

Writing in APA Style

6th Edition



General APA Style



- 8 ½" x 11" white paper
- 1" margins
- 12 point font, Times New Roman
- Double space
- Number all pages and include Running head
- Indent each paragraph
- See pages 41-51 of manual for a sample paper (sample papers on website = 5th ed.)

Title Page



- Title
 - Summarizes the main idea of the paper
 - Recommended length: No more than 12 words
- Byline (i.e., author's name)
 - First name, middle initial, last name
 - No titles or degrees earned (e.g., Dr., Ph.D., etc.)
- Affiliation (i.e., university or institution)
 - Do not use abbreviations

Title Page



- Page number
 - Upper right hand corner
 - Include on each page of paper
 - Use page number function in “Header” function
- Running head
 - An abbreviated version of the title
 - All capital letters
 - Maximum of 50 characters (including spaces and punctuation)
 - Do not center, left justify
 - Write out the word “Running head” on the title page only.
 - Place running head on each page, upper left hand corner

Page number: top right

Running head: flush left, abbreviated title, in caps

Increasing Motivation in College Classes: A Qualitative Study

Joanne Frattaroli

Your name

University of California, Irvine

Your university affiliation

Title (Upper
& lowercase)

This all goes in the first top half of the page!

Abstract – APA Style



- 150 - 250 words total
- On page 2 by itself (the introduction follows on page 3)
- The word “Abstract” is centered and bolded at the top of the page
- No indentation of the abstract paragraph
- After the abstract, list 3-5 keywords

Abstract is centered &
bolded , A is capitalized

Abstract

Running head & page number
again (on every page)

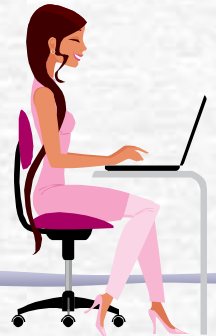
Increasing student motivation has always been a challenge for teachers. Students may be unmotivated to perform because of home stress (citation, year), peer pressures (citation, year), or physical health problems (citation, year). The present study examined a technique designed to increase student motivation...

Do not indent (like with a paragraph); should be between
150 – 250 words

Keywords: Motivation, College Students, Education

Introduction – APA Style

- Begins on page 3 (after the title page and abstract)
- Title of the paper is centered at top
- Do not include your name anywhere in the introduction (or throughout the rest of the paper; your name belongs only on the title page)
- Begin text with an indentation



Title, centered and
same font size

Running head & page number

Increasing Student Motivation in College Classes: A Qualitative Study

Although some students are apt to work very hard for the pleasure of completing a job well done, other students need some assistance to keep them motivated.....

Body of introduction; starts immediately after title (do not skip any extra lines) - start with a statement about human behavior (broad), then begin to narrow in on your particular area. Then summarize what other studies have found. End with your research question(s) or hypothesis(es).

Method

☛ Tells the reader in detail what you did and how you did it

- There should be enough information so somebody could copy your study

☛ Subsections (bold all subheadings)

- Setting
- Access
- Participants
- Apparatus
- Procedures



Running Head & Page #

Method

Method heading: centered, bolded, NO page break

Setting

2nd level sub-heading: flush left & bolded

A sorority house in Irvine, California was selected as the study site. Prior to data collection, an announcement concerning...

Procedures

3rd level sub-heading: indented, bolded, with a period

Interviews. In-depth interviews were conducted with 10 sorority members in a private area of the sorority house. The time...

Observation. In addition, participant observation was used. Observation occurred during one-hour increments, over six...

Results



- Follows immediately after the methods section – there is no page break
- The word “Results” is centered & bolded on a new line, after the last sentence about your results
- Summarize your data
- Refer the reader to tables and figures (if you have included any)

Running head & page #

Results

Results heading; like methods, it is centered & bolded and do not use page break

Results of the study considered the characteristics of the population, alcohol-related behavior, and derived themes.

Characteristics of the Population

The treatment group improved more than the control group. See Figure 1 for means and standard deviations.

2nd level sub-headings just in in methods section

Alcohol-Related Behavior

An increase in motivation for the treatment would indicate that this intervention can improve learning...

Discussion

- Follows immediately after the results section – there is no page break
- The word “Discussion” is centered & bolded on a new line, after the last sentence about your results



Running head & page number

Discussion header: just like
methods & results

Discussion

The results of the present study demonstrate that putting stickers on student's papers will increase their motivation....

