Title Page (APA 41)
All parts of an APA report are double-spaced, beginning with the title page. The page header includes a running head, flush left, followed by the page number, flush right. The page header begins on the title page and appears on the top of every page of the report.

Running head: RESPIRATORY ILLNESSES

Respiratory Illnesses in the United States Between 1980 and 1990
Author(s)
Author Affiliation

Author Note (APA 24)
An author note identifies affiliation, provides acknowledgements, and states disclaimers or perceived conflicts of interest. The author note is divided into four paragraphs on the cover page: the first discusses departmental affiliation; the second, changes of affiliation (if any); the third, acknowledgments and special circumstances; and the fourth, correspondence information.

Abstract (APA 25, 41)
The abstract in an APA paper is a snapshot of the paper as a whole. The abstract defines terms particular to the paper and includes the paper’s main concepts and any conclusions. The abstract is typically on its own page and 150–250 words long, but the length can vary.

Abstract
This is your paper in miniature. One might consider this the “spoiler alert” section.

Heading Levels (APA 44, 62)
APA uses headings and levels to effectively organize papers. A heading is a title used to label sections of a paper. Headings are formatted with five levels. Students will usually only need three levels.

Level 1: Centered, Boldface, Uppercase and Lowercase Heading

Level 2: Flush Left, Boldface, Uppercase and Lowercase Heading

Level 3: Indented, boldface, lowercase paragraph heading ending with a period.

RESPIRATORY ILLNESSES

Introduction

Set up your topic, and state your thesis.

Infant Respiratory Illnesses

Not every heading will have the same number of subheadings or amount of content.

Illnesses Caused by Air Pollution

In order to include a subheading, there must be at least two headings at that level.

Asthma in overpopulated in cities.

Do not create unnecessary headings if there is not enough content.

Block Quote (APA 171)
Use a block quote format for quotations 40 words or longer. In a block quote, the citation comes after the period. Double space the quote and start it on a new line, usually after a colon:

Indent the entire quotation—as shown here. Do not use quotation marks. Citations for block quotes go after the period. (West, 2007, p. 3)

Tables and Figures (APA 125–167)
Tables are organized lists of numerical data. Figures are visual displays of information. Tables and figures can be included in the text, or they can be gathered into an appendix at the end of the paper. They are not listed on the References page. All tables and figures should be numbered in the order they appear in the paper.

Keep tables and figures simple and easy to understand and refer to them in the text.

Example:

Figure 1. Dendritic Neurons. Adapted from “Dendritic organization in the neurons of the visual and motor cortices of the cat,” by D. A. Sholl, 1953, J Anat., 87, p. 387–405.

*Make sure the caption is not too brief. A clear description is better than a short description.

The DOI (APA 188)
The DOI makes finding electronic documents easier. The DOI is a long number that is formatted as follows: 10.xxxx/xxxxxxxxxxxx

The DOI is typically located on the first page of an electronic journal article near the copyright notice. It can also be found on the database page for the article. The DOI always begins with the number 10. The DOI should be placed in the citation on the References page.
In-Text Citations

APA citations should include the author’s name and the year of publication (a page number is optional). Citations go before the period, as in the examples below.

**Works by One Author** (APA 174)
(Hawthorne, 1994, p. 3).

**Works by Two Authors** (APA 175)

**Works by Three to Five Authors** (APA 175)
(James, Smith, & Clark, 2001, p. 7).

*If the same work by three to five authors is cited again, use the last name of the first author followed by et al.*

**Works by Six or More Authors** (APA 175)
(Methé et al., 2012, pp. 17-19).

**Works from a Secondary Source** (APA 178)

**Works with No Author** (APA 184)

**Government Document** (APA 205)

**Online Video (TedTalk)** (APA 215)

**References** (APA 49)
All sources cited in a paper must be listed on a new page after the body of the paper. The page title, References, should be centered at the top of the page. All references are double-spaced and flush left with a hanging indent. References are listed in alphabetical order according to the first word. If no DOI is available for an online source, include a URL.

**Book** (APA 202)

**Periodical** (APA 198)


**Newspaper Article** (APA 200)

**Online Sources** (APA 200)

**Works with No Author** (APA 184)

**Government Document** (APA 205)

**Online Video (TedTalk)** (APA 215)

**What is APA Style?**
The American Psychological Association citation style is the generally accepted style for most sciences and social sciences. It is concerned with easy access to the currency of information and facilitates research by separating the main parts of a study under specific headings that indicate content.

**Additional Reference Page Formatting** (APA 182)
*When using multiple works by the same author (or multiple authors in the same order) and published the same year, references are listed alphabetically by article title.

Wilde, O. (1895). *An Ideal Husband*...
Wilde, O. (1895). *The Importance of Being Earnest*...

Those in-text citations are given corresponding letters: i.e.: “Wilde (1895a) also asserts…”

*When an author appears both as the only author and, in another citation, as the first author of a group, list the one-author entries first: