

APA Style Research Packet

Using Researched Information FYI (APA) - Update

- Every research paper needs two things: **in-text citations & a sources (references) page**.
 - All information you did not know before you started researching must be cited (noted).
 - Use research as support even when you already knew the information.
 - Use quotations when the speaker adds credibility to your paper or when the words are “perfect”
 - Use paraphrases when the ideas are good, but the word order is not important
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Quotations (30%)

Direct Quotations (credible person/good language)

Of secondhand smoke, Smith (2010) says, “It increases both her [mother’s] and her baby’s risk of developing lung cancer, heart disease, emphysema, allergies, asthma, and other health problems” (para. 2).

Block Quotation (extends 4+ lines on your paper)

- Indent it two tabs
- No quotation marks needed.

Quoting a Short Phrase (it is okay to quote a few important words)

People who work in restaurants “absorb carcinogens” from customers (“Dangers,” 2009, para. 3).

Using a Secondary Source (you quote a source an author cites)

Smith tells us asthma results in “poorer sleep quality” (as cited in Williams, n.d., para. 4).

Editing a Quotation Use [...]

Smith (2010) warns that secondhand smoke [environmental tobacco smoke] increases the risk of “developing lung cancer, heart disease [...] and other health problems” (para. 6).

Paraphrases (70%)

Secondhand smoke causes a lot of diseases from lung cancer to asthma. There are many risks involved with it (Smith, 2010, para. 4).

Congress has voted on the issue 28 times without success (AAD, 2009, p. 4-5).

Paraphrasing Multiple Sources

Secondhand smoke causes a lot of diseases from lung cancer to asthma. There are many risks involved with it (“Dangers,” 2009; Smith, 2010; “Smoking,” 2011). ←use if mixed or in unison.

Secondhand smoke causes a lot of diseases (“Dangers,” 2009, para. 6) from lung cancer to asthma (Smith, 2010, para. 11). There are many risks involved with it (“Smoking,” 2011, para. 9), including asthma and “poorer sleep quality” (Barclay, 2009, p. 5). ←use if separable.

Content Notes (Optional)

- Footnotes or Endnotes → add commentary and related information to your discussion.
 - Not a substitute for in-text citations and a references page.
 - Use one, not both.
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References

Agency for Delivery Improvement [ADI]. (n.d.). Calories for health. *Journal of Abnormal Eating*, 5(9), 149-151.

Retrieved from <http://www.articlehomepage.com/foods/options.html>

Barclay, J. (2001a). All about monkeys. Retrieved from <http://www.apes.net/monkeys.htm>

Barclay, J. (2001b). Monkeys in Asia. *World Vision and World Animals*. Retrieved from <http://www.apes.net/monkeys.html>

Psychiatry handbook linked to drug industry. (2008, May 6). *The New York Times*. Retrieved from <http://www.nytimes.com>

Common Online Sources Formats for APA References Page

Website (Any)

Author. (Date published if available; n.d.--no date-- if not). Title of article. Retrieval URL

Landsberger, J. (n.d.). All about monkeys. Retrieved from <http://www.apes.net/monkeys.htm>

Article in Periodical (Printed Newspaper)

Author, A. A., & Author, B. B. (Year, Month Day). Title of article. *Title of Newspaper*, pages.

Schwartz, J. (1993, September 30). Obesity affects economic, social status. *The Washington Post*, pp. A1, A4.

Article in Online Newspaper

Author, A. A. (Year, Month Day). Title of article. *Title of Newspaper*. Retrieved from <http://www.someaddress.com/full/url/>

Parker-Pope, T. (2008, May 6). Psychiatry handbook linked to drug industry. *The New York Times*. Retrieved from <http://www.nytimes.com/phld.html>

Article from Online Database (found through library)

Author, A. A., & Author, B. B. (Date of publication). Title of article. *Title of Online Periodical*, volume number (issue number if available), pages.. Retrieved from <http://www.someaddress.com/fullurl.html>

Bernstein, M. (2002). 10 tips on writing the living web. *A list apart: for people who make websites*, 7(11), 149. Retrieved from <http://www.alistapart.com/articles/writeliving>

Printed Book

Author, A. A. (Year). *Title of book*. Location: Publisher.

