

APA 7th Edition Formatting Workshop

...

Goals

- Introduce components of APA formatting
- Explain each section of an APA formatted paper
- Create a template in either Microsoft Word or Google Docs
- Access to guides and resources

Fonts and Formatting

- Examples of acceptable fonts:
 - 11-point: Arial, Calibri, or Georgia
 - 12-point: Times New Roman
- Font should be consistent throughout all sections of paper
- Double-space the entire paper, including the reference list
 - Double spacing can be done in the paragraph formatting - select 2.0
- Use 1-inch margins on all sides of the paper.
 - Default on both Word and Google Docs
- Formatting requirements may vary by instructor
 - Always check your assignment instructions for any specific formatting guidelines.

Components of APA Format

General

- Title Page
- Abstract (Depends on Professor's expectations)
- Body
- References

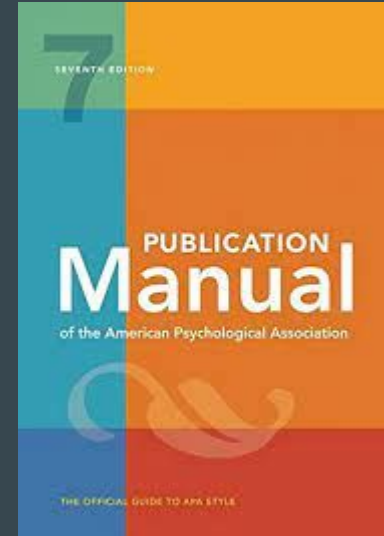
Research

- Title Page
- Abstract
- Introduction
- Method
- Results
- Discussion
- References

APA templates and example papers can be found at these links:

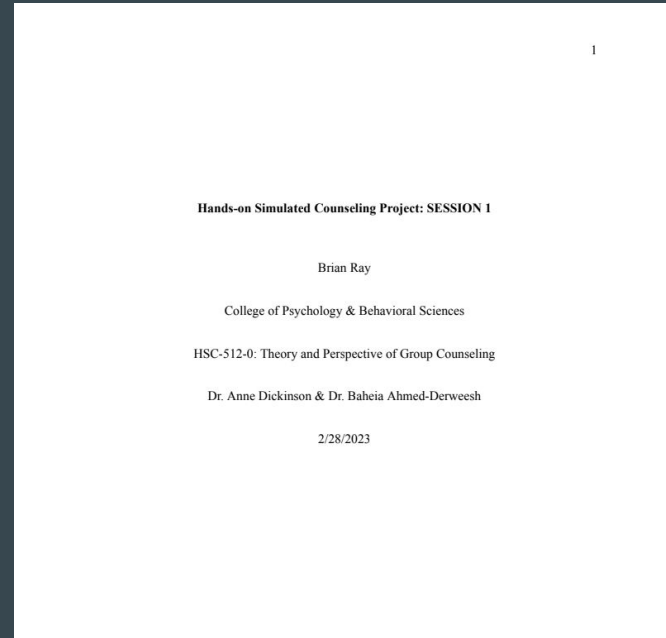
[NLU APA Format Template](#)

[Purdue OWL](#)



Title Page

- Running Head (May be required by professor)
- Page Numbers
 - Top right of page
 - Should match the font and size of the rest of paper
- Title
 - Centered and Title Case
 - 4-5 double spaced lines from the top of the page
- Author Name
 - One extra double spaced line between title and Author Name
- Affiliation or University
- Course name and Number
- Instructor
- Due Date



Title Page Continued

- If no title page is required still include important information on first page
 - Name
 - Class
 - Professor (if needed)
 - Due Date
- Information should be placed in the top left corner flush with the margin
- Title would be centered and bolded on first page

Brian Ray

Professor King

HSC-506

4/15/2023

Title of Paper

Abstract

- Brief summary of the paper
 - May be required by your professor
- 150-250 words
- Includes purpose, methods, results, and conclusion
 - Relevant for research papers

