

# Changes from APA 6 to APA 7

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*Adapted from Purdue Online Writing Lab*

## **The Title Page**

The APA-specified title page for students includes: the title of the paper, the name of each author of the paper, the school being attended, the course number and name (e.g., ENGL 106), the course instructor's name and title, the assignment's due date, and a page number.

## **Heading Levels**

All headings are written in title case and boldface, and the levels are distinguished from one another through the use of italics, indentation, and periods. Changes made to levels 3, 4, and 5:

- Level 3: Flush Left, Boldface Italic, Title Case Heading
- Level 4: Indented, Boldface Title Case Heading Ending With a Period. Paragraph continues on the same line.
- Level 5: Indented, Boldface Italic, Title Case Heading Ending With a Period. Paragraph continues on the same line.

## **Other Format Changes:**

- Running heads are no longer required on student papers
- The section labels for abstracts and reference lists follow level one headings
- A variety of fonts are acceptable so long as the same font is used throughout

## **Writing Style and Grammar**

- Use “they” as a singular pronoun for a person whose gender is unknown or irrelevant. “They” should also be used for a person who uses “they” as their personal pronoun.
- “That,” and “which” are recommended for animals/inanimate objects rather than “who.”

## **Bias-Free Language**

Many guidelines about “age, disability, gender, racial and ethnic identity, and sexual orientation” have been updated. Consult chapter 5 of the APA Publication Manual for the full list.

- Use “person-first” language whenever possible (“a man with epilepsy” rather than “an epileptic” or “an epileptic man”)
- Instead of using adjectives as nouns to describe groups of people, use these adjectives to describe specific nouns or noun phrases (“people who use drugs” not “drug users”).
- Use specific labels if possible (“cisgender men” is more specific than “men”).
- When describing differences between groups of people, focus on the qualities that are relevant. (In a study of sex chromosome-linked illnesses, study participants’ biological sexes are probably relevant; their sexual orientations are probably not).

- In general, respect the language that people use to refer to themselves, and understand that the language used to refer to certain groups of people changes over time. Recognize also that group members may not be in total agreement about this language.

### **Mechanics of Style**

- Use one space after a period at the end of a sentence.
- Use quotation marks around linguistic examples (the “F” key, rather than the F key).

### **Tables and Figures**

- Tables and figures now use the same rules for titles, notes, and numbering.
- They may now be presented either in the document text or after the reference list.

### **In-Text Citations**

- Attribute sources with three authors or more with the name of the first author followed by “et al.” unless two papers have first-listed authors with the same name. Then, list as many names as needed to differentiate the papers, followed by “et al.”
  - Example for two authors: (Smith & Johnson, 2013)
  - Example for three authors: (Ramey et al., 2015)
- Oral Traditions or knowledge of Indigenous peoples are their own source category.
  - If recorded, follow the ordinary directions for that form of media.
  - If it came from a personal interaction, include the person’s name, the name of the indigenous group or nation, their location, any other relevant details, the words “personal communication,” and the date of the communication.
    - Example: Following a series of conversations with Joseph Turnipseed (Tulalip Nation, lives in Portland, Oregon, personal communication, September 2017), we discovered connections between...
- Indicate in the text if a quotation is from a research participant (otherwise cite as normal)

### **Reference List**

- All authors up to 20 are listed (if 21 or more, use the first 20 authors and then an ellipsis)
- Journal articles always include issue number
- Book references omit the publisher location
- If there is a DOI, only the link is included (not “doi:”)
- “Retrieved from” should be deleted for websites. Links only.

When citing sources from academic databases or online archives, end the database/archive portion of the citation entry with a period, then provide the DOI/UR.

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