

Change from APA 6: No Running head

Every page has a page number in the header

1

Student Paper Example  
Based on the Seventh Ed. of *the  
Publication Manual of the American  
Psychological Association*



### Writing in APA Style 7th Edition Example Paper

Title in bold, Capitalize All of the Major Words; no word limit.

Use same font size for everything in the entire document

One blank double-spaced line under title.

Student Name

Antioch University Santa Barbara

Student Name, Institution, Course Name & Number, Instructor, and Due Date, all on separate lines

Course Name

Instructor Name

January 8, 2020

Entire document should be double-spaced.

APA 7 no longer requires 12-pt. Times New Roman.

Permitted fonts:

- 12-pt. Times New Roman
- 11-pt. Georgia
- 11-pt. Calibri
- 11-pt. Arial
- 10-pt. Lucida Sans

1 inch margin

Page number → 2

**Abstract**

Level 1 heading  
(see box below)

This paper describes some basic parts of writing in APA style 7th Edition. These components include seven major areas: the title page, abstract, formatting concerns for student writing, use of language, in-text citations, the references page, and titles and figures. This paper also provides examples of specific changes that are required by APA style 7th Edition.

Indent ½ inch.

*Keywords: APA style, citations, frustration*

No period

An abstract is a brief comprehensive summary of the contents of the paper, typically no more than 250 words.

Abstracts are not usually required for student papers.  
**Check with your instructor to see if an abstract and/or keywords are required for your paper.**

If you're not required to include an abstract, begin the main text on this page.

Keywords are words, phrases, or acronyms that describe the most important aspects of your paper. They are used for indexing in databases and help readers find your work during a search.

If required for your paper, provide 3–5 keywords. Keywords can be listed in any order.

Main sections (divisions) of the body of your paper

Sub-sections

**Headings:** Use headings in your paper to distinguish between main sections and sub-sections.

*Format for the Five Levels of Headings in APA Style*

Level	Format
1	<b>Centered, Bold, Capitalize Major Words</b> Text begins as a new indented paragraph.
2	<b>Left Align, Bold, Capitalize Major Words</b> Text begins as a new indented paragraph.
3	<b>Left Align, Bold Italic, Capitalize Major Words</b> Text begins as a new indented paragraph.
4	<b>Indented, Bold, Capitalize Major Words.</b> After a period, text begins on the same line and continues.
5	<b>Indented, Bold Italic, Capitalize Major Words.</b> After a period, text begins on the same line and continues.

Title is bolded and centered, Capitalize All of the Major Words

Repeat title from Title page

Level 1 heading (see p. 2)

## Writing in APA Style 7th Edition Example Paper

Writing in the style of the American Psychological Association (APA) is a regular practice for students of higher degree programs in psychology and many programs in science. The new edition of the manual has made several changes, such as endorsing the use of the singular *they*, as exemplified in the next sentence. Each student writer who applies the new APA student writing standards may encounter different challenges, however, they may use the resources provided by the AUSB Writing Center for support in learning the relevant new rules.

Use singular "they"

According to the seventh edition of the *Publication Manual of the American Psychological Association* (2019), the style's broad applicability "helps authors present their ideas in a clear, concise, and organized manner" that "uniformity and consistency enables readers to (a) focus on the ideas being presented rather than formatting and (b) scan works quickly for key points" (p. xvii). Since this paper is mostly written in the seventh edition of APA style, attentive readers will note that it has many examples of changes from the sixth edition. Most of the rules demonstrated here are those a student will need to have some acquaintance with in order to write easily according to the student writing guidelines, which are distinct from APA's new journal article reporting standards (Paiz et al., 2013).

1 inch margins on all sides

One space after a period

New in APA 7: Use "et al." for three or more authors

Level 1 heading (a main section)

## The Structure of a Paper in APA Style

The APA style guidelines are designed for primary research papers that usually contain the following sections: (a) introduction, (b) method, (c) results, (d) discussion, and (e) references. However, the actual headings may vary depending on the type of paper one is writing (American Psychological Association, 2019). For example, papers that do not describe primary research or original experimental data may omit the method, results, and discussion

sections (Xyers, Young, Zucherman, & Anne, 2019, p. 291). Some sections may be broken into subsections, in which case the authors must use the appropriate headings and subheadings (Xyers, Young, Zucherman, & Roberts, 2019, para. 4).