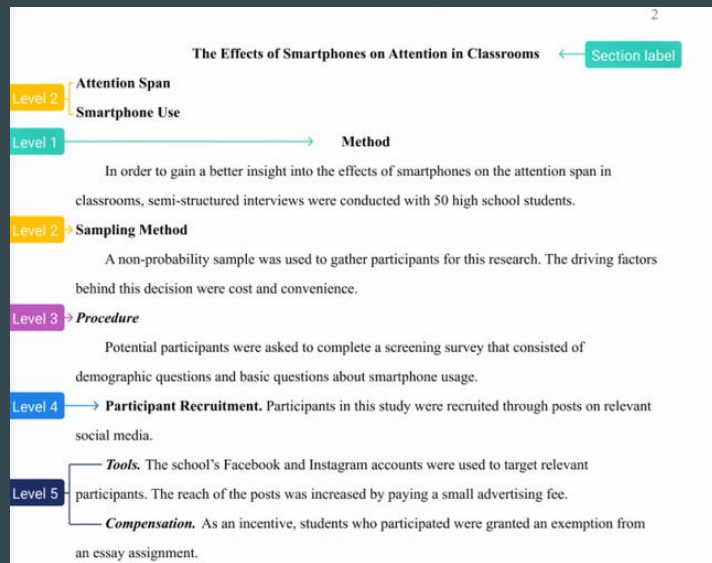
Abstract

This study was designed to explore the positive effects of casual video games, by comparing the mindfulness and mood scores among a) active yoga participants, b) passive yoga watchers, c) active video game players, and d) passive video game watchers. Participants were all undergraduate students recruited through Northeastern Illinois University's participant pool. Participants began the study by being assigned to one of the four conditions. Following their interaction, participants answered an adapted mood inventory questionnaire, a Player Experience Inventory (PXI), and an Engagement Questionnaire (EQ). Demographics were also collected. It was hypothesized that the active video game condition will have equal, or greater, scores in mindfulness and mood as the active yoga condition. Also, the active conditions will have higher mood scores and engagement scores than the passive conditions. Results showed that video game participants had significantly higher mindfulness of the mind scores while yoga participants had significantly higher mindfulness of the body scores. Further, there were significant differences in all three portions of the Mood and Symptom Checklist (MSC). Finally, both the PXI and EQ had a significant main effect of engagement type (i.e., active versus passive). Theories on these outcomes are discussed later in the paper. |

Headings

APA Style headings are generally used in higher level research and analysis papers and are used to separate out main sections of information and show subsections that fit within those main sections. Many of your papers will not need to go beyond a level 2 or 3 heading, but make sure to check the assignment details or with your instructor for individual assignment requirements.

Level	APA Heading Format (7th ed.)
1	Centered, Bold, Title Case Text begins on a new line (indent first line).
2	Left-aligned, Bold, Title Case Text begins on a new line (indent first line).
3	Left-aligned, Bold, Italic, Title Case Text begins on a new line (indent first line).
4	Indented, Bold, Title Case, Period. Text begins on the same line.
5	Indented, Bold, Italic, Title Case, Period. Text begins on the same line.



Body

- The body of your paper is where you develop your ideas and present your research.
- Each paragraph should focus on one main idea or point related to your thesis statement.
- Use topic sentences to introduce each paragraph and provide a clear focus.
- Use transitional sentences to connect each paragraph to the previous one and help the reader follow your argument.
- Use APA format for in-text citations when you incorporate information from your sources.
- Try to minimize the use of personal pronouns
- End with a concluding paragraph that summarizes your main points

Editing Your Paper and Grammarly

After drafting, make sure to re-read through your paper at least once to revise and make any major changes to your paper, and then, re-read once more to proofread for smaller matters like grammar, punctuation, and accurate APA-style citations and references. It can help make a checklist of these items to proofread, particularly when going back over APA.

