Referencing is a standard convention used by academic and professional communities to inform readers of the sources of information used in a piece of written work. There are many referencing formats (e.g. Harvard, APA, MLA, Vancouver) and it is critical that you use the one prescribed by the people you are writing for. Check what style your College / topic requires. This quick guide covers how to reference common source types using the American Psychological Association (APA) system (7th edition). More complete examples of APA 7th referencing can be found here: https://apastyle.apa.org/style-grammar-guidelines/references/examples or see the Publication Manual of the American Psychological Association (7th edn, 2019).

OVERVIEW

You must cite all your references in order to:

• **acknowledge** your sources
• allow the reader to **verify** the data / information
• allow the reader to **consult** your sources independently for their own purposes
• **show** the reader the depth and breadth of your reading.

References must be provided wherever you **quote** (use exact words), **paraphrase** (use other people’s ideas using your own words), **summarise** (use main points of someone else’s opinions, theories or data) or use other people’s data or figures. Your references may be sources of information such as books, periodicals, websites, newspapers, government reports, legal cases, electronic recordings (CD, DVD, television) or brochures. Note that some of these sources are considered more credible than others. The main elements which need to be recorded in the APA system are the **author**, **date**, **title** and **where the source is found**.

The APA referencing system consists of two components, both of which are required:

1. **THE IN-TEXT CITATION**
   This is the short in-text reference to the source of the information e.g. Maguire (2018) or (Maguire, 2018).

2. **THE REFERENCE LIST**
   This is a list at the end of the written text of all references cited within. In this case it contains all the details of the reference rather than the short version used in the in-text citation. One item might look like this: Maguire, E. (2018). Girls, autobiography, media: Gender and self-mediation in digital economies. Springer.

KEY CHANGES BETWEEN APA 6TH AND APA 7TH EDITIONS

The release of the APA 7th Edition has included a dedicated webpage providing referencing examples. The following table is not a comprehensive list of changes. A more thorough guide to the requirements and examples can be found: https://apastyle.apa.org/style-grammar-guidelines/references/examples.

NEW IN APA 7TH

<table>
<thead>
<tr>
<th>IN-TEXT REFERENCING</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <strong>3 or more authors:</strong> list the first author’s surname followed by ‘et al.’ from the first in-text citation of the text (unless this causes ambiguity with another reference, e.g. two or more authors share the same surname)</td>
</tr>
<tr>
<td>• <strong>Secondary sources:</strong> include date of original work if known</td>
</tr>
<tr>
<td>• <strong>Guidelines for citing</strong></td>
</tr>
<tr>
<td>+ Traditional Knowledge and Oral Traditions of Indigenous Peoples</td>
</tr>
<tr>
<td>+ quotations from research participants</td>
</tr>
</tbody>
</table>
APA REFERENCING
7th EDITION

REFERENCE LIST

- **Multiple authors:** List surname and initials of up to 20 authors for each source. If more than 20 authors, list the first 19, then ellipsis (…) and the final author
- **E-books:** publisher required but not the platform or device
- **Location of publisher:** no longer required
- **URLS:** ‘Retrieved from’ no longer required unless a retrieval date is required
- **DOI:** ‘DOI’ descriptor not required. Use DOI hyperlink for URL

APA 7 REFERENCING EXAMPLES

Referencing categories have been expanded and templates examples provided, including for social media, audio-visual materials, webpages, lecture notes, PowerPoint slides etc. Online examples provided here: https://apastyle.apa.org/style-grammar-guidelines/references/examples.

IN-TEXT CITATIONS

The APA’s in-text citations provide at least the author’s last name and the date of publication. For direct quotations, a page number must be provided. This is also encouraged (but not required) if it will assist a reader to locate a paraphrased passage in a long work such as a book. The location of this reference depends on the form of the citation – see the first example on the following page.

In-text citations can take one of two forms – they can be a necessary part of the sentence (known as a ‘narrative citation’) using a signal phrase, which introduces the author or work, or they can stand separate from it in brackets (parenthetical citation). Depending on which way you are using the citation, the placement and content of the bracketed information changes. If the citation is an essential part of the sentence, then the brackets go around the year only.

**For example (narrative citation):**

Smith (2003) emphasised the need for an understanding of soil condition.