Smith, J. (2010). *The computer side of the checking account*. New York, NY: Bayside Publisher.

Adding Researched Information to Paragraphs (APA)

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- Your words frame the discussion
 - Have the topic • explanation • example • summary as in non-researched papers
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Topic: Secondhand smoke is dangerous in restaurants.

Explanation: Waitresses have no choice but must breathe in the poisonous air their customers create.

Example: A full-time waitress in the average restaurant works eight hours a day, five days a week. That is 40 hours of breathing poison.

Summary: Would you want to be poisoned for 40 hours each week?

- Add in researched information to support your ideas. Below, the researched information is added in blue. The Black text is the author's own words from above.
 - Your words direct the argument and draw conclusions from/about it. Sourced words support/prove what you say.
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Secondhand smoke is dangerous in restaurants. Beth Franklin (2009) of the *New York Times* recently wrote an article entitled, "Smoking on the Day Shift." In it, she writes of waitresses suffering due to smoking. Waitresses have no choice but to breathe in the poisonous air their customers create. As a result, we are told, "Waitresses, as a group, suffer 300,000 cases of bronchitis a year and as many as 1200 emergency asthma hospitalizations per month" (Jones, 2009, para. 7). That means a full-time waitress in the average restaurant works eight hours a day, five days a week. Franklin (2009) calls this 40 hours of poison breathing a "catastrophe of modern labor" (para. 17). It is no wonder the numbers of illnesses are so high. To avoid secondhand smoke, the Cleveland Clinic recommends asking customers to smoke outside and having managers create non-smoking seating areas in restaurants ("Dangers," n.d., para. 2). Waitresses do not have the power of managers. They just have to breathe the smoke in if they want to work and get paid. Would you want to be poisoned for 40 hours each week? I would not.

What Credible Research Papers Have

- Tennis/echo effect, alternating between your words and research.
- Multiple sources of information.
 - Franklin (2009)
 - Jones (2009)
 - ("Dangers," n.d.)
- Mixture of paraphrases, short quotations, and longer quotations.
- In-text citations: (author, year, para. #).
- Deductive logic structure.
 - Topic, explanation, examples, summary

Plagiarism vs. Proper Citation (APA)

Original Sources of Information

"Secondhand Smoke Exposure Linked to Sleep Problems in Children With Asthma." (2006)

Adult and adolescent smokers report difficulties with sleep," writes Kimberly Yolton, PhD, from Cincinnati Children's Hospital Medical Center in Cincinnati, Ohio, and colleagues. She continues, "**Children who are exposed to tobacco smoke have poorer sleep quality.** Children with asthma report more sleep problems and are more sensitive to the respiratory effects of tobacco smoke."

Smith, Jane. "Dangers of Second-Hand Smoke" --Cleveland Clinic (2008)

Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases both her and her baby's risk of developing lung cancer, heart disease, emphysema, allergies, asthma, and other health problems.

Extreme Plagiarism

Secondhand smoke harms pregnant women not only the mother, but her fetus. It causes lung cancer, heart disease, emphysema, and other health problems. In addition, **children who are exposed to secondhand smoke do not sleep well.**

Plagiarism Cover-up

Secondhand smoke harms pregnant women not only the mother, but her fetus. It causes lung cancer, heart disease, emphysema, and other health problems (Smith, 2008, p. 4). In addition, but **children who are exposed to secondhand smoke do not sleep well** ("Secondhand," 2006, p. 11).