Exception to “et al.” rule for 3 or more authors: Include as many authors as needed to distinguish between sources with the same first author(s).

### Organizing the Main Body

Level 2 heading (a sub-section)

Most APA style papers written by students are not experimental; the organization of headings and subheadings within the main body of the paper is therefore particularly important. In certain cases, the author might use additional major sections, such as a literature review, to introduce their own material.

Level 3 heading (a sub-section of the Level 2 sub-section)

### *Organizing the Main Body When There are Additional Content Concerns*

Short papers usually only need Level 1 and 2 headings

In some common graduate assignments, students are instructed to compare therapeutic models, provide possible interventions given specific presenting problems, or engage in case study analyses. These papers may have particular sections (such as presenting problem, or socio-cultural considerations of a given model).

Level 4 heading (see p. 2)

**Language Concerns in the Body of the Paper.** Sometimes, writers who are just becoming comfortable with APA style, or with academic writing in general, will mimic academic language in ways subtly less clear than writers who use academic register fluently. For example, one might write the following sentence, which sounds academic to the mental ear, but in which almost everything is done poorly:

during the preparatory process of elucidating the critical and fundamental elements of this theory for analysis, it would be observed that certain subjective elements of the theory would be excessively situational to the point of being non-applicable outside the theorists’ particular circumstances. (Goodwin, 2012a)

For block quotes, period comes before citation.

If a quotation is 40 words or more, use a block quote format: new line, indent ½ inch, double space, no quotation marks.

We observe that such a sentence serves little use beyond parody. The same sentiment can be expressed in appropriate academic register in the following fashion: this theory is based on subjective components and thus is not widely applicable (Goodwin, 2012b).

2 Styles of In-text Citations:  
Narrative &  
Parenthetical:

Level 4  
heading

**Language Concerns as Issues of Unstated Academic Expectation.** Writers for whom the distinction between the two earlier examples is unintuitive should not be dismayed. **Graham and Harris (1997) have shown** that an academic style of writing is slowly learned, and is not

Narrative  
citation style

Para-  
phrase

often intuitive. Often, the rules of academic English, and American academic English in particular, are presented as assumptions rather than with explicit guidance **(Graham & Harris,**

Parenthetical  
citation style

**1997)**. A student may look at their peers and see no one else asking questions about unclear elements of an assignment, or unclear expectations, and try to muddle through on their own rather than raising the issue. However, most academic expectations need to be explicitly taught at some point, so students should not feel bad asking for clarification. Often, if one writer has a question about the expectations, many others do also (S. Harter, personal communication, September 30, 2018).

No  
page #  
(see  
box  
below)

Personal communication formatting example. Cite in text but not on References page. (see p. 7)

Level 1  
heading

## In-Text Citations and References

The American Psychological Association (APA) encourages authors to cite any works that have impacted their own (APA, 2019). In general, the style guide recommends paraphrasing sources rather than using too many direct quotes, “because paraphrasing allows you to fit material to the context of your paper and writing style” (APA, 2019, p. 270). A direct quote is best employed when the original author has stated a point particular memorably, concisely, or effectively, or when the original author is providing a technical

Cite the  
specific page  
number of  
direct  
quotes.

About page numbers:

- Use for direct quotes
- Use for paraphrases of *information on a specific page*
  - Otherwise, optional for paraphrases

definition or explanation of a term. Under other circumstances, a paraphrase is usually more efficient than a direct quotation. Both paraphrased ideas as well as quotations need to be cited, though; only common knowledge does not require a citation. A good general rule of thumb might be: “when in doubt, cite it, and if you don’t have a citation, double-check” (S. Chase, personal communication, August 12, 2017).

Personal communication formatting example. Cite in text but not on References page. (see p. 7)

Writers using APA style should be careful to format their citations appropriately. Most in-text citations follow the format of author and year in parentheses, providing page numbers (or paragraph numbers) for every direct quotation. For paraphrases/summaries in your own words, include a page number when information is from a specific page of a source; otherwise a page number is optional, but may be helpful. The formatting of references in the references list, however, is more complicated, and writers should check their work to ensure that they have used the appropriate format for each citation, depending on the type of source.