Alternatively, it could be written with the citation placed at the end (parenthetical citation):

There is a critical need to understand soil condition (Smith, 2003).

In this form the brackets go around both the name and the year. You can use both of these formats in your writing.

TENSES

When using narrative citations to discuss other authors’ work, the APA 7 style guide recommends using the past or present perfect tense.

**For example (past tense underlined):**

Weinstein et al. (2019) suggested that the notion of “learning styles” can limit students’ perceptions of learning.

**For example (present perfect underlined):**

Studies have found that adult day health centres allow carers respite from caring for relatives with dementia (Gaugler et al., 2003; Zarit et al., 2011).

When discussing the implications of results or previous statements, use the present tense. A guide to the use of verb tense according to APA 7 style can be found here: https://apastyle.apa.org/style-grammar-guidelines/grammar/verb-tense.
The following section shows how in-text citations are used under different circumstances.

The table below refers to both hard copy and electronic sources. A guide to APA in-text citations can be found at: [https://apastyle.apa.org/style-grammar-guidelines/citations](https://apastyle.apa.org/style-grammar-guidelines/citations)

Note: These items have been updated in APA 7th Edition and differ from APA 6th Edition.

### Quotation Basic Format

Quotes should appear word-for-word the same as the original and be enclosed in quotation marks ("…"). Ordinarily, introduce the quotation with a signal phrase that includes the author’s last name followed by the date of publication in parentheses. Put the page number (preceded by "p.") in parentheses after the quotation.

<table>
<thead>
<tr>
<th>Author(s)</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hart (1996)</td>
<td>Some primatologists &quot;wondered if apes had learned Language, with a capital L&quot; (p. 109).</td>
</tr>
</tbody>
</table>

If the signal phrase does not name the author, place the author’s last name, the year, and the page number in parentheses after the quotation. Use commas between items in the parentheses:

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some primatologists &quot;wondered if apes had learned Language, with a capital L&quot; (Hart p. 109).</td>
</tr>
</tbody>
</table>

If the quote is longer than 40 words, you do not need quotation marks. Instead, it must be presented as an indented block on a new line below the text. Acknowledge the author, year and the page number in parenthesis after the final full stop.

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chen (2006) claims “the optimal time for using coffee beans is between 2 and 4 weeks after roasting” (pp. 21–22).</td>
</tr>
</tbody>
</table>

Note: See the Paraphrasing and Quoting Guide for more information about how to format quotes.

### Summary or a Paraphrase Basic Format

Include the author’s last name and the date either in a signal phrase introducing the material or in parentheses following it.

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>According to Hart (1996), researchers took Terrace’s conclusions seriously, and funding for language experiments declined.</td>
</tr>
</tbody>
</table>

Researchers took Terrace’s conclusions seriously, and funding for language experiments soon declined (Hart, 1996).

### A Work with Two Authors

Name both authors in the signal phrase or parentheses each time you cite the work. In the parentheses, use "&" between the authors’ names; in the signal phrase, use "and".

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greenfield and Savage-Rumbaugh (1990) have acknowledged that…</td>
</tr>
</tbody>
</table>

Kanzi’s linguistic development was slower than that of a human child (Greenfield & Savage-Rumbaugh, 1990).

### A Work with Three or More Authors

When identifying work done by three or more authors, for the first and all subsequent citations use the first author’s name followed by “et al.” and the date. The phrase “et al.” in Latin and means “and others”.

<table>
<thead>
<tr>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>The chimpanzee Nim was raised by researchers who trained him in American Sign Language by moulding and guiding his hands (Terrace et al., 1979).</td>
</tr>
</tbody>
</table>

Terrace et al. (1979) trained the chimpanzee Nim in American Sign Language by moulding and guiding his hands.
<table>
<thead>
<tr>
<th>APA REFERENCING 7th EDITION</th>
</tr>
</thead>
</table>

### ORGANISATION AS AUTHOR

If the author is a government agency or organisation, name the organisation in the signal phrase or in the parenthetical citation in the same way you would if it were a person.

According to the Language Research Centre (2000), linguistic research with apes has led to new methods of treating humans with learning disabilities such as autism and dyslexia.

If the organisation has a familiar abbreviation, you may include it in brackets the first time you cite the source.

The national guideline for alcohol consumption is for no more than two standard drinks per day (National Health and Medical Research Council [NHMRC], 2009).

