# APA Style Guidelines – 7<sup>th</sup> Edition

The American Psychological Association (APA) published the 7<sup>th</sup> Edition of the *Publication Manual of the American Psychological Association* in October 2019.

***Please note:*** your institution or instructor may still be using the 6<sup>th</sup> Edition of APA. Be sure to carefully review your syllabus, assignment instructions, and professor expectations to determine which edition you should be using. If you need to use the 6<sup>th</sup> Edition, you can consult the ***Brainfuse APA Style Guide – 6<sup>th</sup> Edition*** for help.

## Example Essay

You can download a sample essay describing and adhering to APA Style (7<sup>th</sup> Edition) here:

> **APA 7th Edition – Sample Student Paper**

## What's the Difference – APA 6<sup>th</sup> Edition vs. APA 7<sup>th</sup> Edition?

You can download a quick reference file that outlines the differences between the 6<sup>th</sup> and 7<sup>th</sup> Editions of APA Style here:

> **APA 6th Edition vs. APA 7th Edition**

## Quick Links

Use the links below to quickly jump to the location in the guide that you need:

## General Layout

**Title Page:** The information should be centered on the page and include the full title, your name, the name of the college that you attend, your course title, your instructor, and the due date. Be sure to also include a page number in the top, right-hand corner. You may also need to add a running head (check with your instructor). This information will look as follows:

<div align="center">

**Title of Paper: Use Title Capitalization and Bold Format**

*<<[leave a double space line break]>>*

First M. Name

Department, Institution Name

COUR 0000: Name of Course

Instructor

Month DD, YYY

</div>

**Page Numbering:** Add page numbers to the top, right-hand corner of each page (including the title page).

**Running Head:** [*Optional*] *Your instructor may require this for your paper – double check your assignment details or syllabus.* Student papers do not require the use of a running head. However, if your professor expects a header, add the shortened version of the title to the header of title page and on every subsequent page if required. The letters should all be capitalized, and there should be no more than 50 characters. *[Note: APA 7 does not include "Running head" on the title page if a running head is used]*

**Text Style:** Use an accessible font throughout your entire document such as Times New Roman (12 pt. font), Calibri (11 pt. font), Arial (11 pt. font), Lucida Sans Unicode (10 pt. font), Georgia (11 pt. font), or Computer Modern (10 pt. font).

**Spacing:** APA style requires papers to be double-spaced with 1" margins on all sides.

**Paragraphs:** APA style requires left alignment (do not justify). Indent the first line of every new paragraph. Do not add an extra line break between paragraphs.

**Abstract:** [*Optional*] Start the abstract on a new page after the title page and include the running head if required. On the first line of the page, center the word "Abstract" using bold font (see Section Labels below). The abstract is a double-spaced, single paragraph of 150–250 words. The paragraph is not indented. Summarize the key points of the paper including the research topic, research questions, participants, methods, results, data analysis, and conclusions. Writers often list their papers' keywords under the abstract. To add this, type *Keywords:* and list them without any special formatting. Indent the keywords line as if you were beginning a new paragraph.

## Page Order

APA style uses the following page order for a paper:

1. Title Page
2. Abstract (if necessary)
3. Text of Paper
4. References
5. Optional Elements (in order: Footnotes, Tables, Figures, Appendices)

## Headings

APA style has five heading levels. Writers can use as many headings as they deem necessary for their papers. Levels may not be skipped.

*Note:* Do not use an "Introduction" heading, as APA considers this redundant. Instead, include your paper title on the first page of the text in Level 1 format.

The levels are as follows:

### Level 1 Headings Are Centered and Written in Boldface Using Title Capitalization

Begin a new paragraph below the Level 1 heading.

- Do not use "Introduction" as the title of your first heading, as it is assumed.

**Level 2 Headings are Flush Left and Written in Boldface Using Title Capitalization**

Begin a new paragraph below the Level 2 heading.

