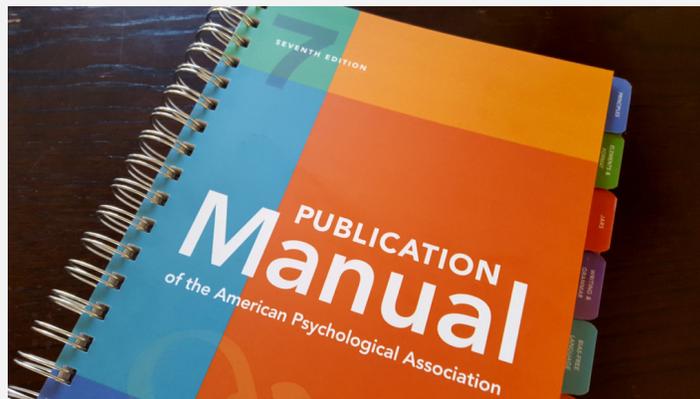


# Pepperdine GSEP Writing Support

## APA 7th Edition Style: Key Updates from APA 6

Last Updated on March 2, 2022



### Adapted From

*Publication Manual of the American Psychological Association, 7th Edition*  
APA Style @ <https://apastyle.apa.org/>

### Designed and Edited by

Pepperdine University, Graduate School of Education and Psychology  
Writing Support Team

# Table of Contents

## Why Do We Use APA 7?

### APA 7 Style

[Title Page](#)

[First Content Page](#)

[References](#)

[In-Text Citations](#)

[Bias-Free Language](#)

### APA 7 Resources

[Web Links](#)

### Contact Us

## Why Do We Use APA 7?

Proper academic attribution is vital to the integrity and originality of scholarly work. It is essential that readers of our work can identify an idea's originator and easily locate reference materials to avoid plagiarism and fairly represent the borrowed ideas we use in our work.

The American Psychological Association (APA) has published comprehensive guidelines to assist scholars in developing user-friendly, well-cited academic papers, which are used across all psychology, education, and leadership programs at GSEP. The APA guidelines promote scholarliness and increase the overall usability of academic papers.

**The current version of the *Publication Manual* is the 7th edition.**

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

#### **Purchase the APA 7 Publication Manual**

American Psychological Association. (2020). *Publication manual of the American Psychological Association*. (7th ed.).

[Paperback](#) | [Spiral Bound Paperback](#)  
[VitalSource eBook](#) | [RedShelf eBook](#)

#### **GSEP Writing Support**

We offer written feedback appointments and virtual tutoring over Zoom for all GSEP students. (We have in-person appointments at West LA and Irvine campuses.)

[Students Can Book Appointments Online](#)  
[Writing Support Community Page](#)