The National Health and Medical Research Council (NHMRC) advises that people under the age of 18 should not drink alcohol (2009).

### TWO OR MORE WORKS IN THE SAME PARENTHESES

When your parenthetical citation names two or more works, put them in the same order that they appear in the reference list (i.e. alphabetically), separated by semicolons.

Researchers argued that the apes in the early language experiments were merely responding to cues (Sebeok & Umiker-Sebeok, 1979; Terrace, 1979).

### CHAPTERS WRITTEN BY DIFFERENT AUTHORS IN AN EDITED BOOK

If you use a source that was cited in another work (a secondary source), name the original source in your signal phrase. If the date of the original work is known, include that too. In parenthesis, list the secondary source (the one you found it in) and its date, preceded by the words “as cited in”. List the secondary source in your reference list. Secondary sources should be used sparingly, as it is best to find the original work if at all possible. In the following example, Carey & Stefaniak is the secondary source (i.e. the source that you have direct access to):

Learner satisfaction increases with goal attainment which in turn increases self-efficacy perceptions (Schunk 1991, as cited in Carey & Stefaniak, 2018).

Schunk (1991, as cited in Carey & Stefaniak, 2018) suggests learner satisfaction increases with goal attainment which in turn increases self-efficacy perceptions.

### SECONDARY SOURCES

Interviews, letters, e-mail, and other person-to-person communications should be cited as follows:

One of Patterson's former aides, who worked with the gorilla Michael, believes that he was capable of joking and lying in sign language (E. Robbins, personal communication, January 4, 2000).

**Note:** personal communication is not included in the reference list.

### TRADITIONAL KNOWLEDGE OR ORAL TRADITIONS OF INDIGENOUS PEOPLES

The manner of citing Traditional Knowledge or Oral Traditions of Indigenous Peoples varies depending on how the information has been accessed. If the information has been recorded (e.g. book, audio, interview transcript), cite in-text and include a reference list entry according to the appropriate source type.

If the information has not been recorded, a variation of personal communication may be used. As much as possible, provide: full name, Indigenous nation or group, location, personal communication, and date of correspondence.

We spoke with Anna Grant (Haida Nation, lives in Vancouver, British Columbia, Canada, personal communication, April 2019) about traditional understandings of the world by First Nations Peoples in Canada. She described . . .

Be sure to maintain the integrity of Indigenous perspectives. Ensure information is accurate and appropriate to share before citing. Terms related to Indigenous Peoples must be capitalised (e.g. Kaurna, Wurundjeri, Traditional Custodian).

**Note:** as this is a form of personal communication, it is not included in the reference list.

### QUOTING RESEARCH PARTICIPANTS

Within the text, state that the quote is from a research participant. Protect the identity of the participants by referring to them by pseudonyms or nicknames, roles, descriptive phrases, or case numbers. For formatting, follow the same guidelines as other quotations.

One participant, “Jane”, a forty-year-old nurse from Townsville, noted that she felt “overwhelmed by the number of new cases this year.”

**Note:** as participants are part of original research, they are not included in the reference list.
OTHER ELECTRONIC SOURCES
Where possible, use the author-date style, as you would with any other source. For audio-visual material the author is usually the director, producer or host. For further help ascertaining who the author of an electronic work or website is, please refer to the Seventh Edition Publication Manual of the American Psychological Association or APA website.

Note: The Seventh Edition Publication Manual of the American Psychological Association is available in the Flinders University Library.

COMMON IN TEXT REFERENCING ISSUES

UNKNOWN AUTHOR/ ANONYMOUS
If the author is unknown, use the title of the work in the place of the author’s name. Use italics for titles which are italicised in the reference list. Use double quotation marks around the title if no italics are required in the reference list.

Chimpanzees in separate areas of Africa differ in a range of behaviours. An international team of researchers has concluded that many of the differing behaviours are cultural, not just responses to varying environmental factors (“Chimps”, 1999).

In the rare case when “Anonymous” is specified as the author, treat it as if it were a real name: (Anonymous, 2001). In the list of references, also use the name Anonymous as author.

UNKNOWN DATE
When the date is unknown, APA recommends using the abbreviation “n.d.” (for “no date”).

Attempts to return sign-language-using apes to the wild have had mixed results (Smith, n.d.).

