

APA is a style of formatting information from outside sources.

For each piece of information (**quotations or paraphrases**), you must inform the reader of **three** things:

1. The author's name.
2. The year of the publication.
3. The page number where you found the information.

There are **two** ways to do this:

1. You may choose to use the author's name to introduce the **quotation** and/or **paraphrase**. For quotations, this option is usually the best:

Author's last name year in ()
↓ ↓
a) **Quotation:** Taylor (2010) reported that "three quarters of all athletes expressed satisfaction with their support network" (p.5). ← page number and then period

Author's last name year in ()
↓ ↓
b) **Paraphrase:** Therefore, Taylor (2010) claims it was no surprise that at San Jose State, the majority of student athletes felt they had enough resources and support to meet their needs (p. 5).
page number and then period

2. Or, you can choose not to use the author's name in the sentence or introductory phrase. Instead, include all of the information in parentheses at the end of the selection, followed by a period:
 - a) **Quotation:** The report stated that "three quarters of all athletes expressed satisfaction with their support network" (Taylor, 2010, p.5).
 - b) **Paraphrase:** Therefore, it was no surprise that at San Jose State, the majority of student athletes felt they had enough resources and support to meet their needs (Taylor, 2010, p. 5).

Practice: Open the nearest textbook and choose a sentence. Use all or part of the sentence to write an example following the APA format found in 1a, 1b, 2a, and 2b above. You will write **four** sentences in all.

Find out more: look through an APA manual and visit <https://owl.purdue.edu> .