

# In-Text Citation Using APA Style (7<sup>th</sup> edition)

This handout provides a brief introduction to using APA Style for acknowledging sources inside the text of your paper.

## Introduction

As you write an academic paper for a college course, you need to let your reader know where you found your information each time you use ideas or wording that you found in other sources. To do this using APA style, you use the author's last name and the date of publication either in the text of the sentence you are writing or in parentheses. This provides information inside a sentence to guide the reader to the list of References at the end of your paper to find the complete details about each source.

## Identifying the Source

You need only three (3) pieces of information in a sentence when you include someone else's words, ideas, or facts in a sentence that you are writing:

the author's last name, or authors' last names

the year of publication of the book or article

the page number (only if you have quoted exact words)

In practice, adults who have growth mindsets do not always enact this in their "words and deeds," reverting to other forms of feedback and praise which then steers children or young students toward fixed mindsets (Dweck, 2017, p. 142).

You can use any of the following three ways to include documentation in a sentence:

- a. All together in parentheses **before the information**.

Some researchers (for example Haimovitz & Dweck, 2017) have developed practices through research for how to best help children develop growth mindsets.

- b. All together in parentheses **after the information**.

In practice, adults who have growth mindsets do not always enact this in their "words and deeds," reverting to other forms of feedback and praise which then steers children or young students toward fixed mindsets (Dweck, 2017, p. 142).

- c. **Split up** the information, so that the date is in parentheses after the author's name, and the page number is in parentheses at the end of the information.

Dweck (2017) stated that "growth mindset has frequently been misinterpreted" and been simplified to be used in a way that is not effective (p. 142).

The APA Style guide distinguishes between *narrative* and *parenthetical* in-text citations.

- Narrative citations include the author's name in the sentence, usually with the year in parentheses following (see examples a and c below).
- Parenthetical citations use author information within parentheses either in or at the end of the sentence (see examples b and d below).

## When to Document

Your essay or paper needs to have evidence, or support, or proof of the points you are making. One of the main ways to give support to your points is to include the ideas or words of an expert on the topic you are writing about. Below is a list of the situations where you should acknowledge the sources of information you use.

- a. Quoting: when you quote an author's exact words.

Dweck (2017) stated that "growth mindset has frequently been misinterpreted" and been simplified to be used in a way that is not effective (p. 142).

- b. Paraphrasing: if you use your own words, but you use another author's ideas or facts. Notice that when you do not quote, you do not need to include the page number.

Even though the concept of mindset seemed simple to the initial researchers, it has been misinterpreted and misapplied. (Dweck, 2017).

- c. Summarizing: if you summarize one or more important main points from another author's work. You should note that, when you summarize, you do not need to include the page number.

One of the main points that Dweck (2017) made was that having a growth mindset is only the first step in leading others to develop growth mindsets as well.

- d. Using Statistics or facts: if you use a fact or a statistic that is not common knowledge.

Statistics showed that post-secondary students with growth mindsets performed better in school (Ortiz Alvarado et al, 2019).

## Sources with Multiple Authors\*

If there are two authors, always give both authors' last names. Notice that for two authors you use "and" in a narrative citation and "&" in a parenthetical citation.

The first in-text citation of a work by more than two authors may list only the first author, followed by "et al." (which means "and others" in Latin).

Two (2) authors: Haimovitz and Dweck (2017) suggest that ...

Multiple (more than two) authors: Ortiz Alvarado et al. (2019) provide examples of ...

\*This information is new for the 7<sup>th</sup> edition.

## Selecting Information to Use

APA style prefers integrating your words with the source. Quote only the words or parts of an author's sentence that you want to emphasize while using your own words to explain to your reader why you have included this evidence. So, rather than quoting several lines as in the following example:

According to Haimovitz and Dweck (2017), "It is vital, then, for researchers to continue to understand the origins of children's **mindsets** " (p. 1859).

it is better to quote only the important words that you wish to emphasize:

Haimovitz and Dweck (2017) consider the need to researchers to keep working toward understanding of mindsets in children to be "vital" (p. 1859).

**PUNCTUATION OF SHORT QUOTATIONS:** the period at the end of the sentence is placed after the parenthesis.

## Using Long Quotations

If a quotation is longer than forty (40) words, the format and punctuation is different than for shorter quotations. As in the following example, a long quotation is set off from your writing by indenting it 0.5 inch from the left margin; do not use quotation marks around it, and double space the lines:

Haimovitz and Dweck (2017) described some of the effects of socialization on mindset:

For many years we assumed that when parents and teachers believe intelligence can grow they will pass this mindset on to children through their behaviors. However, new research has called this model of direct socialization into question. This emerging research, as well as the rising popularity of mindsets in research and practice, makes it a critical time to review what we know about how children come to hold these mindsets. (p.1850)

Whether mindset is passed to others needs additional study.

**PUNCTUATION OF LONG QUOTATIONS:** the period at the end of the sentence is placed before the parentheses.

## Using Information Cited in Another Source

What do you do if you want to use information or a quotation that another author also used, but you don't have the original source? Use the words "**cited in**" in parentheses to show in which secondary source you found the information. For example, if you find information about a study by Blackwell et al in an article by Haimovitz and Dweck, then your reference to these authors should appear like this:

Blackwell et al (2007) found that interventions to increase growth mindset can improve student's achievement (as cited in Haimovitz & Dweck, 2017).

Note: Only the source you actually read should appear in the reference list.

## Limitations of this Resource

This resource focuses only on one specific aspect of APA style — learning the basics of how cite sources inside the body of a paper. Consult the APA style guide (available in the Learning Centre and Library), APA website, or the Douglas College librarians for more information about how to cite and the details of formatting necessary, as well as how to format the References list.

## References

- Dweck, C. S., & Yeager, D. S. (2019). Mindsets: A view from two eras. *Perspectives on Psychological Science*, 14(3), 481–496. <https://0-doi-org.orca.douglascollege.ca/10.1177/1745691618804166>
- Haimovitz, K., & Dweck, C. S. (2017). The origins of children’s growth and fixed mindsets: New research and a new proposal. *Child Development*, 88(6), 1849–1859. <https://0-doi-org.orca.douglascollege.ca/10.1111/cdev.12955>
- Ortiz Alvarado, N. B., Rodríguez Ontiveros, M., & Ayala Gaytán, E. A. (2019). Do mindsets shape students’ well-being and performance? *Journal of Psychology*, 153(8), 843–859. <https://0-doi-org.orca.douglascollege.ca/10.1080/00223980.2019.1631141>