One helpful tool provided to you by NLU is Grammarly, which detects and explains overall structural and more grammatical/mechanical errors in writing. You can use the guide at this link to download and sign up for a free Premium account:

[https://nl.edu/media/nledu/content-assets/documents/learning-support/Grammarly--NLU-Activation-Instructions-\(1\).pdf](https://nl.edu/media/nledu/content-assets/documents/learning-support/Grammarly--NLU-Activation-Instructions-(1).pdf)

In-Text Citations

- In-text citations provide brief information about the source within the body of your paper.
- These citations are used when you directly quote, paraphrase, or summarize information from a source.
- The basic format for in-text citations is: (Author's last name, Year of publication).
- There are two ways to use in-text citations:
 - Parenthetical or narrative
- Examples:
 - Direct quote: "All fish can swim upside down" (Ray, 2023, p. 22).
 - Paraphrase: According to Ray (2023), all fish are able to swim upside down.
 - Two authors: (Ray & Smith, 2023) or Ray and Smith (2023)
 - Multiple authors: (Ray et al., 2023) or Ray et al. (2023)
- In-text citations are essential to avoid plagiarism and give credit to the original source of information.
- If you cannot find the author's last name you can use the organization's name
 - To find the organization's name, you can scroll to the bottom of the webpage

In-Text Citations Examples

History of Existentialism and Existential Therapy

To begin, I will cover the two men attributed with founding existentialism, a philosophy dating back to the early 1800s. The definition of existentialism is "a philosophical movement that stresses the individual's unique position as a self-determining agent responsible for making meaningful, authentic choices in a universe seen as purposeless or irrational" (Dictionary.com, n.d.) Soren Kierkegaard, a Danish philosopher, focused on the concept of angst. Which in English is between anxiety and dread. Kierkegaard described angst, as well as anxiety, as fundamental to becoming an individual (Corey, 2020, p. 134). Existential anxiety is more in line

3

with how one wants to live. Kierkegaard is quoted that "the sickness unto death" or angst arises when one is not proper to themselves. The way to solve this dread is to face it and make difficult choices in line with one's values.

Friedrich Nietzsche further explored existentialism. He, too, agreed on subjective truths but shifted the focus away from concerns with God and instead placed that focus on individuals' will to power (Corey, 2020, p. 134). In other words, self-actualization, or one's ability to choose actions for themselves and impact one's surroundings. Nietzsche further pressed that this self-actualization leads to a happier existence for the individual and provides a stronger society.

View of Human Nature Through an Existential Lens

The existential perspective values individual's ability to make their own choices and provide their own meanings in life (Tan & Wong, 2012, para. 4). Another concept to consider within existentialism is that existence precedes essence, or individuals exist with nothing and must find meaning to or place meaning to enrich their lives (Moore, 2022, para. 7).

The basis of existential therapy differs from other theories in the lack of specific techniques. Rather, therapy is approached in flexible methods based on basic assumptions about human nature (Corey, 2020, p. 137). Existential tradition explores the tragic limitations of the human organism while also exploring the untapped potential within that same person. While this theory can be viewed as cold or isolating, the practice of this therapeutic model is quite the opposite. Topics such as mortality and meaning, while difficult to consider are both inevitable in a person's life. Becoming in touch with our limits and realizing the control we have can be truly

5

freeing and life-changing. The significance of a person's existence is never fixed, one can continually recreate oneself to best reflect their values and meaning (Corey, 2020, p. 138).

References

- References provide the reader with the full details of the sources you have cited in your paper.
- The reference list should be alphabetized by the author's last name, or organization
 - If no author or organization, use the first word of the title
- All references cited in the paper should be included in the reference list.
- Use hanging indentation for each reference, where the first line is flush with the left margin and subsequent lines are indented.
- The basic format for references is:
 - Author's last name, First Initial. Second Initial. (Year of publication). Title of work: Capital letter also for subtitle. Publisher.
- Different types of sources (e.g., journal articles, books, webpages) require specific formats for references.
 - Use the APA manual or online resources for detailed guidance on citing different types of sources.