***Level 3 Headings are Flush Left, Written in Boldface with Italics Using Title Capitation.***

Begin a new paragraph below the Level 3 heading.

**Level 4 Headings are Indented as a Paragraph Heading, Written in Boldface Using Title Capitalization, and end with a period.** Start the paragraph on the same line after the Level 4 heading.

***Level 5 Headings are Indented as a Paragraph Heading, Written in Boldface with Italics, Using Title Capitalization, and end with a period.*** Start the paragraph on the same line after the Level 5 heading.

**Section Labels:** APA style requires section labels to be on a separate line at the top of the page. These section labels should be centered, bold, and use Title Capitalization (similar to Level 1 headers above). These labels include: "Author Note," "Abstract," "References," "Footnotes," and "Appendix XX." Note that the paper title on the first page is technically a section label.

## General Conventions

**Spacing:** APA only requires one space at the end of a sentence.

**Punctuation:** APA requires the following for punctuation use.

Comma:  APA requires the serial, or Oxford, comma when writing series. For example:

Cities in Spain include Madrid, Barcelona, and Valencia.

Period:  APA requires periods when abbreviating names (e.g. J. W. Smith) but not with acronyms (e.g. APA, IQ, PhD, etc.)

Quotation Marks:  APA requires quotation marks with direct quotes, book chapter titles, or periodical article titles. Place commas or periods inside the closing quotation mark.

**Italics:** APA uses italics for titles of books, reports, webpages, periodicals, and other stand-alone works.

**Numbers:** APA generally uses numerals to express numbers more than 10. Numbers less than 10 should be written in words (e.g. nine, one, etc.).  When making a number a plural (e.g. 1970s), simply add an "-s" or "-es"; do not use an apostrophe. Table 1 contains important exceptions.

**Table 1**

*APA Exceptions for Numbers*

| Exception category | Use numerals or words? | Example |
|---|---|---|
| Measurements & Statistics | Numerals | 2mg-dose, 1.5 cm, $t(19) = 0.48$ |
| Time, Dates, Age, Scores, Points, etc. | Numerals | $8 in compensation, 3 days, 2 hours |
| Number that begins a sentence | Words | Fifty-five percent of the… |
| Common fractions | Words | one sixth of the sample, two-thirds majority |
| Universal Usage | Words | Five Pillars of Islam, Twelve Apostles, etc. |
| Back-to-Back Numerical Modifiers | Both | 3 two-way interactions, five 7-point scales |

*Note.* The exceptions included are notable examples and not comprehensive. There are additional exceptions that may arise.

**Pronouns:** APA recognizes and recommends using the singular ***they.*** Writers should avoid using other pronouns (i.e. "he," "she," "ze," etc.) when referring to individuals whose identified pronouns are not known. In addition, "he or she," "he/she," "(s)he," or other combinations should not be used to avoid awkward or distracting phrasing.

**Lists:** When writing numbered or bulleted lists, writers should use parallel structure for each item.

Lettered Lists: APA requires parentheses when using letters with a series. Commas or semicolons should be used between each item in the list. Example:

> Athletes who suffer from knee injuries can facilitate the recovery process by (a) attending physical therapy sessions regularly, (b) refraining from playing sports until they completely heal, and (c) taking necessary medication.

Numbered Lists: APA requires complete sentences for numbered lists. Example:

> We considered the following questions:
>
> 1. How can athletes who suffer from knee injuries facilitate the recovery process?
> 2. If athletes attend physical therapy sessions regularly, what impact does this have on the recovery process?
> 3. If an athlete refuses to refrain from playing sports until they completely heal, what impact does this have on the recovery process?

Bulleted Lists:  APA uses bulleted lists to avoid the perception of importance/priority connotated in numbered lists.  Bulleted lists may be comprised of complete sentences or phrases. If a bulleted list contains phrases, each bullet should begin with a lowercase letter. APA allows the use of bulleted lists with or without punctuation.

