



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

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).

Student Title Page:

1
Title
Author Name
College
Course Name & Number
Instructor
Due Date

First Page of Student Paper:

3
Title
Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Duis aute irure dolor in

Abstract

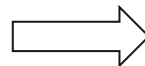
An abstract is not always required. When it is, place it on its own page just after the title page (the second page of your document).

- ☐ “Abstract” bolded and centered below header
- ☐ 1 paragraph, 150-250 words
- ☐ Briefly summarizes whole paper

In-Text Citations

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

(Last Name, Publication Year).



(Ruiz, 2014).

Citing a Direct Quote

Include the author’s name, publication year, and also add “p.” and the page number.

Lorde demands, “we must root out internalized patterns of oppression” (1984, 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

Price, D. (2018, March 23). *Laziness does not exist*. Medium.

<https://humanparts.medium.com/laziness-does-not-exist-3af27e312d01>

Online Journal

Lastname, F. M. & Lastname, F. M. (Year). Title of article. *Title of Periodical*, vol.(issue), page numbers. DOI

Drollinger, T., Comer, L. B., & Warrington, P. T. (2006). Development and validation of the active empathetic listening scale. *Psychology & Marketing*, 23(2), 161-180. <https://doi.org/10.1002/mar.20105>

Book

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

Stoneman, R. (2008). *Alexander the Great: A life in legend*. Yale University Press.

Podcast

Executive Producer, E. P. (Executive Producer). (Range of publication). Title of podcast [Audio podcast]. Production company. URL.

Bae, P. (Executive Producer). (2017-present). *The big loop* [Audio podcast]. QXR.
<https://www.thebiglooppodcast.com/>