

**This presentation was prepared by the**

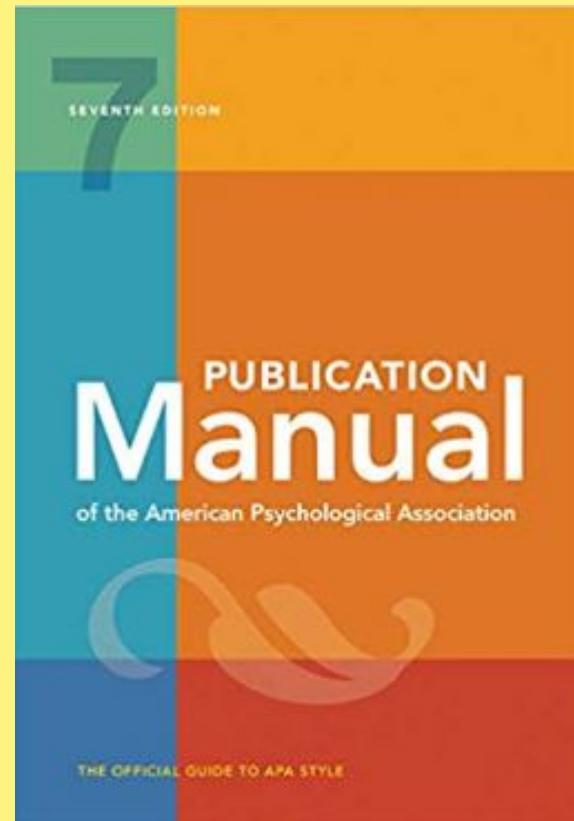
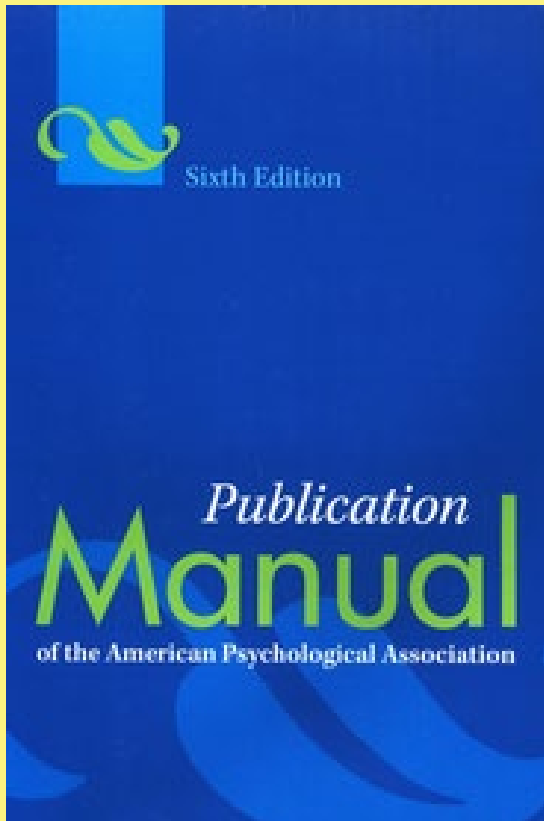


Room 2300 (Inside the Library)

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# Changes Between the 6<sup>th</sup> and 7<sup>th</sup> Editions of APA Format



# APA Student and Professional Versions

- The 7<sup>th</sup> edition of APA distinguishes between student and professional papers through different guidelines.
- **This presentation reflects the student version of an APA paper.**
- Check the Madonna University Writing Center for additional resources regarding the professional version.
- Sample student and professional papers are available here: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/sample-papers>

# Title pages:

- There are significant changes to the format for a title page.
- 7<sup>th</sup> Edition requires:
  - Title (about 4 lines down, bolded, with an extra space)
  - Author's name
  - Affiliation (department and university)
  - Course code and name (ex: WRT 1010: College Comp I)
  - Instructor name
  - Due date (month, day, year format)
- Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/title-page>

# Running head:

Student papers do not require a running head unless the professor asks for one.

Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/page-header>

# Comparing title pages:

Running head: THE PURDUE OWL'S AWESOME EXAMPLE OF AN APA PAPER. 1

The Purdue OWL's Awesome Example  
Of an APA Paper  
Jack Dawkins  
Purdue University

6<sup>th</sup> Edition

1

## Writing With APA Formatting

Jane R. Smith  
Department of English, Madonna University  
WRT 1010: College Composition I  
John Doe  
March 22, 2020

7<sup>th</sup> Edition

# Title:

The title of the paper is now **bolded**.

2

## **Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy**

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007). *Guided imagery* aids individuals in connecting their internal and external experiences, allowing them, for example, to feel calmer externally because they practice thinking about calming imagery. *Progressive muscle relaxation* involves diaphragmatic breathing and the

Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/sample-papers>

# Font:

More fonts are accepted.

- 11-pt Calibri
- 11-pt Arial
- 11-pt Lucida Sans Unicode
- 12-pt Times New Roman
- 11-pt Georgia
- 10pt Computer Modern
- Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/font>



# Headings:

Levels 3-5 are different between the editions.

