

Northwest College Peer Tutoring Center

APA Formatting Guide

APA Formatting Example: Cover Page

1-inch margins

1

Effects of Pollution: An Arctic Environmental Study

Colin Kaye

Department of Biology, Demesne University

ENVR 121: Dynamic Earth

Dr. Katherine Hashimoto

February 1, 2020

- Title case
- Bolded
- Centered

- Centered
- Double-spaced
- Times New Roman font, size 12

APA Formatting Example: Abstract

1-inch

IMPACT OF SPORTS ON ADOLESCENTS

Running head: Page title, all caps

1/2 inch
2
Page #

Centered, bold → **Abstract**

Often sports are regarded as either dangerous or unnecessary activities by parents, teachers, and even students. But sports have tremendous positive effects on a student's life – from physical wellness and healthy lifestyle to emotional and behavioural benefits. These positive effects outweigh any negatives (which are already rare occurrences) that come with sports participation. This paper uses testimonials from middle school to high school students who are involved in sports, their teachers and parents, to demonstrate the beneficial effects of sports activities on the formative years of a child. Along with this, the paper also discusses specific case studies across varied high-risk sports to identify the risk potential (long-term and short-term) and the probability of serious injuries. It explores this risk potential (both physical and emotional risks) and tries to suggest plausible changes and suggestions that might help mitigate these dangers.

→ *Keywords:* sports, mental health, emotional risks

Indent the first line by 1/2 inch

Double-spaced lines

APA Formatting Example: First/Introduction Page

Page number
only

2

Effects of Pollution: An Arctic Environmental Study

Indent

This paragraph should be your introduction. The introduction presents the problem and premise upon which the research was based. It goes into more detail about this problem than the abstract.

All other paragraphs in your paper should also be indented. Also, double space all the lines in your paper.

APA Formatting Example: Citation Information

Invert names so that the last name comes first, followed by a comma and the initials. Leave a space between initials. Retain the order of authors' names.

Place the year in parentheses. End with a period.

Capitalize only the first letter of the first word. For a two-part title, capitalize the first word of the second part of the title. Also capitalize proper nouns. Do not italicize. End with a period.

Author, A. A., & Author, B. B. (Year). Title of the article.

Name of the Periodical, volume(issue), #-#. <https://doi.org/xxxx>

Capitalize all major words in the periodical name. Follow with a comma. Italicize the periodical name (but not the comma after).

Italicize the volume number. Do not put a space between the volume number and the parentheses around the issue number.

Do not italicize the issue number or parentheses. Follow the parentheses with a comma. **No issue number?** That's okay. Follow the volume number with a comma.

Include the article page range. Use an en dash; do not put spaces around the en dash. End with a period.

Does the article have a DOI? Include a DOI for all works that have one. Do not put a period after the DOI.

APA Formatting Example: In Text Citation

This is a narrative in-text citation. The author's name is in the text of the sentence. The page number (p. 42) is at the end of the sentence.

Stein (2018) studied whether the early onset of Alzheimer's disease affected individuals younger than 30. His findings revealed that individuals as young as 20 were affected by the disease (p. 42). Another study found similar data, showing that individuals as young as 18 displayed symptoms of the disease (**Tang & Pierce, 2014, p. 231**). Even though both studies involved individuals in different hemispheres, the results were similar.

This is a parenthetical citation. In parentheses are the last names of the authors, year published, and page number.

APA Formatting Example: References Page

The diagram shows a page layout for an APA references page. At the top right, the page number '5' is centered, with a red arrow pointing to it from the label 'Page number'. The word 'References' is centered below the page number, with a red arrow pointing to it from the label 'Bold'. The first reference entry is indented from the left margin, with a red arrow pointing to its second line from the label 'Indented second line'. The text of the references is double-spaced, with a red arrow pointing to the first line of the first entry from the label 'Everything is double spaced'. The references listed are:

Fleishman, L. J., Ogas, B., Steinberg, D., & Leal, M. [FunctionalEcology].
(2015, June 24). *Why do Anolis dewlaps glow? An analysis of a translucent visual signal* [Video]. YouTube.<https://www.youtube.com/watch?v=errevFcr01k>

McDaniel, D. (n.d.). *Anolis cristatellus*. Animal Diversity Web.
https://animaldiversity.org/accounts/Anolis_cristatellus/

Vanhooydonck, B., Herrel, A., Van Damme, R., Meyers, J., & Irschick, D. J. (2005). The relationship between dewlap size and performance changes with age and sex in a Green Anole (*Anolis carolinensis*) lizard population. *Behavioral Ecology and Sociobiology* 59(1), 157-165.
<https://doi.org/10.1007/s00265-005-0022-y>

All references need to be listed by author's last name A-Z (F, M, V)