

APA In-text citation: follows the **author–date system**

Cite **all** ideas and words from sources, paraphrased, summarized, or quoted in your essay, with the author’s last name and the year of publication in brackets:

- Author’s name is part of your own sentence [= an integrated or narrative reference]:

Kendi (2019) focused attention on the idea of *antiracism*. [Use past or past perfect tense: *focused* or *has focused*]

- Author’s name is not in your sentence [= non-integrated or parenthetical reference]:

Research on food security has suggested new solutions (Schwartz & Pollan, 2019). [period after closing bracket]

- For 2+ texts by the same author: dates separated by comma (Jones et al., 2018, 2019)
- For 2+ authors in the same non-integrated reference, authors separated by semicolon: (Jones et al., 2018, 2019; Khan & Guo, 2017).

Author type	Parenthetical citation	Narrative (integrated) citation
One author	(Shiraz, 2020)	Shiraz (2020) researched...
Two authors (use ampersand)	(Salas & D’Agostino, 2020)	Salas and D’Agostino (2020) noted...
Three or more authors (use et al.)	(Martin et al., 2020)	Martin et al. (2020) asserted that ...
Group author with abbreviation, first citation (sq. [] inside round ones) Subsequent citations (use only abbrev.)	(Canadian Mental Health Association [CMHA], 2020) (CMHA, 2020)	The Canadian Mental Health Association (CMHA, 2020) verified... (CMHA, 2020)
Group author, no abbreviation	(Western University, 2020)	Western University (2020)

For the References page, go to APA.org’s [Quick Guide](#) (2020) Table based on [APA Academic Writer Tutorial](#) (2020).

- Paraphrase (rewriting an author’s ideas in your own words) is preferred over quotation. Use author, date.

Most exclusion of persons with disabilities happens by omission and unimaginativeness rather than intentionally (Myers et al., 2014). [Parenthetical reference; place period after the closing bracket]

- Quote only when the words are specific and important. Use double quotation marks, date, **page #** --p dot space number--or section name if page is not available. Integrate quotation into your sentence’s structure.

Myers et al. noted that barriers experienced by people with disabilities were “products of interaction between the social and built environment” (2014, p. 531). [Narrative + parenthesis; period after closing bracket.]

- Block quotations (40+ words): no quote marks; indent quote 0.5’ from margin; give author, date, page #; place brackets outside the quotation with no period after it; integrate quotation into your sentence.

Blazer and Fallon (2020) note that, in their writing centre, they are compelled to develop staff education practices that help tutors discuss and negotiate these differences. Interrogating standard language ideology in an effort to undermine the grasp it has on individuals becomes a central and often arduous task of [their] staff education efforts. (p. 23)

Other writing centre administrators have noted that they are compelled to develop staff education practices that help tutors discuss and negotiate these differences. Interrogating standard language ideology in an effort to undermine the grasp it has on individuals becomes a central and often arduous task of [their] staff education efforts. (Blazer & Fallon, 2020, p. 23)

For other types of sources (Youtube videos, sources cited in other sources) go to APA.org’s [Guides](#) or [Sample Paper](#).