NO PAGE NUMBERS
APA ordinarily requires page numbers for direct quotations, and it recommends them for long summaries or paraphrases. When an electronic source lacks stable numbered pages, your citation should include (if possible) information that will help readers locate the particular passage being cited. When a document has numbered paragraphs, use the paragraph number preceded by the abbreviation “para.” (or “paras.” – plural):

(Hall, 2001, para. 5).

If neither a page nor a paragraph number is given and the document contains headings, cite the appropriate heading and indicate which paragraph under that heading you are referring to:

According to Kirby (1999), some critics have accused activists in the Great Ape Project of “exaggerating the supposed similarities of the apes [to humans] to stop their use in experiments” (Shared Path section, para. 6).

When quoting from an audio-visual work (YouTube/TED Talk etc), use a time stamp to mark the beginning of the quotation instead of page numbers.

In his TED Talk on the things which contribute to a good life, Waldinger claims that “living in the midst of warm relationships is protective” for our health (Waldinger, 2015, 4:54)

TWO OR MORE WORKS BY THE SAME AUTHOR IN THE SAME YEAR
When your list of references includes more than one work by the same author in the same year, use lowercase letters (“a”, “b” and so on) with the year to order the entries in the reference list. Use those same letters with the year in the citation:

Research by Kennedy (2000b) has yielded new findings concerning...

LEGISLATION
In-text citations of legislation do not include an author. Instead, the short title of the legislation appears in italics followed by the jurisdiction in brackets. If necessary, refer to the section of the legislation. Note, the year is included in the title. For example:

According to s. 1.14 of the Sex Discrimination Act 1984. (Cth), it is unlawful for an employer to discriminate against a person based on their sex or sexual orientation.

FORMAT FOR SOURCE TYPE IS NOT LISTED IN APA
If the work you want to cite and include in your reference list does not match any specific example in the APA style manual, choose an example of the type of work which is most similar and adapt the format accordingly.
In APA style, the alphabetical list of works cited, which appears at the end of the paper, is titled "References". Every work cited in the text must be listed. Each entry usually contains four main elements: author(s), year of publication, title, and source/publishing data, in this order. The publishing data for a book or monograph consists of the name of the publishing company; for a journal article it consists of the volume and issue numbers, page numbers, and Digital Object Identifiers (DOI) or Uniform Resource Locators (URL) if applicable.

Observe all details: capitalisation, punctuation, use of italics, and so on. Keep the list in alphabetical order by authors' last names; if a work has no author, list it alphabetically by its title. The first element of each entry is important because citations in the text of the paper refer to it and readers will be looking for it in the alphabetised list. The date of publication appears immediately after the first element of the entry.

Note: These items have been updated in APA 7th Edition and differ from APA 6th Edition.

### BOOKS

<table>
<thead>
<tr>
<th>BASIC FORMAT FOR A BOOK</th>
<th>Author, A. (Year). Title of book: Subtitle (2nd ed.). Publisher Name.</th>
</tr>
</thead>
</table>


<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Note: cite translated works in the language in which it was translated. To cite a work that is in another language, provide the author, date, title, and source of the work in the original language as well as a translation of the title in square brackets after the title and before the period.</td>
<td></td>
</tr>
</tbody>
</table>


### JOURNALS AND PERIODICALS

<table>
<thead>
<tr>
<th>BASIC FORMAT FOR A JOURNAL ARTICLE</th>
<th>Author, A. (Year). Title of article: Subtitle. Title of the Journal, volume number(issue number), start page-end page.</th>
</tr>
</thead>
</table>


**ELECTRONIC SOURCES**

| ★ WEBPAGE WITH AN INDIVIDUAL AUTHOR | Cherry, K. (2020, July 19). Tips for overcoming procrastination. *Verywell Mind*. [https://www.verywellmind.com/tips-for-overcoming-procrastination-2795714](https://www.verywellmind.com/tips-for-overcoming-procrastination-2795714) **Note**: include the most specific publication date possible. This means citing the date a work was last updated if this information is available. Retrieval date is only necessary if the content is likely to be updated. |
| ★ WEBPAGE WITH AN ORGANISATION OR GROUP AS AUTHOR | World Health Organisation. (2020, May 20). Asthma. [https://www.who.int/news-room/fact-sheets/detail/asthma](https://www.who.int/news-room/fact-sheets/detail/asthma) **Note**: include the most specific publication date possible. This means citing the date a work was last updated if this information is available. Retrieval date is only necessary if the content is likely to be updated. |
| ★ WEB DOCUMENTS (e.g. PDFs) | World Health Organisation. (2007). *Global surveillance, prevention and control of chronic respiratory diseases: A comprehensive approach*. [https://apps.who.int/iris/bitstream/handle/10665/43776/9789241563468_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/43776/9789241563468_eng.pdf?sequence=1) |
**Strengthening trans-Tasman economic relations.**