In the discussion, you should tell us what you found in very clear and simple terms and discuss any problems, especially in terms of entry into the group and/or potential biases - and also implications of your findings and directions for future research. You may want to have 2nd level subheadings like "limitations", "future directions", etc.

References

- Any citation that is in the paper must be in the reference section
- Any reference in the reference section must be cited in the paper
- References should appear in alphabetical order based on the first author's last name (do not change the order of the authors!)



Comma in between names,
even before ampersand

Ampersand before
last author

References

Reference subheading:
this IS on a new page!

Frattaroli, J., & Dickerhoof, R. M. (2005). Assessing student
motivation: A new questionnaire. *Social Indicators
Research*, 29, 254-275. doi:10.1016/j.addbeh.2008.12.016

Digital
Object
Identifier

Year of publication in
parentheses, with a
period after it.

Title of article; only first letter capitalized
(and first letter after a colon, and proper
nouns like "California")

Page numbers, then a period

Journal title
and volume,
in italics

Author's last name, then initials
(including middle name, if they have
one).

Put list (between
references) in
alphabetical order;
within references,
keep order on paper

**This is for a journal article; for others, see pp.
239 – 281 in the APA manual**

In-Text Citation:

Giving credit where credit is due

- Any time you borrow another person's words, thoughts, or ideas, you must cite that person
- All citations in the body of your paper must appear in the references (and vice versa)
- If you are referring to the same source several times in one paragraph, you only need to cite that source once per paragraph.



When citing in the paper itself (outside of the reference page):

You can cite in the actual body of the text:

- According to James (1995), children like to...
- As demonstrated in a study by Smith, Jones, and Frattaroli (2001), an intervention of this sort...

Use and instead
of ampersand

↑
Put year in parentheses

↑
Use last names only

You can cite parenthetically:

- Children like to get recognized for their accomplishments (James, 1995).
- An intervention of this sort can reduce absenteeism (Smith, Jones, & Frattaroli, 2001)

←
Now use an ampersand



One work with one author

✧ In the body of the paper:

- Langston (1994) examined how people deal with positive life experiences.
- *OR*
- In a study about positive life experiences (Langston, 1994)...



✧ In the reference section:

- Langston, C. A. (1994). Capitalizing on and coping with daily-life events: Expressive responses to positive events. *Journal of Personality and Social Psychology*, 67, 1112-1125. doi: xxxxxx.



One work with two authors

☞ In the body of the paper:

- Fredrickson and Joiner (2002) explored positive emotions and well-being...
- *OR*
- In a study about positive emotions (Fredrickson & Joiner, 2002)...

☞ In the reference section:

- Fredrickson, B. L., & Joiner, T. (2002). Positive emotions trigger upward spirals toward emotional well-being. *Psychological Science*, 13, 172-175. doi: xxxxxxxx.

One work with 3 - 5 authors

• In the body of the paper:

- **1st citation:** Pennebaker, Barger, and Tiebout (1989) examined the health of...
- OR
- **1st citation:** A study examining the effects of disclosure on holocaust survivors (Pennebaker, Barger, & Tiebout, 1989)
- **2nd citation (in subsequent paragraphs):** Pennebaker et al. (1989) found...

• In the reference section:

- Pennebaker, J. W., Barger, S. D., & Tiebout, J. (1989). Disclosure of traumas and health among holocaust survivors. *Psychosomatic Medicine*, 51, 577-589. doi: xxxxx.



One work 6 or more authors

✧ In the body of the paper:

- Petrie et al. (1993) examined the effects of a traumatic experience on...
- OR
- Writing about traumas also improves immune response (Petrie et al., 1993).



✧ In the reference section:

- Petrie, K. J., Booth, R. J., Pennebaker, J. W., Davison, K. P., Smith, L. P., & Thomas, M. G. (1993). Writing about a trauma and immune response to a hepatitis vaccination program. *Journal of Clinical Psychology*, 63, 387-392. doi: XXXXX.

When using quotations (which you should do sparingly!):

- **Always put quotes around phrases that are word-for-word from another source (6 words or more in a row).**
- **Indicate the author(s) last name(s), year, AND page that the quote came from:**



- **As stated in Frattaroli (2005), “Expressive writing improves test performance on the GRE, MCAT, or LSAT” (p. 273).**

OR

- **“Expressive writing improves test performance on the GRE, MCAT, or LSAT” (Frattaroli, 2005, p. 273).**