The 7<sup>th</sup> edition requires:

- **Level 3 Heading:** flush left, *bold italics*, title case heading
- **Level 4 Heading:** indented, **bold**, title case ending with a period.
  - Text begins on same line as heading and continues as a regular paragraph
- **Level 5 Heading:** indented, *bold italics*, title case ending with a period
  - Text begins on same line as heading and continues as a regular paragraph
- Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/headings>

# Mechanics:

- Single space after periods
  - Link: <https://apastyle.apa.org/style-grammar-guidelines/punctuation/space-after-period>
- “Double quotes” are used instead of *italics* to denote examples of language.
- Numbers used in the abstract or in a graphical display follow the usual guidelines for numbers when a number precedes the noun.
  - Ex 1: the 1<sup>st</sup> day or the 11<sup>th</sup> item
  - Ex 2: the second grade or third question

Link: <https://apastyle.apa.org/style-grammar-guidelines/>

# Non-Biased Language:

- Use the singular form of “they” when:
  - Referring to an unknown subject (instead of “he or she”)
  - Referring to a person who uses they/them pronouns
  - Link: <https://apastyle.apa.org/style-grammar-guidelines/grammar/singular-they>
- Use inclusive language that does not discriminate based on factors such as age, race, gender, ethnic identity, sexual orientation, and disability.
  - Avoid condescending terminology
  - Link: <https://apastyle.apa.org/style-grammar-guidelines/bias-free-language>

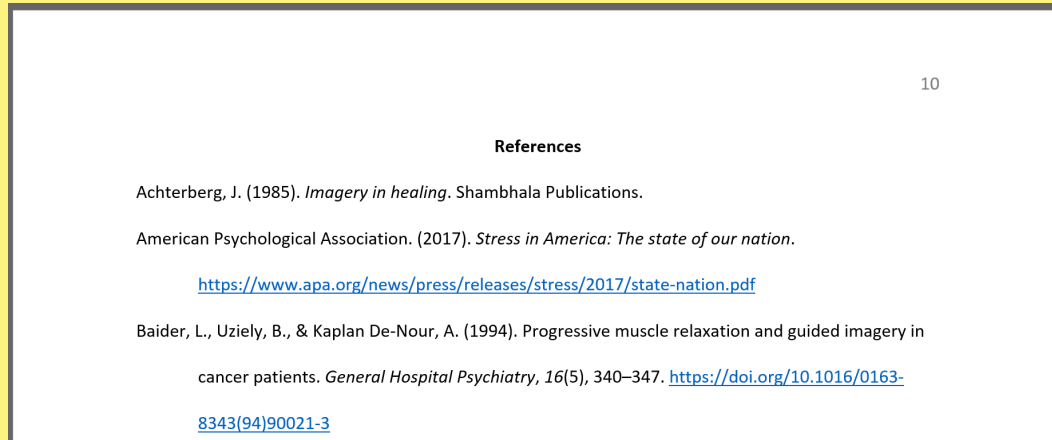
# In-text citations:

All in-text citation for works with three or more authors are shortened to the name of the first author and “et al.”

Link: <https://apastyle.apa.org/style-grammar-guidelines/citations/basic-principles/author-date>

# Reference page

The word “References” is now bolded.



Link: <https://apastyle.apa.org/style-grammar-guidelines/paper-format/student-annotated.pdf>

# Number of authors:

For two to twenty authors, use an ampersand (&) before the last author's name. For more than twenty authors, give the first nineteen, an ellipses, and the last.

Link: <https://apastyle.apa.org/style-grammar-guidelines/references/elements-list-entry>

# Books:

- The format of an ebook is not required.
- Print books no longer include the publisher's location.

Rabinowitz, F. E. (2019). *Deepening group psychotherapy with men: Stories and insights for the journey*. American Psychological Association.

<https://doi.org/10.1037/0000132-000>

Sapolsky, R. M. (2017). *Behave: The biology of humans at our best and worst*.

Penguin Books.

Link: <https://apastyle.apa.org/style-grammar-guidelines/references/examples#whole>

# DOIs and URLs:

- Regardless of whether a source is print or digital, if there is a DOI then it should be used.
- Do not put the label “DOI” before the link for DOIs.
  - **Example:** [dx.doi.org/10.1037/pst0000074](https://dx.doi.org/10.1037/pst0000074)
- If there is no DOI and a URL is used, the phrase “Retrieved from” **is no longer required**, unless the information in the page is likely to change over time
  - **Example:** <https://apastyle.apa.org/style-grammar-guidelines/references/does-urls>



# More on APA 7<sup>th</sup> edition:

- Refer to *Publication Manual of the American Psychological Association (7<sup>th</sup> ed.)* and/or the APA Style site (<https://apastyle.apa.org/>) for other information and changes.
  - Copies of the manual are available to look through in the Madonna University Writing Center
- Double check with regards to webpages, books, journal articles, and chapters within books when referencing them, as there are minor changes made for the 7<sup>th</sup> edition.

# Getting help with APA:

[www.apastyle.apa.org](http://www.apastyle.apa.org)

[www.owl.english.purdue.edu](http://www.owl.english.purdue.edu)



*Publication Manual of the American Psychological Association (7<sup>th</sup> ed.)*

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# References

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). <https://doi.org/10.1037/0000165-000>

American Psychological Association. (2020). *APA Style*. <https://apastyle.apa.org>