Citing and Managing Your References ...

APA style
Learning objectives

1. Become familiar with APA citation style for various types of documents and resources
   1. In-text citation
   2. Reference List
2. Learn techniques to get APA-formatted citations from databases while you search
3. Become familiar with web sites and services that help you use APA
4. Format a running head and title page in APA
Citation Style Guides

• Help you avoid plagiarism by acknowledging sources
• Citations provide enough details to track down original source
• Each style contains the same basic information
• Information is formatted differently with each style

Today’s focus: APA (American Psychological Association) Style – commonly used in Social Sciences
In your APA paper

• Use **In-text citations** whenever you directly quote a source and when you paraphrase

**AND**

• Provide a full **reference list** at the end of your paper: this will be labeled References

• APA also has guidelines for how you should format your paper
APA is a book! The library has copies.
References

• The **list of sources** used in creating a research paper, a book, etc.
• A **method of giving credit** to the authors from whom information was taken
• A **resource for other researchers** who can use it to get information about the topic
• Goes at the end of your paper
• You will start a new page in your document with the title “References” in the center of the page (do not bold, underline, or italicize the word)
For example

• Let’s say your research topic is:
  **What are the personality traits of people who exercise a lot?**

• You find a great article in the PsycINFO database:
In-Text Citation: Quoting

- Place quotation marks around other people’s exact words ("...")
- Don’t rephrase or reorganize the quoted words
- Indicate the source of the quotation

*Tip: if copying an exact passage while researching, use quotation marks*
“Extraversion is related to many types of exercise outcomes, such as participation, frequency and performance” (Lewis & Sutton, 2011, pp. 91-92).
In-text citation using a signal phrase

• Lewis and Sutton (2011) note that “Extraversion is related to many types of exercise outcomes, such as participation, frequency and performance” (pp. 91-92).
In-Text Citation: Paraphrasing

• Write other people’s ideas in your own words
• Using synonyms or changing the word order is **not** sufficient
• Indicate the source of the quotation using a standard method (APA)

*Tip: read the passage, close the book, write it in your own words*
Lewis and Sutton (2011) found that people who are focused on themselves, rather than on others, are more likely to exercise often.
Basics of creating an in-text citation

• Author & date
• For a quotation, provide the last name of the author, the year of publication, and the page number
• For a paraphrase, provide the last name of the author and the year of publication
Reference List Basics

ALWAYS include all sources in your list of references (citations) and VICE VERSA, everything in your list of references should be cited in your paper.

References come after the body of your paper.

seeking (De Moor, Beem, Stubbe and Boomsma, 2006). The positive relationship between Extraversion and fitness was further supported by Bogg, Voss, Wood and Roberts (2008), though the expected relationship with Conscientiousness was not found. These contradictory results may be due to a difference in outcome measurements, with the latter study using physical performance as the outcome rather than retrospective self-report of behaviour.

References


Let’s format an example together

The happy face of mindfulness: Mindfulness meditation is associated with perceptions of happiness as rated by outside observers.

Authors: Choi, Yowon, Institute for Computing and Informational Science, Radboud University, Nijmegen, Netherlands
Karremans, Johan C., Behavioural Science Institute, Radboud University, Nijmegen, Netherlands, karremans@psych.ru.nl
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Page Count: 6

Publisher: United Kingdom: Taylor & Francis.

ISSN: 1743-9779 (Electronic)
1743-9760 (Print)

Language: English

Keywords: happiness, mindfulness meditation

Abstract: The last decade has witnessed an enormous increase in research examining the effects of mindfulness meditation. One of the basic assumptions guiding this research is that meditation ultimately makes people happier. In this article, in two studies we tested whether meditators actually look happier. To address this question, outside raters judged the happiness of meditators and non-meditators based on a 15-s video clip of their behaviour. Study 1 demonstrated that novice meditators looked happier after an intensive 9-day meditation retreat (as compared to before the retreat), while Study 2 demonstrated that experienced mindfulness meditators looked happier as compared to controls. The interpersonal implications of these findings are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Subjects: *Happiness; *Meditation; *Mindfulness

Classification: Personality Traits & Processes (3120)

Population: Human (10)
Male (30)
Female (40)
Overall format

References label centred

Citations in alphabetical order by first author (or title)

Double-spaced, all lines after first line are indented

✓ Every in-text citation in your paper must also appear in the References list at the end and vice versa

Source: OWL at Purdue University
Activity: Spot the Error

• Review the sample APA reference list provided
• Indicate on the back of the page the errors that need to be corrected
Help with Citation Styles

- Libraries’ main website
  - Help & Instruction
    - Library “How to” Guides
      - How to write and prepare a bibliography using citation and style guides

or

- Quick links » Citation Guides:
  [http://library.concordia.ca/help/howto/citations.html](http://library.concordia.ca/help/howto/citations.html)
Gathering references as you search

- Most databases will allow you to have an APA-formatted citation that you can paste into your reference list, email, notes, etc.
  - Example from Psycinfo (or any EBSCO database)
  - Example from Sociological Abstracts (or any Proquest database)
Getting help formatting in APA: Running Head

Video on AHSC and PSYC Subject Guides
Useful web-site: Son of Citation Machine
Useful web-site: OSLIS APA Citation maker
Using Refworks

[demo time]
Help with Writing

Student Learning Services:

SGW Campus: 1455 de Maisonneuve W., Hall-440
514 848-2424, ext. 3545

Loyola Campus: 7141 Sherbrooke St. W., AD-103
514 848-2424, ext. 3555

sls@alcor.concordia.ca

http://learning.concordia.ca/

Make an appointment AS SOON AS POSSIBLE if you need one
Help with APA

- Get the Publications Manual of the APA at the reference desk or buy a copy at the bookstore (6th edition: paperback edition is blue)
- Use the Library help guides
- Ask for help at the reference desk

Good luck with your assignments!