**Practice guidelines for the treatment of patients with eating disorders (2nd ed.).**
Washington, DC

**Users with disabilities’ social and economic development through online access.**
In M. Boumedine (Ed.), Proceedings of the IASTED International Conference on Information and Knowledge Sharing (pp. 122–127). ACTA Press

**Programmers’ attitudes toward computer crime: The case in Hong Kong**
10th World Congress of Computer Technology, Kathmandu, Nepal.

**Traffic**
Gramercy Pictures.

**The class of 2020 (Season 60, Episode 45)**
Four Corners. Sydney, NSW: Australian Broadcasting Corporation.
TELEVISION SERIES

COURSE BOOK
School of Humanities, Flinders University (2003). Professional English course book, semester 2. [ENGL 1001]. Flinders University

CODE OF ETHICS/CONDUCT

MIMS

COCHRANE SYSTEMATIC REVIEW

LEGISLATION
Sex Discrimination Act 1985 (Cth) s. 1.14 (Austl.).

Note: If you are referencing an Australian legislation, you may want to use the AGLC 4th, which can be obtained from https://law.unimelb.edu.au/__data/assets/pdf_file/0005/3181325/AGLC4-with-Bookmarks-1.pdf. Please check with your lecturer to find out if this is the preferred method when referencing Australian legislation.

EXAMPLES OF FORMAT FOR DIFFERENT TYPES AND NUMBERS OF AUTHORS IN THE REFERENCE LIST

The format of the “author” part of the reference is dependent on a variety of factors. The examples below help identify these differences. Note that the full reference is not given here for the sake of brevity – only the author and date.

SINGLE AUTHOR

MULTIPLE AUTHORS
List up to and including 20 authors by last names followed by initials. Use an ampersand (&) instead of “and”.


If there are more than 21 authors, list the first nineteen, insert three ellipsis points (…) between the 19th and final author.


ORGANISATION AS AUTHOR
When the author is an organisation, begin with the name of the organisation.

TWO OR MORE WORKS BY THE SAME AUTHOR
Use the author’s last name for all entries. List the entries by year, the earliest first.

TWO OR MORE WORKS BY THE SAME AUTHOR IN THE SAME YEAR

List the works alphabetically by title. In the parentheses, following the year, add "a", "b" and so on. Use these same letters when giving the year in the in-text citation. “a” is the one first cited.


JOURNAL ARTICLES FROM ONLINE DATABASES

In general, it is no longer necessary to include database information, because this can change over time, and database aggregators further confuse the issue. However, some archival documents can only be found in certain electronic databases, such as ERIC or JSTOR. If the document is difficult to locate through its primary publisher, give the URL for the home page of the database.

ONLINE SOURCES AND THE USE OF DOIS

If you use a source you have found online, you must include information that will enable the reader to locate the same source. Until recently, this was done by stating the URL. Recently, DOIs (Digital Object Identifiers) have been introduced. DOIs are attached to each document and stay with it, even if the URL of the document changes. All DOIs start with the number 10, followed by a dot, a four-digit number, a slash, and then an alphanumeric string. Note that a DOI will start with “https://doi.org/”. Further, a full stop is not used after the DOI.

Example: https://doi.org/10.1080/14622200410001676305

If you have a DOI and you want to find the document, you can either go to http://www.crossref.org/ and enter it in the search box, or add the entire DOI string after http://dx.doi.org/. If a document has a DOI, you should use this in your reference list (see examples, below). If a DOI is used, no further retrieval information is needed.

If the document does not have a DOI, you should state the complete URL of the home page of the journal or the publisher of the book or report. Make certain that the link works.

Do not include retrieval dates unless the source material may change over time (such as with wiki pages).