APA 7 cheat sheet

Publication Manual of the American Psychological Association (7th ed.). Numbers are its sections.

THE PAPER

Margins	1 inch on all sides. 2.22
Font	One of: Times New Roman 12, Georgia 11, Calibri 11, Arial 11, Lucida Sans Unicode 10, Computer Modern 10. 2.19
Spacing	Double-spaced throughout, title page and References included. 2.21
Page header	Page number top right, from the title page on. No running head on a student paper. 2.18
Title page	Title bold and centered, 3 or 4 lines down; then name, school, course, instructor, due date. 2.3
Paragraphs	First line indented 1/2 inch. Left-aligned, ragged right. 2.23, 2.24
Headings	Level 1 centered bold; level 2 flush left bold; level 3 flush left bold italic. Title case. 2.27
Block quote	40 words or more: indent 1/2 inch, no quotation marks. 8.27
References	New page, “References” bold and centered. Alphabetical. 1/2 inch hanging indent. 2.12, 9.43, 9.44

IN-TEXT CITATIONS

Author and year; add the page for a quote: p. 112. Inside parentheses use &; in your sentence, and. 8.10 to 8.13, 8.17

One author, quote	(Walker, 2017, p. 112)
Two authors	(Hershner & Chervin, 2014)
Three or more	(Aron et al., 2019)
Group author	(National Cancer Institute, 2018)
No date	(Merriam-Webster, n.d.)

REFERENCE ENTRIES CHAPTERS 9 AND 10

Book

Walker, M. (2017). *Why we sleep: Unlocking the power of sleep and dreams*. Scribner.

Chapter in an edited book

Aron, L., Botella, M., & Lubart, T. (2019). Culinary arts: Talent and their development. In R. F. Subotnik, P. Olszewski-Kubilius, & F. C. Worrell (Eds.), *The psychology of high performance: Developing human potential into domain-specific talent* (pp. 345–359). American Psychological Association. https://doi.org/10.1037/0000120-016

Journal article

Hershner, S. D., & Chervin, R. D. (2014). Causes and consequences of sleepiness among college students. *Nature and Science of Sleep*, *6*, 73–84. https://doi.org/10.2147/NSS.S62907

Newspaper article

Lewin, T. (2003, November 8). Disability requests reflect changes in SAT procedure. *The New York Times*.

Web page

Bernstein, M. (2002, August 16). *10 tips on writing the living web*. A List Apart. https://alistapart.com/article/writeliving/

YouTube video

TED. (2019, June 3). *Sleep is your superpower | Matt Walker | TED* [Video]. YouTube. https://www.youtube.com/watch?v=5MuIMqhT8DM

Government report

National Cancer Institute. (2018). *Taking time: Support for people with cancer* (NIH Publication No. 18-2059). U.S. Department of Health and Human Services. https://www.cancer.gov/publications/patient-education/takingtime.pdf

ChatGPT or other AI

OpenAI. (2023). *ChatGPT* (Mar 14 version) [Large language model]. https://chat.openai.com/chat

- References name up to 20 authors (9.8); et al. is for the text only.
- Titles of works in sentence case; journal names in title case.

9.8, 6.17