# APA 7 Style

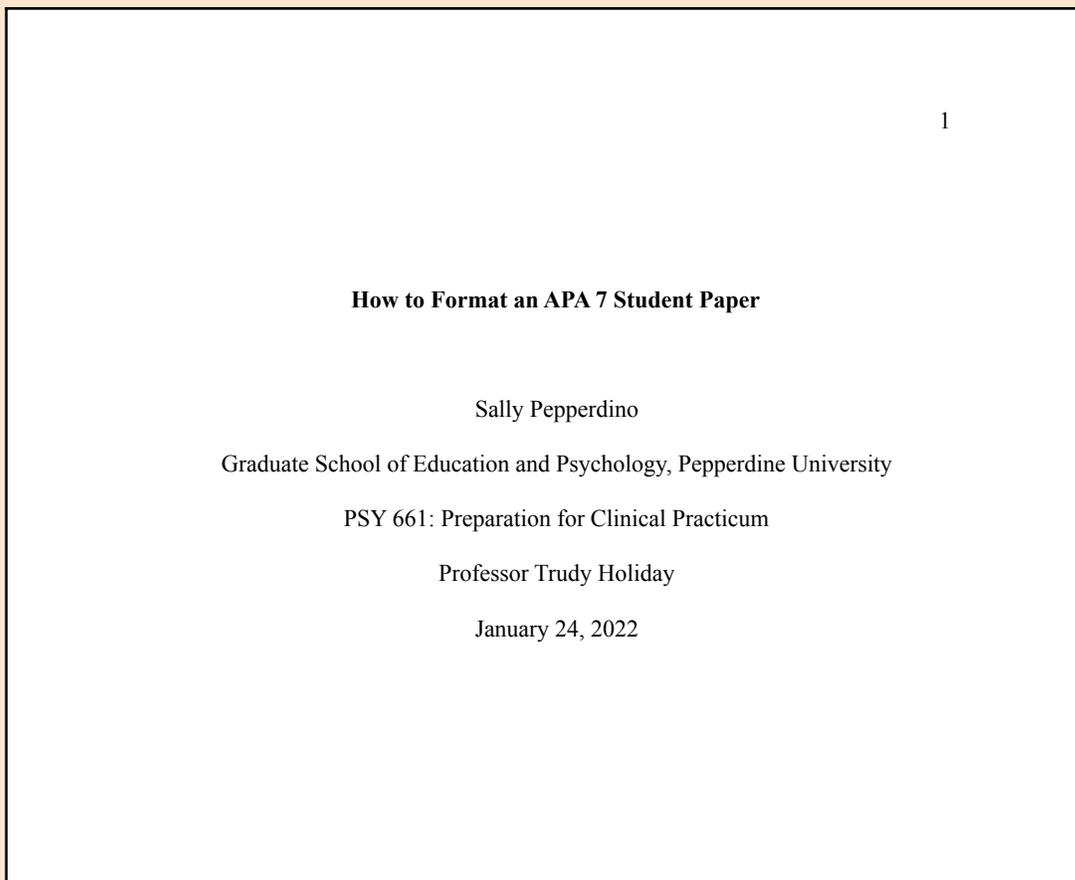
## Title Page

For the title page, now there are 7 elements for student papers:

- **Page number** (flush right in the header, starts at 1)
- **Title in upper third of page** (bolded and centered)
- **Author's name** (centered)
- **Name of affiliated school/department, university** (centered)
- **Number and name of course** (centered)
- **Instructor's name** (centered)
- **Date** (centered)

There is **no running head required** for [student papers](#) in APA 7.

Start paper title 3 or 4 double-spaced returns down the page.



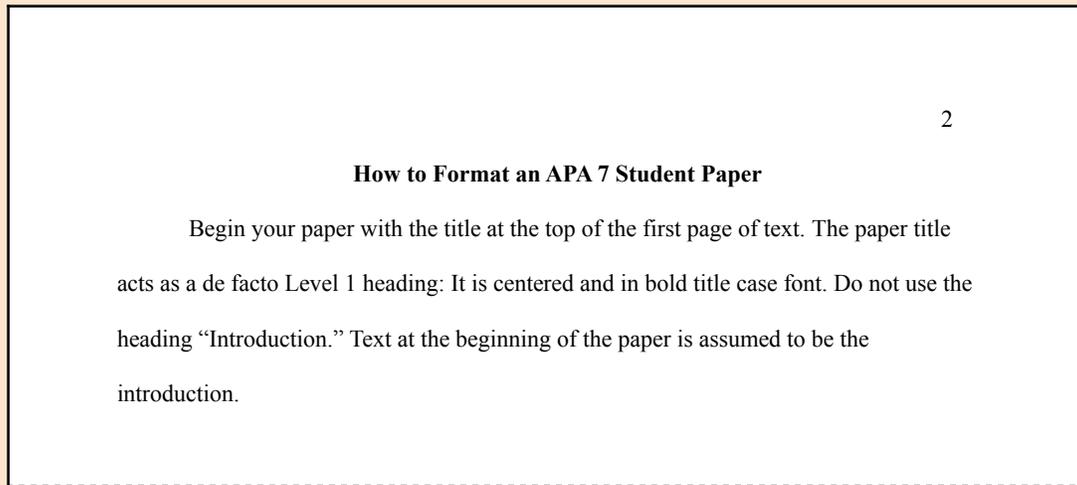
Paper snippet above is not shown to scale.

This shows the top 1/2 of the page only, the rest should be left blank in a student paper.  
For accurate dimensions, view the [sample student paper in this guide](#) or [download it from APA Style](#).

## First Content Page

At the beginning of the text (typically page 2 in a student paper):

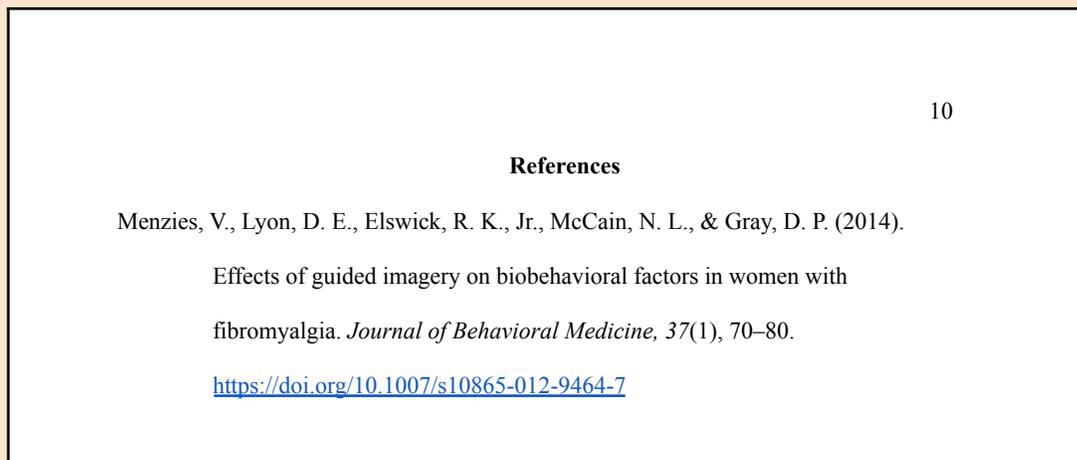
- Add the title of the paper again at the top of the page
  - Centered, **bolded**, and in Title Case
  - Title Case = All Words Capitalized Except the Minor Words