Plagiarism Light

"Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases health problems" (Smith, 2008, p. 4). In addition, it is widely known that **"children who are exposed to tobacco smoke have poor sleep"** ("Secondhand," 2006 p. 11).

Self & Other Integration Begins

I believe secondhand smoke is bad for pregnant women. **"Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases [...] health problems"** (Smith, 2008, p. 4). These diseases are horrible for anyone, let alone a pregnant mother. Kids have it no better. **"Children who are exposed to tobacco smoke have poorer sleep quality"** (as cited in "Secondhand," 2006, p. 11). Sleeping well is essential for a growing child and an expectant mother. Smoking causes problems.

Authentic and Credible Research in MLA Style

I believe secondhand smoke is bad for pregnant women. Along these lines, Betty Smith (2008) of the American Research Institute says, **"Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases [...] health problems"** (p.4). These diseases are horrible for anyone, let alone a pregnant mother. Also, Frank Smith from the *New York Times* cites the dangers kids face from smoking stating, **"Children who are exposed to tobacco smoke have poorer sleep quality"** (as cited in "Secondhand," 2006, p. 11). Sleeping well is essential for a growing child and an expectant mother. Smoking causes problems for mothers and children. If you are pregnant, do not do it.

Quotation Types & Paraphrases (APA)

1. Side-By-Side Comparison

Direct Quotation (20% of references)

Exercise Physiologist M.L. Green says, “People need to avoid sugar because it is unhealthy. Also necessary is the idea of most men needing to eat less fat. Finally, there is exercise. Older men especially need to work out like a maniac to keep fit” (Smith, 2002, para. 13).

Surgical Quotations (20% of references)

It is important to “avoid sugar,” “eat less fat,” and exercise “like a maniac” if older men want to be healthy (Smith, 2002, para. 13).

Paraphrases (60% of references)

Sugar, fat, and lack of exercise keep middle-aged men unhealthy (Smith, 2002, para. 13).

2. Variations

Original Source Material

Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases both her and her baby's risk of developing lung cancer, heart disease, emphysema, allergies, asthma, and other health problems.

Paraphrases (shortened, combined, & reworded) – 3 variations

- Secondhand smoke harms family health and causes sleeping problems (Smith, 2010, p. 3).
- Some feel secondhand smoke harms family health and sleeping problems (Smith, 2010, p. 3).
- Smith (2010) indicates secondhand smoke harms mothers and their babies (p. 3).

Quotations (introduce quotation, use “ ”, & add your words before and after)

Joe Smith (2012) from the *New York Times* writes, “Secondhand smoke harms not only the mother-to-be, but her unborn child as well. It increases both her and her baby's risk of developing lung cancer, heart disease, emphysema, allergies, asthma, and other health problems” (para. 3). As you can see, secondhand smoke is deadly for families with newborns.

Editing Quotations (using brackets & making mini quotations with added paraphrases)

1. Joe Smith (2012) from the *New York Times* writes, “Secondhand smoke [...causes] lung cancer, heart disease, emphysema, allergies, asthma, and other health problems” (para. 3). Make sure to think before you let your baby breathe in smoke.
2. Joe Smith (2012) from the *New York Times* says, Secondhand smoke harms families, causing diseases ranging from “lung cancer [...to] asthma” (para. 3).

Editing Long Quotations (APA)

- Use brackets and ellipses points to edit a long quotation.

The article reads, “ _____ [...] _____ ” (Smith, 2010, para. 2).

- The quotation below is too long and has unnecessary information.

