

APA References Cheat Sheet – 7th Edition

To maximize quantity, all examples are single spaced; in practice, double space all references!

Sentence case

Most major and minor words are lowercase.

Only capitalize the following:

- Proper nouns
- First word of the title and any subtitles
- First word after a colon or em dash
- Nouns followed by numerals or letters

EXAMPLE: Suicide prevention: An ethically and scientifically informed approach.

Title case

All major words are capitalized. Capitalize the following:

- First word of the title and any subtitles
- All “major” words in the title, including the second part of hyphenated words
- First word after a colon or em dash
- All words of four letters or more

EXAMPLE: Suicide Prevention: An Ethically and Scientifically Informed Approach.

Webpage with individual author(s):

Last Name, First and Middle Initials. (Year, Month Day). *Title of work in sentence case*. Site Name in Title Case. URL

- Frederick, R. (2023, February 6). *Sounding the alarm on microplastic pollution*. Pennsylvania State University. <https://www.psu.edu/news/research/story/sounding-alarm-microplastic-pollution/>

Webpage with group author(s):

Group Name in Title Case. (Year, Month Day). *Title of work in sentence case*. URL

- Centers for Disease Control and Prevention. (2018, January 23). *People at high risk of developing flu-related complications*. <https://www.cdc.gov/flu/disease>

Webpage with no individual author:

Title of page. (Year, Month day). Website name. URL

- *The pros and cons of family therapy*. (2019, September 12). CNN. <https://www.cnn.com/2019/09/12/us/pros-cons-family-therapy.html>

Scholarly journal article:

Last Name, First and Middle Initials. (Year, Month Day). Article title in sentence case. *Journal Title in Title Case*, volume(issue), page(s). DOI or URL

- Sohn, K. (2012). The social class origins of U.S. teachers. *Journal of Social History*, 45(6), 908-935. doi:10.1093/jsh/shr121

Printed book:

Last Name, First and Middle Initials. (Year). *Book title in sentence case* (edition). Publisher in Title Case.

- Moussa, P. (2013). *An introduction to Buddhism: Teachings, history, and practices* (2nd ed.). Pearson.

Newspaper article:

Last Name, First and Middle Initials. (Year, Month Day). Article title in sentence case. *Publisher in Title Case*.
URL

- Guarino, B. (2017, December 4). How will humanity react to alien life? *The Washington Post*.
<https://www.washingtonpost.com/news/speaking-of-science/how-will-humanity-react-to-alien-life>

Two authors:

Last Name, First and Middle Initial, & Last Name, First and Middle Initial.

- Ludwig, J., & Duncan, G. J.

Three to twenty authors:

List last names and initials; separate each full name with a comma, and use an ampersand (&) before the final name.

- Olsen, M., Shiro, A., Gonzalez, E., Said, S., Xiong, C., & Ahmed, F.

Helpful Tips:

- References begin on a new page titled "References" in bold.
- Do not number citations. Place in alphabetical order based on first word(s) of the citation.
- Double space all references and indent each line after the first (hanging indent).
- Print sources end with a period. Electronic sources with a URL/DOI do not end with a period.
- When the author and website/publisher are the same, only list the author name.
- Do not abbreviate months.
- If there is no listed date, use "n.d."
- If you cite multiple pages from a website, create a reference for each page.
- In general, do not capitalize the names of diseases or disorders (e.g., autism spectrum disorder) unless they include a person's name (e.g., Alzheimer's disease).