Example 1:

> Athletes who suffer from knee injuries can facilitate the recovery process by:
>
> o attending physical therapy sessions regularly,
> o refraining from playing sports until they completely heal, and
> o taking necessary medication (Source, YYYY).

Example 2:

> Athletes who suffer from knee injuries can facilitate the recovery process by:
>
> o attending physical therapy sessions regularly
> o refraining from playing sports until they completely heal
> o taking necessary medication (Source, YYYY)

## Bias-Free Language

**Labels:** APA expects writers to avoid using nouns to label people or groups (e.g. "drug users," "the poor," etc.). Instead, APA recommends using adjectival forms (e.g. "older adults") or descriptive phrases (e.g. "people who use drugs"). APA expects writers to be sensitive to labels and to use self-identified terms when available. Even if someone uses a derogatory/stigmatizing term to refer to themselves, APA expects writers to avoid these terms. APA offers the following recommendations based on topics:

Age:  APA recommends using "boy," "girl," "child," "infant," etc. for individuals under 12. Terms for individuals aged 13-17 include "adolescent," "youth," "young woman," "young man," etc. Appropriate terms for those over 18 include "adult," "woman," "man," and so on.

Disability:  APA encourages the writer to adopt person-first language or identify-first language depending on the preference of the people the author refers to. If no preference is provided, APA recommends using both forms. Person-first language emphasizes the person (e.g. "a youth with epilepsy"), whereas identify-first language emphasizes the disability (e.g. "an amputee").

Gender:  APA recognizes the rapid evolution of terminology related to gender and sex. As such, APA recommends using the terms people use to describe themselves. APA encourages writers to use the term "gender" instead of "sex" to avoid ambiguity and confusion. References to individuals should maintain their dignity and respect their identification. All references to individuals should use terms like "individuals," "people," or, "persons" instead of "mankind." In addition, APA recommends avoiding the use of "man" in occupations (e.g. "Policeman" vs. "Police Officer").

Race & Ethnicity:  APA recommends using the racial or ethnic term used by an individual. APA also suggests categorizing participants as clearly and specifically as possible (e.g. "Korean American" vs. "Asian American"). Commonly accepted designations such as census categories should be used. ***Racial and ethnic groups are proper nouns and should be capitalized***. For example: "Black," "White," "Native American," "Hispanic," etc.  APA does not use hyphens for multiword names (e.g. African American, not African-American).

Sexual Orientation:  APA requires the term "sexual orientation" instead of "sexual preference." APA encourages using self-identified terms when available; common terms include gay, straight, bisexual, queer, pansexual, lesbian, etc. APA recommends using LGBTQ+, sexual and gender minorities, or other abbreviations when referring to multiple groups. APA advises against using "homosexual" or "homosexuality" to avoid negative stereotyping.

Socioeconomic Status:  Socioeconomic status (SES) includes not just income information, but also education and occupation. APA recommends avoiding broad terminology that carries negative connotation such as "the homeless," "ghetto," "inner-city," or "welfare reliant." Instead, APA recommends using specific, person-first language (e.g. people who are homeless).  APA encourages including racial or ethnic descriptions with SES details when appropriate to avoid unintentional negative stereotyping based on historical descriptors.

## Supplemental Information: Figures, Tables & Other Optional Elements

APA recommends using supplemental elements such as figures and tables to help readers more readily understand information presented. Oftentimes, tables and figures enable information to be presented more efficiently and comprehensibly. All tables or figures included in a paper should be a) clear to the reader, b) necessary to convey the information, and c) referred to in the text.

**Figures:** Typically, figures involve non-textual descriptions or illustrations, includes charts, photos, and more.

**Tables:** Generally, tables display numerical or textual information in a row-column format. A table should be easily understood by the reader and use limited borders or shading. Tables 1, 2, and 3 follow APA recommendations.

