



APA Citation: In-Text Citations (APA 7)

General Guidelines

- An in-text citation should be used whenever you include a direct quote or paraphrased information from a source.
- Your in-text citations will include the author, publication year, and page or paragraph number.
- In-text citations can either be parenthetical or narrative.
- Parenthetical citations put the author, year, and page number in parentheses. Each element should be separated by a comma.
- Parenthetical citations for quotes should come directly after the quote, even if the quote is in the middle of the sentence. Parenthetical citations for paraphrased information should come at the end of the sentence.
 - The motto “The University of Mary Washington is the best place to be” (Paino, 2023) resonated with many students.
 - One motto that the students appreciate is “The University of Mary Washington is the best place to be” (Paino, 2023).
- Narrative citations state the author’s name in the main body of the text followed by the year in parentheses.
 - According to President Paino (2023), “The University of Mary Washington is the best place to be.”
- Include page numbers if they are known. For electronic sources without page numbers, include a paragraph number.
 - According to current research, “Broad oral language proficiency and listening comprehension [...] are among the most important oral language competencies” (Roberts, 2021, p. 171).
 - According to Harris (2013), “Huck Finn is that rare classic which grabs modern students' attention and elicits a genuine response” (para. 3).

Speaking and Writing Center [1]: Although a page or paragraph number is not required for paraphrased information, it is encouraged.

Speaking and Writing Center [2]: Notice that each element is separated by a comma.

Speaking and Writing Center [3]: Notice that when the parenthetical citation comes at the end of the sentence, the period should be after the parentheses.

Speaking and Writing Center [4]: Notice that page numbers are preceded by the abbreviation “p.”

Speaking and Writing Center [5]: Notice that the abbreviation “para.” is used to indicate a paragraph number for an electronic source.



Multiple Authors

Two Authors

- List both author's names every time you cite the work.
- Use an ampersand (&) between the names in a parenthetical citation and write out the word "and" in a narrative citation.
 - Social psychology has five core concerns (DeLamater & Collett, 2019, p. 3).
 - According to DeLamater and Collett (2019), social psychology can be defined as "the systematic study of the nature and causes of human social behavior" (p. 3).

Speaking and Writing Center [6]: Multiple authors should always be listed in the same order as in the original source.

Speaking and Writing Center [7]: In a narrative citation, the year should come directly after the author's name, while the page number should still come directly after the quote.

Three to Five Authors

- Use every author's name the first time you cite the source.
 - Our long-term memory is essentially unlimited (Forsberg, Adams, & Cowan, 2021, para. 1).
- If you cite the source again, only include the first author's name followed by the abbreviation "et al."
 - Working memory is critical to problem solving and learning (Forsberg et al., 2021, para. 2).

Six or More Authors

- Only include the first author's name followed by the abbreviation "et al."
 - "[E]xposure to one language influences the use of another" (Wodniecka et al., 2020, para. 2).

Unknown Authors

- If "Anonymous" is listed as the author, treat it as the author's name.
- If no author is listed, cite the work instead by its title.
- If using a narrative citation, use the full title.
 - According to the blog post "Effects of Standardized Testing on Students & Teachers: Key Benefits & Challenges" (2020), "Standardized tests fail to account for students who learn and demonstrate academic proficiency in different ways.

Speaking and Writing Center [8]: Unlike on the references page, each significant word of the title should be capitalized in the body of the text. Also note that titles of shorter works, such as individual articles or book chapters, should be placed in quotation marks. Titles of longer works, such as books, should be placed in italics.



- If using a parenthetical citation, a shortened version of the title containing roughly 1-2 words can be used.
 - Teachers may feel pressured to “teach to the test” (“Effects of Standardized,” 2020).
- If there is no individual author listed but the source was written by an organization, use the name of the organization as the author’s name.
- If the organization has a well known acronym, include the acronym in brackets after the organization name the first time you cite it. If you cite the source again, use only the acronym.
 - The majority of U.S. adults are less than optimistic about the nation’s future (American Psychological Association [APA], 2022, para. 7).
 - Additionally, “an alarming proportion of adults reported that stress has an impact on their day-to-day functioning” (APA, 2022, para. 20).

Speaking and Writing Center [9]: If you have multiple sources with similar titles, make sure to use enough words to distinguish the source.

Speaking and Writing Center [10]: This example technically uses three words for the shortened title, as prepositions, articles, and conjunctions typically don’t count towards the 1-2 word limit.

Speaking and Writing Center [11]: Note the square brackets around the abbreviation.

Multiple Citations

Two or More Works in the Same Parentheses

- List the parenthetical citations in alphabetical order within the parentheses. Separate each individual citation with a semicolon.
 - While data about gender inequality in Chinese education as a whole is somewhat mixed, it remains conclusive that girls still experience inequality in rural areas (Zeng, Pang, Zhang, Medina, & Rozelle, 2014, p. 474; Dong, Li, Yang, & Zhang, 2008, p. 66).

Speaking and Writing Center [12]: Note that the semicolon comes after the complete citation of the first source.

Two or More Works by the Same Author in the Same Parentheses

- Only list the author’s name once. List each year in chronological order, separated by commas.
 - Positive reinforcement is essential to classroom management (Canter, 1988, 1989).



Authors With the Same Last Name

- Use first initials with the last name to avoid confusion.
 - Some students with disabilities are “not really expected to do social studies” (J. Johnson & Busby, 2015, p. 98). Yet as early as the 1980s, researchers recognized the importance of including students with disabilities in the mainstream classroom (D. Johnson & R. Johnson, 1980).

Speaking and Writing Center [13]: Notice that the first initial comes before the last name.

Two or More Works by the Same Author in the Same Year

- Use a lowercase letter by the year (a, b, c...) in the reference list and use those letters again in your in-text citations.
 - The Supreme Court justices in *Brown v. Board of Education* “thought that bringing African American and European American students together in the same schools would weaken racial stereotypes and promote interracial understanding” (Gay, 2004a, p. 195). But “racism is so deeply woven into the entire fabric of society that no single policy or strategy, however powerful, is sufficient to eradicate it” (Gay, 2004b, p. 13).

Speaking and Writing Center [14]: Note that you should use the “a” label with whichever source appears first in your references list, which may or may not be the first source you reference in the body of your paper.

Personal Communications

- Personal communications are not included in the reference list; they are only cited in-text.
- Include the communicator’s name, the phrase “personal communication,” and the date.
 - Currently, there are no clear guidelines for how to cite AI (L. Schweitzer, personal communication, August 8, 2023).

Speaking and Writing Center [15]: Notice that for personal communications, the first initial is listed before the last name.

Indirect Sources

- If possible, try to locate the original source and cite that.
- Otherwise, use a signal phrase in the main body of your essay to name the original source and include the phrase “as cited in” in your parenthetical citation.
 - According to Misra & Beatty (1990), the match-up hypothesis describes a scenario when “highly relevant characteristics of the spokesperson are consistent with highly relevant attributes of the brand” (as cited in Till, et al., 2008, p. 183).

Speaking and Writing Center [16]: Note that the month and date come before the year, which differs from how dates are often formatted in reference lists.

Speaking and Writing Center [17]: An indirect source is a source that is quoted or referenced in another source.