Paper snippet above is not shown to scale. [Download the sample student paper from APA Style.](#)

## References

- At the top of a new page, the title **References** is bolded and centered.
- The label “DOI” is no longer used.
- DOIs and website URLs are now displayed as [hyperlinks](#).
- For books, no city or state of the publisher is required. Use only the publisher’s name.



Paper snippet above is not shown to scale. [Download the sample student paper from APA Style.](#)

## In-Text Citations

- For all citations of 3 authors or more, use only the first author’s surname and “et al.”

Parentetical citation: (Smith et al., 2018).

Narrative citation: Smith et al. (2018) argue

- If ideas from only one source within a paragraph are discussed, you will need to cite only once within the paragraph at the first mention. Avoid [undercitation](#) and [overcitation](#).

## Bias-Free Language

- Precision is essential in scholarly writing; when you refer to a person or persons, choose words that are accurate, clear, and free from bias or prejudicial connotations (all guidelines [here](#)).

- **Use exact ages** (e.g., 15–18 years old, 65–80 years old) instead of broad categories (e.g., under 18 years old, over 65 years old).
- **Use names of conditions** (e.g., Alzheimer’s disease) instead of categories of conditions (e.g., types of dementia) or general references (e.g., people with disabilities).
- **Use descriptors with modifiers for gender identity** (e.g., cisgender women, transgender women) instead of descriptors without modifiers (e.g., women) or general terms (e.g., people, individuals).
- **Use nation or region of origin for racial or ethnic groups** (e.g., Chinese Americans) instead of generalized origin (e.g., Asian Americans).
- **Use the names of people’s sexual orientations** (e.g., lesbians, gay men, bisexual people, straight people) instead of a broad group label (e.g., gay).
- **Use income ranges or specific designations for socioeconomic status** (e.g., below the federal poverty threshold for a family of four) instead of a general label (e.g., low income).

- Use the singular “they” when referring to a person whose gender is unknown or irrelevant.

A child should learn to play by themselves as well as with friends.

Rowan, a transgender person, helped themselves to the free coffee.

- Numbers 10 and above are expressed as numerals unless at the beginning of a sentence (e.g., five members; 12 participants; See [APA Style Numbers & Statistics Guide](#) for additional usage rules.)

The researchers selected 22 students.

Twenty-two students were selected.

# APA 7 Resources

## Web Links

### APA 7 Style

- [APA Style | Official Website](#)
- [APA 6 vs. APA 7 | Differences](#)
- [Video | Guide to APA Formatting](#)
- [Avoiding Plagiarism](#)
- [Bias-Free Language | Guidelines](#)

### Sample Student Papers

- [Student Paper | Set-Up Guide](#)
- [Student Paper | PDF \(annotated by APA\)](#)
- [Student Paper | Word Doc \(download\)](#)
- [Student Paper | Google Doc](#)

### APA 7 Formatting

- [Abbreviations | Guide](#)
- [Abstract & Keywords | Guide](#)
- [Levels of APA Headings | Examples](#)
- [Numbers & Statistics | Guide](#)
- [Paraphrasing | Guidelines](#)
- [Phrasing | Discussion Guide](#)
- [Phrasing | Transitions Guide](#)
- [True Double-Spacing \(Defaults Are Incorrect!\)](#)

### In-Text Citations & Reference Examples

- [In-Text Citations | Parenthetical vs. Narrative](#)
- [In-Text Citations | Secondary Sources](#)
- [References Page | Examples](#)

## For additional assistance, reach out to the GSEP Writing Support Team

### Regina Meister

#### Associate Director, Writing Support

West LA Graduate Campus

310.258.2815

[regina.meister@pepperdine.edu](mailto:regina.meister@pepperdine.edu)

### Carlos Jiménez

#### Manager, Writing Support

West LA Graduate Campus

310.568.5658

[carlos.jimenez@pepperdine.edu](mailto:carlos.jimenez@pepperdine.edu)

### General Inquiries

[gsep.writingsupport@pepperdine.edu](mailto:gsep.writingsupport@pepperdine.edu)

### Julie Stiegemeyer

#### Assistant Manager, Writing Support

Irvine Graduate Campus

949.223.2579

[julie.stiegemeyer@pepperdine.edu](mailto:julie.stiegemeyer@pepperdine.edu)