**Formatting:** Tables and figures are named by consecutive numbering (e.g. Table 1, Figure 1, Table 2, Figure 2, Figure 3, Table 3, etc.). If placed in text, tables and figures should be left-aligned and immediately follow a full paragraph (preferably the paragraph that refers to the table or figure). The supplement should be placed at the beginning or the end of a page (avoid splitting the supplement between two pages or placing it in the middle of a page). Figures and tables may also be placed on a separate page at the end of the document.

**Other Optional Elements:**

Appendix: APA provides guidance on including appendices when necessary. An appendix should only be included if it helps the reader understand, replicate, or study the research/ideas presented in the paper. Items can include pictures, a list of materials, instructions provided to participants, detailed reporting, and more. Each appendix should be given a label and a title. If you only have one, use "Appendix"; if there are multiple, use "Appendix A," "Appendix B," and so on. These should be formatted on their own page as section labels (i.e. Bold, Title Capitalization, Centered).

Footnotes: APA allows footnotes in any paper for supplemental content or copyright attribution. Generally, it is best to incorporate important ideas into the text instead of in a footnote. If used, footnotes should be numbered consecutively using superscript, like this.[1] Only include the superscript at the first reference to the footnote. If you refer to the footnote later, you should refer to it in text (see Footnote 1). You can place footnotes at the bottom of the page or on a Footnotes page at the end of the paper. A footnote should follow this format:

[1] Remember that footnotes should enhance information given in the text, not complicate it.

Author Note: APA recommends an author note for professional papers; student papers typically do not include an author note. An author note is placed at the bottom of the title page and typically provides additional information about the author(s), research, possible conflicts of interest, funding sources, or other acknowledgements.

Table of Contents: APA does not provide recommendations for formatting a table of contents. If a table of contents is required, it should include all of the headers used throughout your document, as well as most of the section labels (e.g. Abstract, References, etc.).

## Source Attribution

In order to avoid plagiarism and to credit the contributions of the authors/creators who influenced a paper, APA requires appropriate attribution. This is accomplished through in-text citations and a corresponding references page.  APA requires appropriate attribution for the following:

- paraphrasing the work of others
- directly quoting the work of others
- referring to data or data sets
- referring to tables, figures, or other supplemental information that are free, licensed, or copyrighted.

When citing sources in-text, the author-date citation you provide will match the reference page entry for the same source; this allows your reader to quickly identify the information taken from the source and then locate the original source for further reading (if necessary). The following items may be referred to in-text but not included on the reference page:

- Personal communications are only cited in-text. For example:
      (S. Wilson, personal communication, June 1, 2019)
- Do not include in-text citations or reference entries for generic mentions of websites (e.g. *Google)*, periodicals (e.g. *The Economist*), or common software (e.g. *Excel*).
- Research participant quotes can be discussed without a citation or reference page entry.

## In-text Citation Conventions

**Paraphrasing:** APA requires attribution in the text when referring to the work of others.  APA permits the author(s) to be incorporated in the sentence (narrative style) or allows the citation to be placed in parentheses at the end of the sentence (parenthetical style). You can mix both styles throughout your document. Table 2 displays the basic formatting for APA in-text citations based on different author types.

**Table 2**

*APA Basic In-text Citations Styles*

| Author type | Narrative style | Parenthetical style |
|---|---|---|
| One Author | Yoo (2019) … | (Yoo, 2019). |
| Two Authors | Clay and Martin (2020) … | (Clay & Martin, 2020). |
| Three or More Authors | Garcia et al. (2010) … | (Garcia et al., 2010). |
| Organizational Author | American Psychological Association (APA, 2020) … | (American Psychological Association [APA], 2020). |
|     First Citation | | |
|     All Subsequent Citations | APA (2020) … | (APA, 2020). |

**Direct Quotations:** APA recommends paraphrasing the work of others to fit the information into the context of your paper and the style of your writing. However, direct quotes may be used with exact definitions or particularly insightful/memorable author statements. When directly quoting, follow the format of the citation styles noted in Table 3. These styles are identical to those of Table 2; however, APA requires page numbers for direct quotes.

