

APA UPDATES

7TH EDITION

WHAT IS IT?

In October 2019, the American Psychological Association (APA) updated its manual to a 7th edition with the goal of making the manual more accessible to users. Originally the APA created the manual for authors writing for scholarly publication, but now it is commonly used by students in psychology, education, nursing, and business classes. Part of the recent revision includes guidelines specifically created for students.

STUDENT UPDATES

Student instructions include

- A title page designed for students
- Information on using classroom sources (like lecture notes and PowerPoint presentations)
- Information on common student assignments such as annotated bibliographies, response essays, and dissertations

Running heads, abstracts, and author notes are only required for student papers if the instructor requests them.

STUDENT TITLE PAGE

Although students should always follow their instructor's guidelines, APA now includes a student-specific format for title pages:

- Paper's title in title case bolded and centered four or five lines from the top margin
- The author's name (first name, middle initial, last name) centered one double-spaced line below the title
- Course title and number (i.e., PSYCH 2203) centered one double-spaced line below the author's name
- Instructor's name one double-spaced line below the course title (title, first name, middle initial, last name)
- Assignment due date centered one double-spaced line below the instructor's name, formatted Month (spelled out), date, year (i.e., March 8, 1993)
- Page numbers aligned top right (included on every page)

GENERAL CHANGES

APA allows the use of the singular "they" for a person whose gender is unknown and for people who prefer a gender-neutral pronoun.

Use a plural verb with the singular "they."

Avoid using the pronoun "who" for animals and inanimate objects; use "that" instead.

Use only one space after a period.

IN-TEXT CITATIONS

- Use the first author's name followed by "et al." for sources with more than three authors. Note the period following "al."

- Parenthetical citations include the author’s last name and date of publication separated by a comma (Smith, 2014).
- Only include page numbers with direct quotations: (Smith, 2013, p. 14).
- For multiple parenthetical citations in the same sentence, alphabetize using the authors’ last names and separate with a semicolon: (Smith & Blackwell, 2015; Thomas & Stevens 2018).
- In a narrative citation, the author’s name appears in the text followed by the date in parentheses: Smith (2014) noted that
- In a narrative citation with two or three authors, both authors’ names appear in the text, followed by “and” instead of the ampersand (&) that is found in parenthetical citations: Smith and Blackwell (2014) noted that
- If there are more than three authors, use only the first author’s last name, followed by et al. and the year: Smith et al. (2013) stated that

REFERENCE LISTS

Changes in the reference list include the following:

- Do not include place of publication.
- Always include issue number.
- Only include the phrase “retrieved from” when a retrieval date is also included. Retrieval dates are only necessary if the material cited is likely to change over time.
- Both DOIs and URLs for electronic sources should be listed with live links.
- Name up to twenty authors in a reference list. After twenty authors, note the additional authors with an ellipsis (. . .).
- Don’t include the label DOI for entries including one (<https://doi.org.123>. . .) -- do not include a period at the end of the DOI.
- Don’t include database information in a reference list unless the source is only available in one place because most articles are available from various sources.

A detailed list of changes can be found on [the APA website](#).