References Examples

References

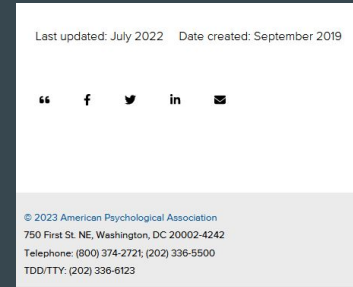
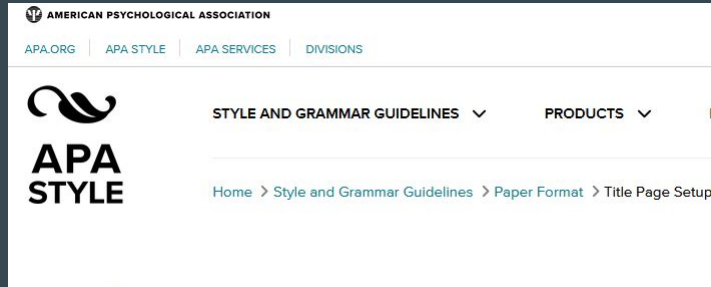
- Abeebe, V. V., Spiel, K., Nacke, L., Johnson, D., & Gerling, K. (2019). Development and Validation of the Player Experience Inventory: A Scale to Measure Player Experiences at the Level of Functional and Psychosocial Consequences. *International Journal of Human-Computer Studies*, 102370. doi:10.1016/j.ijhcs.2019.102370
- American Psychological Association. (n.d.). *APA Dictionary of Psychology - Mood*. American Psychological Association. Retrieved March 18, 2022, from <https://dictionary.apa.org/mood>
- Anderson, C. A., Shibuya, A., Ihori, N., Swing, E. L., Bushman, B. J., Sakamoto, A., ... Saleem, M. (2010). Violent video game effects on aggression, empathy, and prosocial behavior in Eastern and Western countries: A meta-analytic review. *Psychological Bulletin*, 136(2), 151–173. doi:10.1037/a0018251
- Bartos, L. J., Posadas, M. P., & Krügeloh, C. (2022). Perceived benefits of a remote yoga and mindfulness program for student musicians during COVID-19. *The Humanistic Psychologist*. <https://doi.org/10.1037/hum0000277>
- Botterill, C., & Brown, M. (2002). Emotion and perspective in sport. *International Journal of Sport Psychology*, 33, 38–60.
- Boyle, E. A., Connolly, T. M., Hainey, T., & Boyle, J. M. (2012). Engagement in digital entertainment games: A systematic review. *Computers in Human Behavior*, 28(3), 771–780. doi:10.1016/j.chb.2011.11.020
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822–848. doi:10.1037/0022-3514.84.4.822
- Chong CS, Tsunaka M, Tsang HW, Chan EP, Cheung WM. Effects of yoga on stress management in healthy adults: A systematic review. *Altern Ther Health Med*. 2011 Jan-Feb;17(1):32–8. PMID: 21614942.
- Clark, J. E., Lanphear, A. K., & Riddick, C. C. (1987). The Effects of Videogame Playing on the Response Selection Processing of Elderly Adults. *Journal of Gerontology*, 42(1), 82–85. doi:10.1093/geronj/42.1.82
- Cox, A. E., Ullrich-French, S., & French, B. F. (2015). Validity Evidence for the State Mindfulness Scale for Physical Activity. *Measurement in Physical Education and Exercise Science*, 20(1), 38–49. doi:10.1080/1091367x.2015.1089404
- Clement, J. (2022, February 11). *Twitch Global Hours watched 2021*. Number of hours watched on Twitch worldwide from 2nd quarter 2018 to 3rd quarter 2021 (in billions). Retrieved March 18, 2022, from <https://www.statista.com/statistics/1030852/hours-watched-twitch/>
- Ferguson, C. J. (2007). The Good, The Bad and the Ugly: A Meta-analytic Review of Positive and Negative Effects of Violent Video Games. *Psychiatric Quarterly*, 78(4), 309–316. doi:10.1007/s11126-007-9056-9
- Gentile, D. (2009). Pathological Video-Game Use Among Youth Ages 8 to 18. *Psychological Science*, 20(5), 594–602. doi:10.1111/j.1467-9280.2009.02340.x
- Granic I, Lobel A, Engels RC. The benefits of playing video games. *Am Psychol*. 2014 Jan;69(1):66–78. doi: 10.1037/a0034857. Epub 2013 Dec 2. PMID: 24295515.
- Gregg, V. H., & Shepherd, A. J. (2008). Factor Structure of Scores on the State Version of the Four Dimension Mood Scale. *Educational and Psychological Measurement*, 69(1), 146–156. doi:10.1177/0013164408322002
- Hannum, M. E., Forzley, S., Popper, R., & Simons, C. T. (2021). Application of the Engagement Questionnaire (EQ) to compare methodological differences in sensory and consumer testing. *Food Research International*, 140, 110083. doi:10.1016/j.foodres.2020.110083
- Hannum, M. E., & Simons, C. T. (2020). Development of the engagement questionnaire (EQ): A tool to measure panelist engagement during sensory and consumer evaluations. *Food Quality and Preference*, 81, 103840. doi:10.1016/j.foodqual.2019.103840
- Huelsenman, T. J., Nemanick, R. C., & Munz, D. C. (1998). Scales to Measure Four Dimensions of Dispositional Mood: Positive Energy, Tiredness, Negative Activation, and Relaxation. *Educational and Psychological Measurement*, 58(5), 804–819. doi:10.1177/0013164498058005006
- Kätsyri, J., Hari, R., Ravaja, N., & Nummenmaa, L. (2013). Just watching the game ain't enough: striatal fMRI reward responses to successes and failures in a video game during active and vicarious playing. *Frontiers in Human Neuroscience*, 7. doi:10.3389/fnhum.2013.00278
- Metcalf, O., & Pammer, K. (2014). Impulsivity and Related Neuropsychological Features in Regular and Addictive First Person Shooter Gaming. *Cyberpsychology, Behavior, and Social Networking*, 17(3), 147–152. doi:10.1089/cyber.2013.0024