<u>Less than 40 words:</u> If a direct quote is fewer than 40 words, the quote can be incorporated into the sentence with quotation marks.

<u>40 words or more:</u> If a direct quote is 40 words or more, APA requires block formatting for the quotation. The quote should be started on a new line, indented 0.5 inches from the left, and double spaced. The citation should be included at the end of the quote (outside of the punctuation) or before the quote (narrative style). A block quote will look like this:

> I was to have an early breakfast, and start at dawn, for that was the usual way; but I had the demon's own time with my armor, and this delayed me a little. It is troublesome to get into, and there is so much detail. (Twain, 1889, p. 134)

<u>Missing page number:</u> If the source you quote does not have page numbers (e.g. website, unnumbered ebook or PDF, etc.), APA requires an alternative way to assist the reader in finding the quote. APA provides the following options:

- Provide heading or section name

- Provide a paragraph number (count the paragraphs manually if needed)

- Provide a section name and paragraph number together

**Table 3**

*APA Basic In-text Citations Styles with Locations for Direct Quotes*

| Author type | Narrative style | Parenthetical style |
| --- | --- | --- |
| One Author | Yoo (2019) said "…" (p. 102). | (Yoo, 2019, p. 102). |
| Two Authors | "…" wrote Clay and Martin (2020, para. 4) | (Clay & Martin, 2020, para. 4). |
| Three or More Authors | Garcia et al. (2010) stated "…" (pp. 31-32) | (Garcia et al., 2010, pp. 31-32). |
| Organizational Author (no abbreviation) | University of Chicago wrote "…" and "…" ("Institutional History" section). | (University of Chicago, 2020, "Institutional History" section). |

**Author or Date Complications:** At times, there may be multiple works by the same author, works by different authors with the same last name, or works without a noted author (i.e. unknown or anonymous works). In addition, there may be problems locating a date, or there may be works by the same author with the same date. APA provides the following recommendations for these circumstances.

Same author(s) and same date: When a citation has the same author(s) and publication year as another citation, use a lowercase letter after the year in your citation and reference page entry. Do not include month or day details in-text (even if this is included in the reference page entry). Only the year should be included. For example:

> Yoo (2019a) …
>
> … (Yoo, 2019b).

Different author(s) with same last name: When a citation has different authors with the same last name, include the authors' first initials in all in-text citations. ***NOTE:*** If multiple authors in the *same* citation share the same last name, do not include the authors' first initials. For example:

> … (H. Grant, 2020; S. Grant, 2019)
>
> Williams and Williams (2019) …

Unknown author: When an author is not known, use the title of the work as the signal phrase for the source. The title should be capitalized using Title Capitalization. If the title is long, use the first few words of the title in the in-text citation instead of the entire title. If the title is italicized in the reference entry, italicize it in the in-text citation. If the title uses quotation marks in the reference entry, use quotation marks in the in-text citation. For example:

> (*Book of Magic, 1983*)
>
> ("Magazine Article," 2020)

Anonymous author: When an author is noted as "anonymous," use "anonymous" as the author. For example:

> (Anonymous, 2020)

No date: When a source does not include a date, use n.d. (which stands for no date) in place of the year. For example:

> Garcia et al. (n.d.) …
>
> … (Columbia University, n.d. "What Happens Next" section).

## Reference Page Conventions

APA requires a reference list at the end of the paper that lists all of the sources cited so that the reader can retrieve each work for further review (if necessary).  The reference page should only include sources cited in the text; do not include sources for future reading or background.

**General Formatting:** The reference page should be found at the end of the document, with "References" formatted as a section label. All entries should be double spaced, with a hanging indent (i.e. second and subsequent lines indented by 0.5 inches). The reference page entries should be alphabetized by the first listed author's last name.