The article reads, “Previous studies on the relation between reading motivation and reading comprehension relied on different indicators of reading comprehension (cf. Schiefele et al., 2012). The majority of studies assessed students’ comprehension performance by means of standardized or self-constructed tests involving more or less extended text passages and corresponding comprehension questions (mostly in multiple-choice format). Other studies have included standardized tests of vocabulary or word comprehension (e.g., Becker et al., 2010; Cox & Guthrie, 2001; Lau & Chan, 2003; Law, 2008; Unrau & Schlackman, 2006) and basic reading skills (e.g., letter and word identification, spelling, pseudoword naming; Chapman & Tunmer, 1995; Conlon, Zimmer-Gembeck, Creed, & Tucker, 2006; Nurmi & Aunola, 2005). It should be noted that all of the above-mentioned studies involving tests of vocabulary have combined students’ vocabulary scores with text comprehension scores in composite indicators of reading comprehension” (Jones, 2015, para. 7).

- Below is a paraphrase of the above LONG quotation.

The article speaks about previous studies analyzing motivation by using vocabulary tests to rate how motivated the students were (as cited in Jones, 2015, para. 7).

- Below is the long quotation in which unnecessary information has been edited out.

The article reads, “Previous studies on the relation between reading motivation and reading comprehension relied on different indicators [assessing ...] students’ comprehension performance by means of standardized or self-constructed [reading] tests [...] involving tests of vocabulary [and ...] composite indicators” (as cited in Jones, 2015, para. 7).

Paraphrases vs. Quotations (APA)

How to save space & use researched information, too.

Quotation (30%): exact words from a source

- Multi-sentence Quotations

Topic: No one likes animal experiments because they are useless.

Explanation (theory): They are not scientific and often not helpful and are not accurate.

Examples: The AAVS (n.d.) said, “The biomedical research community and its affiliated trade associations routinely attempt to convince the general public, media, and government representatives that the current **controversy** over the use of animals is a life-and-death contest pitting defenders of human health and scientific advancement against hordes of anti-science, anti-human, emotional, irrational activists. Such a deliberate, simplistic dichotomy is not only **false**, but ignores the very real and **well-documented ethical and scientific problems** associated with the use of animal experiments that characterize modern biomedical research, testing, and its associated industries” (p. 413).

Summary: All in all, we need to stop useless animal experiments.

- Short phrases

The AAVS (n.d.) said animal research is a “**controversy**” and calls it “**not only false, but ignores the very real and well-documented ethical and scientific problems**” (p. 413).

Paraphrase (70%): use ideas from a source, not the exact wording

The American Anti-Vivisection Society said the need for animals in research is **controversial**, **false**, and **unscientific** (AAVS, n.d., p. 413).

Research Variety (APA)

Make sure to use sources with a variety of points of view if you want your writing to be fair and unbiased, including those who agree and disagree with you so that you can disprove them.

Personal Experience

Your opinions after “living” it.

Others' Experiences

Other's opinions that you research.

- Personal Experience

Others who have witnessed/"lived" an experience

- Research Subjects

- Popular Opinion/Common Sense

- “Victims”

- Authorities

- Reporter/Commentator

Detached third party

- Expert Opinion

Expert testimony (quotations & ideas from experienced investigators).

- Proponents

- Opponents

Facts

Measurable facts and statistics that you or others have collected.

Combination of Support

Mix and match the above types to build a complete argument.

Example of Variety of Source Types Employed

Physician-Assisted Suicide is an emotional issue for everyone. First, there is the patient. Larry was one such patient who killed himself because he could not take the pain he was in, and there was no physician-assisted option for him in Iowa. In his “Goodbye” letter, he wrote of his pain and humiliation. Larry said, “Everyday, I wake up in pain, and I will go to sleep in pain. It is incurable. I cannot get out of the house, so I am constantly alone” (as cited in Tsuin, 2009, para. 3).¹ Because Larry committed suicide by handgun in the garage, his mother came home to find him. She was shocked, which sent her into a depression and gave her post traumatic stress syndrome (PTSD) for the next decade. Larry’s mother said, “I cannot bear to think of him [Larry] like that, even to this day” (as cited in Tsuin, 2009, para. 13).² Doctor’s see this all the time. Betsy Agar of the Mt. Sinai Hospital in Rapid City Iowa has tracked this phenomena in her research. She finds 30% of the relatives who come home to find family victims of suicide will suffer PTSD because of the crime scene-like appearance (as cited in Green, 2011, p. 55).³ Without a doctor’s help, suicide can be a horrible sight. Doctors agree. Dr. Williamson from the Hospice of Northeastern Ohio says, “Using pharmaceuticals, physicians can help people go calmly and quietly. There is no crime-scene like appearance, just an IV drip” (as cited in “Change Laws,” 2011, pp. 12-13).⁴ This is why physician-assisted suicide is good for everyone, patient and family alike.