### Figures and Tables

As shown in Table 1, the seventh edition of APA has made some changes to the formatting of figures and tables. For example, figures now use the same title format as tables (see Figure 1).

Use table and figure numbers to refer the reader to tables and figures. Do not write “see the table above/below”.

### Final Recommendations

APA style is an effective way of formatting and presenting complex material. APA can be time-consuming to learn; visit us in the AUSB Writing Center for help with any of your APA questions.

References should be in alphabetical order and double spaced.

Level 1 heading

## References

American Psychological Association. (2019). *Publication manual of the American Psychological Association* (7th ed.).

When publisher & author are the same, omit that info.

Goodwin, J. (2012a). Made up examples of bad academic writing. *Academic Writing*, 343(1), 1006–1010. <http://doi.org/11.1136/acadbad.12345>

Same author, same year: use a & b

Include DOI as hyperlinked URL

Goodwin, J. (2012b). Good reading is hard writing: Another made-up journal article about academic writing. *Reading & Writing*, 25(3), 143–152. <http://doi.org/10.1234/readwrite.123456789>

Capitalize only the first word of a journal article and subtitle.

Graham, S., & Harris, K. R. (1997). It can be taught, but it does not develop naturally: Myths and realities in writing instruction. *School Psychology Review*, 26(6), 414–424.

Paiz, J. M., Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, G., Franks, M., Paul, R., Keech, E., Ruiz, G., Allison, A., Caterelli, B., Zhou, M., Soong, R., Nguyen, Y., Bedo, O.,

Include up to 20 authors

Use a hanging indent

Sanders, B., Howard, C., Denny, H., ... Keck, R. (2013). Online writing: The challenges of learning APA. *Journal of Psychotherapy*. <http://doi.org/10.4567/apa-style.67810>

Xyers, K., Young, G., Zucherman, F., and Anne, A. (2019). Example with multiple authors. In G. Y. Iwamasa & P. A. Hays (Eds.), *Big Book of Examples* (2nd ed., pp. 287–314). CRC Press.

Xyers, K., Young, G., Zucherman, F., and Roberts, B. (2019, June 1). *Example citation for multiple authors*. BBC News. <http://www.bbcnews.com/example-for-multiple-authors.html>

The References provides the information necessary for a reader to locate and retrieve any source you cite.

- Every source you cite must appear on your References page.
- References page *only* includes sources cited in the body of your paper.

**Exception:** Do not include personal communication on your References page, e.g., emails or interviews, since they are not recoverable. Instead, cite them in-text. (See p. 6.)

### New in APA 7:

- No place of publication for books
- Leave hyperlinks
- Do not use “retrieved from” or a retrieval date unless the website content updates often by design (e.g., social media)

**Table 1***An Example of an APA Style Table*

Limited shading and borders now preferred. (Do not use vertical borders to separate data.)

Table or Figure	Change from 6th Edition
Table	Mostly the same for simple tables, but avoid unnecessary borders or shading in a table
Figure	Now uses same title format as tables

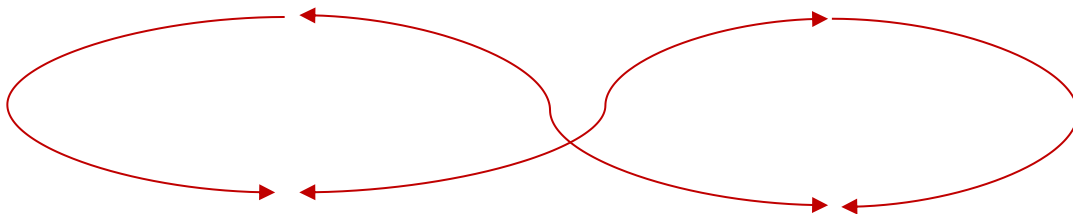
*Note.* A table note may optionally be included under the table to clarify the contents of the table for the readers of the manuscript.

Figures and tables are left-aligned

Place each table on a separate page, followed by each figure on a separate page

**Figure 1***Writing in APA Style*

Figure titles now parallel to table titles (above the figure)



*Note.* A figure note may optionally be included under the figure to clarify the contents of the figure for the readers of the manuscript.