**Elements of a Reference Entry:** APA generally includes four elements in every reference page entry. These elements are included with every reference entry in the following order:

| Author Element | Date Element | Title Element | Source Element |
|---|---|---|---|
| *Who should be credited for the work?* | *When was the work created or published?* | *What is the work called?* | *Where can the work be found?* |

**Author Element:** APA allows individuals, groups, multiple people, and a combination thereof to be authors. In addition, APA recognizes the specialized roles individuals can play in creating a work (e.g. Editors, Directors, etc.).

Individuals: In reference entries, APA formats individual names like this:

Last Name, F. M.

More than one author: In reference entries with 2-20 authors, list each author and use an ampersand (&) before the final author. In reference entries with 21 or more authors, list the first 19, use an ellipsis (…) and then list the final author (no ampersand is needed). For example:

*2-20 authors:*  Lee, S., Last Name, F. M., Smith, J., & Robertson-Williams, K.

*21+ authors:*  Lee, S., Last Name, F. M., Smith, J., Robertson-Williams, K., Fifth, A., Sixth, J., Seventh, W. so on and so forth, Nineteenth, A., . . . Last-Author, F. M.

Organizations/Groups: In reference entries, APA refers to the full group name (not the acronym or abbreviation).  In addition, the most specific agency should be listed if the group is part of a larger agency. For example:

American Psychological Association

National Institute of Nursing Research (**NOT** US Dept. of Health and Human Services)

Roles: In reference entries, APA includes the specialized role immediately after the name of the individual. For example:

> Last Name, F. M. (Director)
>
> Last Name, F. M. (Ed.)
>
> Last Name, F. M., & Williams, K. (Eds)

No author: If the author of a work is unknown, move the title element to the author position (i.e. first in the entry). Only use "Anonymous" if this is noted for the author in the source.

**Date Element:** Generally, APA dates refer to publication dates. Most of the time, these dates are simply noted as the year. However, there may be times when the year, month, day, or season are included. Examples of date formats are below:

> (2020, Spring/Summer)
>
> (2018, November 13)

No Date: If the date of a source is not known, use "n.d." (which means "no date").

**Title Element:** APA uses two categories for titles of works: stand-alone works and works that are part of a whole. Both categories have unique formatting considerations. Titles in the Title Element of the reference entry use sentence capitalization.

Works that are of part of a whole: These works (e.g. journal articles, newspaper articles, episode of a TV Series, etc.) should not be italicized or use quotation marks in the reference entry. For example:

> Title of journal article: Capitalize the first word after colon or any proper nouns (like Egypt).

Stand-alone works: These works (e.g. reports, books, websites, movies, etc.) should be italicized in the reference entry. For example:

> *Title of book: Follow sentence capitalization rules.*

No Title: If the work doesn't have a title, provide a description of the work in [brackets]. For an untitled comment or post, include the first 20 words. For example:

> [Picture of child with dog playing in a park]

**Source Element:** APA uses two categories for the source elements: stand-alone works and works that are part of a whole. Both categories have unique formatting considerations. Regardless of the category, if the source was accessed online, a URL or a DOI (preferred) should be provided. ***The link should be live/hyperlinked.***

Works that are of part of a whole: When you refer to a work that is part of a whole, the source element for this entry includes the name of the greater whole, volume/issue/page numbers (if included), and

the DOI or URL. For example, the name of a periodical, a newspaper, or a TV series will be the greater whole if you refer to a specific article or episode. Generally, the name of the greater whole should use title capitalization and italics. For example, the title of a greater whole will look like this:

>  *Title of Journal*

>  *Washington Post*

Stand-alone works: When you refer to a work that is a stand-alone work (e.g. book, website, report, etc.), the source element will be the publisher of the work and the DOI or URL. APA no longer requires the location of the publisher. The publisher should be included using proper noun capitalization without any business structure designations (e.g. do not include LLC). If the author is the same as the publisher (e.g. US Census Bureau), do not include it twice. For example:

>  Guliford Press

>  SAGE Publishing

No Source: Any reference without an accessible source should not be included on the reference page. If used, these type of sources (e.g. personal emails, personal communications, classroom lectures, etc.) should be cited in text as a personal communication.

