centered). List sources alphabetically by author's last name. Use hanging indentation.

# Common Source Types & Formats

## a. Book

In-text: (King, 2019)

Reference: King, S. (2019). \*The institute: A novel\*. Scribner.

## b. Journal Article

In-text: (Lee & Zhang, 2020)

Reference: Lee, J., & Zhang, Y. (2020). Mental health in college students. \*Journal of Student Psychology\*, 22(3), 150–162. https://doi.org/10.1037/spq0000398

## c. Article from an Online Periodical

In-text: (Waters, 2022)

Reference: Waters, L. (2022, July 10). How remote work is reshaping offices. \*Forbes\*. https://www.forbes.com/remote-work

## d. YouTube Video

In-text: (CrashCourse, 2019)

Reference: CrashCourse. (2019, August 13). \*Statistics: Crash course sociology #7\* [Video]. YouTube. https://www.youtube.com/watch?v=Vfo5le26IhY