Appeals

Ethos – Reputation/Character

• **Logos** – Logic/Reason

• **Pathos** – Emotions

¹ Personal experience (victim).

² Personal experience (mother).

³ Expert opinion (researcher).

⁴ Expert opinion (doctor).

Punctuation with Quotation Marks

- Commas & periods are placed inside quotation marks.
 - Colons & semicolons are placed outside quotation marks.
 - Exclamation points & question marks are placed according to what the question/exclamation is.
 - Use single quotation marks (apostrophes) for including quotations within quotations.
 - Use brackets to add commentary or brackets plus ellipses points to show you edited the quotation.
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Examples

Everett replied, “Honestly, the jury is still out.”

One common issue is termed “cognitive deficits,” and another calls it “emotional distress.”

When asked, Jameson replied, “No comment”; “there’s nothing we have heard about it,” is what Franks added. Everyone here drinks what has been nicknamed “Smashed Sunrises”: Amaretto, spiced rum, tropical fruit schnapps, raspberry liqueur, and orange juice.

The old lyric, “How many roads must a man walk down before you call him a man?” is still a valid question to ask. Jane Scott writes, “Springsteen is still the boss!”

During our interview, Smith added, “Back in the day when the wise guys ‘took you for a ride,’ all you needed was a one-way ticket.”

Jones added, “I do not know much about the gun [the one police found at the scene], but I know it was stolen.”
Jones added, “I do not know much [...], but I know it [the gun] was stolen.”

What Well Written Research Papers Have

No one likes animal experiments because they are useless. In the *New York Times*, Smith (2001) calls them “a waste of money” (p. 7). They are not scientific and often not helpful and are not accurate. Jones (2017) says as many as 75% do not produce results (para. 33). In a like manner, many in the biomedical research community agree. The AAVS (n.d.) said, “The biomedical research community and its affiliated trade associations routinely attempt to convince the general public, media, and government representatives that the current controversy over the use of animals is a life-and-death contest pitting defenders of human health and scientific advancement against hordes of anti-science, anti-human, emotional, irrational activists” (para. 3). Ordinary people, when the process is described, dislike it too. After being shown a rabbit who was tied down for two hours while researchers dripped different types of shampoo into its eye to test its reaction to the chemicals, one New York resident vomited. Another got up and left the room before the video was over (Eligis & Billeo, 2011, p. 51). So, if no one likes it, then why do we still do it? Scientists, as seen above challenge it. The research community calls it inhuman. Average people are sickened by it. It is not liked, and it is not necessary. All in all, we need to stop useless animal experiments.

- Tennis/echo effect, alternating between your words and research.
- Multiple sources of information.
 - Tom Smith, *New York Times*
 - Steve Jones
 - AAVS
- Mixture of paraphrases, short quotations, and longer quotations.
- In-text citations: (Author, Year, Page/Paragraph #).
- Deductive logic structure.
 - Topic, explanation, examples, summary
- Interpretation of the quotations/paraphrases as a whole.

Research & Avoiding Plagiarism Overview

All Research Needs

- Begin & end paragraphs with your own words.
- Tennis effect, alternate between your words and sources.
- Introduce quotations in same sentence.
- Introduce each source once inside essay.
- Use multiple sources of information. Aim for 3 in a paragraph.
- Each source should give multiple quotations/paraphrases throughout the paper.
- Mixture of paraphrases, short quotations, and longer quotations.
- In-text citations: (Author, Year, para. #).
- Deductive structure.
- Explain, comment on, and interpret what research means.
- References page.
- Web addresses of electronic sources (generally requested).