## Most Common Reference Entry Examples

The examples below are commonly encountered reference entries used in student papers. Remember that each example is composed of the following four elements:

| Author Element | Date Element | Title Element | Source Element |
|---|---|---|---|
| *Who should be credited for the work?* | *When was the work created or published?* | *What is the work called?* | *Where can the work be found?* |

Each reference entry example begins with the element table. The completed reference entry is located immediately after the element table.

**Book**

| Author Element | Date Element | Title Element | Source Element | |
|---|---|---|---|---|
| | | | *Publisher Information* | *DOI or URL* |
| Author, A.A., & Author, B.B. | (Year). | *Title of work: Capital letter also used for subtitle* (C. Editor, Ed.). | Publisher Name. | If accessed online: https://doi.org/xxxxx -OR- https://xxxxx |

Author, A.A., & Author, B.B. (Year). *Title of work: Capital letter also used for subtitle* (C. Editor, Ed.)*. Publisher.

>  https://xxxxx

**Journal Article**

| Author Element | Date Element | Title Element | Source Element | |
|---|---|---|---|---|
| | | | *Journal Information* | *DOI or URL* |
| Author, A. A., Author, B. B., & Author, C. C. | (Year). | Title of article: Do not use italics or title capitalization. | *Title of Periodical, volume number*(issue number), pages. | https://doi.org/xxxxx -OR- https://xxxxx |

Author, A. A., Author, B. B., & Author, C. C. (Year). Title of article: Do not use italics or title capitalization. *Title of Periodical, volume number*(issue number), pages. https://doi.org/xxxxx

**Generic Webpage**

| Author Element | Date Element | Title Element | Source Element | |
|---|---|---|---|---|
| | | | *Website Name* | *URL* |
| Author, A. A., & Author, B. B. | (Date of Publication). | *Title of webpage.* | Site Name. | https://xxxxx |

Author, A. A., & Author, B. B. (Date of publication). *Title of webpage*. Site Name. https://xxxxxxxx

- Note that date of publication is different from the date you retrieved the information. Look for a copyright or other line of date. Remember that APA recognizes multiple date forms (all include the year). If no publish date is available, use "n.d." for no date.

- Remember that if an author is not listed, begin with the title element followed by the date in parentheses.

- Your instructor may require a retrieval date. If so, format the URL in the source element like this:
  Retrieved Month DD, YYYY, from https://xxxxxxxx

**Blog Post**

| Author Element | Date Element | Title Element | Source Element | |
|---|---|---|---|---|
| | | | *Blog Name* | *URL* |
| Author, A. A. | (YYYY, Month DD). | Title of blog: Do not use italics or title capitalization. | *Title of Blog.* | https://xxxxx |

Author, A. A. (YYYY, Month DD). Title of blog: Do not use italics or title capitalization. https://xxxxx

- Note that if an author is not available, begin with the title of entry followed by the date in parentheses. If no date is given (unlikely for a blog) you would use (n.d.).

**YouTube Video**

| Author Element | Date Element | Title Element | Source Element | |
|---|---|---|---|---|
| | | | *Publisher Information* | *URL* |
| Author, A. [Username]. | (YYY, Month, DD). | *Title of Video* [Video]. | YouTube. | https://xxxxx |

Author, A. [Username]. (YYYY, Month DD). *Title of Video* [Video]. YouTube. https://xxxxx

- Note that the person (or group) who uploaded the video is the author.
- A [Username] is not required in the author element, though should be included if uploaded by an individual using a username.

## Expanded Reference Entry Examples

Additional examples based on source type to assist you with your reference page can be found here:

APA 7th Edition – Expanded Reference Entry Examples

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*To browse specific information on writing style and usage not addressed in this guide, see the Publication Manual of the American Psychological Association (7th Edition) or the official APA Style blog, here:*
*http://www.apastyle.org/learn/tutorials/basics-tutorial.aspx*