



UMA courses require in-text citations and references in APA Style, 7<sup>th</sup> edition. You must always use citations and references when using someone else's ideas or words. There are 2 parts to using APA Style for citing, in text citations and references. When citing you will generally include the **WHO**, **WHAT**, **WHERE** and **WHEN** of the information you are using.

## Part 1: In-Text Citations

In-text citations are **placed in the body of your writing**. How this is done depends on if you *quote* or *paraphrase* the information.

### Quotation Examples

"High blood pressure and diabetes increase the risk of developing kidney disease" (Curhan, 2014, p. 3).

Curhan (2014) found that "high blood pressure and diabetes increase the risk of developing kidney disease" (p. 3).

In 2014, Curhan found that "high blood pressure and diabetes increase the risk of developing kidney disease" (p. 3).

### Paraphrase Examples

Diabetics are at risk of kidney disease (Curhan, 2014, p.3).

Curhan (2014) found that diabetics are at risk of kidney disease (p. 3).

In 2014, Curhan found that diabetics are at risk of kidney disease (p.3).

## Part 2: References

References are **placed at the end** of your assignment, discussion or other writing. How this is done depends on where you got the information, such as a *book*, *website*, or *journal article* but generally includes the four elements: **author**, **date**, **title** and **source**.

### Webpages:

Author, A. A., & Author, B. B. (Date of publication). Title of article. Site name. <https://Web address>.

### **Example:**

Curhan, G. (2014). Be kind to your kidneys. National Institute of Health. <https://www.nih.gov/news-events/news-releases/nih-urges-be-kind-your-kidneys>

### Journal Articles:

Author, A. A., Author, B. B., & Author, C. C. (Date). Title of article. Title of Periodical, Volume Number(Issue number), pages. DOI or URL.

### Books:

Author, A. A. (Year of publication). Title of book: no capital letters for subtitle. Publisher Name.

**For more information on APA Style, refer to the official APA Publication Manual 7<sup>th</sup> Edition. Or check out the following resources:**

[APA Style Blog](#)  
[Excelsior OWL – APA Formatting](#)  
[UMA - APA Formatting Video](#)