Finding Reference and In-Text Citation Information

Guide to finding information on the website

Example:

<https://apastyle.apa.org/style-grammar-guidelines/paper-format/title-page>



Activity: Bring in website being used on an assignment, let's look together

Resources and Guides

- Citation Generators
 - Scribbr - <https://www.scribbr.com/citation/generator/>
 - Purdue Owl - https://owl.purdue.edu/owl/research_and_citation/resources.html
 - Google Doc Citation Manager - <https://www.loom.com/share/222428311d324cd49fa2a24266729b0e>
- APA Formatting Guides:
 - Purdue Owl:
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/index.html
 - Citing Secondary Sources: <https://apastyle.apa.org/style-grammar-guidelines/citations/secondary-sources>
- National Louis University Guides:
 - <https://nl.edu/learning-support/student-resources/writing-resources/>
 - Video under APA Style
 - https://libguides.nl.edu/c.php?g=356435&p=2404679&_gl=1*3b6eas*_ga*MTg5NzEyNTQ2OC4xNjYxMjEwNjU4*_ga_ETW8GPPCYM*MTY4MjM2MjM4OS4xNjkuMC4xNjgyMzYyMzg5LjYwLjAuMA..

References

American Psychological Association (2019). *Publication Manual of the American Psychological Association*. American Psychological Association (APA).

American Psychological Association (2019) *Title page setup*. (2022, July). <https://apastyle.apa.org>.
<https://apastyle.apa.org/style-grammar-guidelines/paper-format/title-page>

Purdue University. (n.d.-a). *APA Formatting and Style Guide (7th Edition)*. Purdue Owl. Retrieved March 27, 2023, from
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/index.html

Purdue University. (n.d.). *In-Text Citations: The Basics*. Purdue OWL. Retrieved March 27, 2023, from
https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/in_text_citations_the_basics.html

Streefkerk, R. (2022, October 24). APA Headings and Subheadings | With Sample Paper. Scribbr. Retrieved March 27, 2023, from
<https://www.scribbr.com/apa-style/apa-headings/>