

FORMATTING

- Double-space the entire paper, including the title page and reference list.
- Set all four margins at 1 inch (2.5cm).
- Use one of the following fonts: 11 pt. Calibri, 11 pt. Arial, 10 pt. Lucinda Sans Unicode, 11 pt. Georgia, 12 pt. Times New Roman, or 10 pt. Computer Modern.
- Include a title page and references page.

HEADINGS

Heading Level 1 (centred, **bold**)

Heading Level 2 (left-aligned, **bold**)

Heading Level 3 (left-aligned, **bold**, *italicized*)

Heading Level 4. (indented, **bold**, followed by a period, text begins on same line as heading)

Heading Level 5. (indented, **bold**, *italicized*, followed by a period, text begins on same line as heading)

QUOTATIONS

If a direct quote is fewer than 40 words, use quotation marks:

Ratsoy suggests that "faculty encourage students to publicly disseminate their work and distribute it to a wider audience" (2016, p. 10).

If the quotation is 40 words or more, format it as a block quotation:

Ratsoy suggests that:

Whether through a student undergraduate conference, a guest lecture in a class, a teaching and learning centre workshop, or a peer-reviewed conference on or off-campus, when students co-present, their belief in the significance of their research is affirmed by the audience's interest in it. (2016, p. 10)

TITLE PAGE

- Include page numbers at the top right, beginning with the title page.
- No "running head" is necessary for student papers
- Title is **bold**, centred, and placed roughly 1/3 of the way down the page. Capitalize major words. Place one double-spaced blank line before including:
- Author(s): first name, middle initial, last name
- Affiliation (name of university attending)
- Course name and number
- Instructor's name
- Assignment due date

1
Long Term Effects of Unemployment on Health
Jane D. Smith Thompson Rivers University NURS 1000: Public Health Dr. Sandra Kaur February 16, 2022

REFERENCES

The reference list begins on a separate page, with "**References**" centred at the top.

- Alphabetize references according to the last name of the author
- Format each reference with a hanging indent (i.e. with the second and subsequent lines indented)

10
References
Dorling, D. (2009). Unemployment and health. <i>BMJ: British Medical Journal</i> , 338(7703), 1091-1092. doi:10.1136/bmj.b829

APA 7th IN A NUTSHELL



This guide covers only the most common situations. For more information on citing sources in APA style, please see the **TRU APA Citation Style Guide (7th Edition)** at <https://libguides.tru.ca/apa>

Note: This guide is based on the *Publication Manual of the American Psychological Association*, 7th edition. Always check with your instructors to see if their requirements differ from those described here.



IN-TEXT CITATIONS

In-text citations appear in the text of the paper to indicate that a source is being cited. APA uses the author—date citation system, which includes the last name of the author and the date of publication:

... (Williams, 2002).

If the author's name is stated in the sentence, include only the year of publication in parentheses:

Williams (2002) claims ...

For direct quotes, the page number is included:

... (Williams, 2002, p. 21).

If a source does not have page numbers, give the paragraph number preceded by the abbreviation "para."

...(Mayo Clinic, 2018, para. 6).

Two Authors

... (Lind & Cohen, 2009).

Lind and Cohen (2009) found ...

Three or More Authors

... (Jones et al., 2012). ["Et al." means "and others"]

Jones et al. (2012) determine ...

No Author

... (Oxford English Dictionary, 2011).

The Oxford English Dictionary (2011) lists ...

No Date

...(Wilson, n.d.)

Artificial Intelligence/GenAI (such as ChatGPT)

... (OpenAI, 2023).

It is important to *also* include **written acknowledgement** of the GenAI tool used, the **prompt(s)**, and your **modifications**. You may also wish to put the original output in an appendix of your paper or in online supplemental materials.

Personal Communication

... (N. Kaur, personal communication, February 24, 2020).

REFERENCES

Journal Article with DOI

A Digital Object Identifier (DOI) is a string of numbers, letters, and symbols used to permanently identify a document. Include the DOI whenever possible:

Pocock, L. (2019). Nursing in an era of climate change. *Middle East Journal of Nursing*, 13(3), 18-21. <https://doi.org/10.5742MEJN.2019.93699>

Journal Article with no DOI

If a journal article has no DOI, is accessed online, and is not part of subscription database, include the URL of article at end of the reference.

Sidani, S. & Epstein, D. R. (2003). Enhancing the evaluation of nursing care effectiveness. *Canadian Journal of Nursing Research*, 35(3), 26-38.

Book with DOI and no DOI

Moghissia, H. (2013). *Women, power and politics in 21st century Iran*. <https://doi.org.10.1080/13552074.2013.767529>

Kaplan, J. S., & Hayn, J. (2012). *Teaching young adult literature today: Insights, considerations, and perspectives for the classroom teacher*. Rowman & Littlefield.

Video (Online)

Harvard University. (2019, August 28). *Soft robotic gripper for jellyfish* [Video]. YouTube. <https://www.youtube.com/watch?>

Artificial Intelligence/GenAI (such as ChatGPT)

OpenAI. (2023). *ChatGPT* (Mar 14 version) [Large language model]. <https://chat.openai.com/chat>

Wikipedia Entry

Oil painting. (2019, December 8). In *Wikipedia*. https://en.wikipedia.org/w/index.php?title=Oil_painting&oldid=929802398

Chapter in Edited Book

Sweller, J. (2005). Implications of cognitive load theory for multimedia learning. In R. E. Mayer (Ed.), *The Cambridge handbook of multimedia learning* (pp. 19-30). Cambridge University Press. <https://doi.org/10.1017/CBO9781139547369>

Government Report

British Columbia. (2018). *Climate action in B.C.: Progress to targets*. <https://www2.gov.bc.ca/assets/gov/environment/climate-change/action/progress-to-targets/2018-progress-to-targets.pdf>

Newspaper/Magazine Article (Print or Database)

Kahn, S. (2013, February 28). Beyond tolerance lies true respect. *The Globe and Mail*, p. A.15.

Newspaper/Magazine Article (Website)

Renzetti, E. (2019, October 22). After a sad joke of a federal election, it's time to make every vote count. *The Globe and Mail*. <https://www.theglobeandmail.com/opinion/article-making-every-vote-count-its-time-for-electoral-reform>

Article from Online News Site

Gallagher, J. (2015, November 1). *Antibiotic apocalypse*. BBC News. <http://www.bbc.com/news/health-21702647>

Webpage or Blog

Heerema, E. (2019, July 30). *How dementia is diagnosed*. Verywell Health. <https://www.verywellhealth.com/how-is-dementia-diagnosed-4121157>

Podcast

Seales, A. (Host). (2018–present). *Small doses with Amanda Seales* [Audio podcast]. Starburns Audio.

Clip Art or Stock Image

Common sources include iStock, Getty Images, Adobe Stock, Shutterstock, Microsoft Word and PowerPoint. If the license associated with clip art or a stock image states "no attribution required," then do not provide an APA Style reference, in-text citation, or copyright attribution.

Otherwise:

Denali National Park and Preserve.

(2013). *Lava* [Photograph]. Flickr. <https://www.flickr.com/photos/denalinps/8639280606/>

PowerPoint slides from a Classroom Website

Mack, R., & Spake, G. (2018). *Citing open source images and formatting references for presentations* [PowerPoint slides]. Canvas@FNU. <https://fnu.onelogin.com/login>