Avoiding Plagiarism

- Use citations.
- Use both quotations and paraphrases of various sizes.
- Use more than one source in each paragraph.
- Make information from text MUCH shorter in your paper than it was in the original.
- Use your own words and interpretation.
- Change order of ideas.
- Use quotation marks if it is an exact wording.
- 50% of words should be yours.
- 50% of words (35% paraphrases; 15% quotations) can be from/about a source.

Using Et Al in APA Style

“Et al” is sometimes used in in-text citations with multiple authors. See the table below.⁵

Number of Authors	First Citation	Subsequent in-text citations (all)
1-2	Palmer & Roy, 2008	Palmer & Roy, 2008
3-5	Sharp, Aarons, Wittenberg, & Gittens, 2007	Sharp et al., 2007
6 or more	Mendelsohn et al., 2010	Mendelsohn et al., 2010

Never Use Et Al on References Page

Do not use et al on a references page. Instead list all authors up to 7. If there are more, use an ellipsis (...) to omit some. Never have more than 7 names. Follow the table below.⁶

Authors #	References Page Entry
1	Berndt, T. J. (2002). Friendship quality and social development. <i>Current Directions in Psychological Science</i> , 11, 7-10.
2	Wegener, D. T., & Petty, R. E. (1994). Mood management across affective states: The hedonic contingency hypothesis. <i>Journal of Personality and Social Psychology</i> , 66, 1034-1048.
3-6	Kernis, M. H., Cornell, D. P., Sun, C. R., Berry, A., Harlow, T., & Bach, J. S. (1993). There's more to self-esteem than whether it is high or low: The importance of stability of self-esteem. <i>Journal of Personality and Social Psychology</i> , 65, 1190-1204.
7+	Miller, F. H., Choi, M. J., Angeli, L. L., Harland, A. A., Stamos, J. A., Thomas, S. T., ... Rubin, L. H. (2009). Web site usability for the blind. <i>Technical Communication</i> , 57, 323-335.

⁵ Source: <http://blog.apastyle.org/apastyle/2011/11/the-proper-use-of-et-al-in-apa-style.html>.

⁶ Source: <https://owl.english.purdue.edu/owl/resource/560/06/>.

Block Quotations Format

- Use a block quotation when adding a 4+ line quotation to your paper.
- Use a colon at the end of the quotation's introduction
- Indent the entire quotation 0.5 inches on the left
- Do not use quotation marks
- Place the citation at the end of a block quotation & outside the period.

Cee-Lo's diversity is obvious in the musical groups he has been a part of. To date, he has been a member of two professional groups (Goodie Mob and Gnarls Barkley) as well as his solo act, which has produced three records. First, as mentioned above, was Goodie Mob which Green joined when still a teenager. This band created the "Dirty South sound" in hip-hop (Braiker, 2016, para. 11). Rifkind tells us Green's music during this period was "hip-hop that sounded like hip-hop." The article reads:

The next group was Gnarls Barkley, an "odd duo" formed with DJ Danger Mouse. Whereas his early music was hip-hop, his Gnarls Barkley sound was a mix of electronica and soul. During his solo career, his sound has been classified as "pop outrage." Hip-hop, soul, and pop are indelible parts of his past and present. With such diversity in musical groups, who knows what Green's sound will next be? It is quite possible that it will be the unexpected that we should expect from Green next. Though, as always, who really knows what to expect but expectation itself? (as cited in James, 2011, para. 5)

Cee-Lo's diversity is obvious in the musical groups he has been a part of. To date, he has been a member of two professional groups (Goodie Mob and Gnarls Barkley) as well as his solo act, which has produced three records.