APA (6th ed.): In Text Citations

APA uses the author-date method of in-text citations. Even though a complete reference should be included in the actual “references page” of the essay, the in-text citations should only include the author’s last name and the year of the source’s publication. There are three options for in-text citations: Idea-focused, Researcher-focused, and Chronology-focused. There are other rules for multiple authors and for works without an author.

**Idea Focused**

Idea-focused in-text citations place both the author(s) and date at the end of the sentence:

Researchers have found that an alarming amount of adults have the same problem solving skills as children (Aller & Buckley, 1956).

**Researcher Focused**

Researcher-focused citations place the author(s)’ name(s) in the sentence with date following in parenthesis:

Aller and Buckley (1956) found that an alarming amount of adults have the same problem solving skills as children.

**Chronology Focused**

Chronology-focused citations use both the author and the year in the sentence—no parentheses are needed in this case:

In 1956, Aller and Buckley found that an alarming amount of adults have the same problem solving skills as children.

**Direct Quote**

A direct quote is used when citing exactly what the source says. Quotation marks should be included to indicate that the words come from an outside source. The citation should also include the page number of the quote:
Researchers stated, “Many employees experience more satisfaction with their careers when they feel that their work is worthwhile” (Graham, Walker, Hall, & Carter, 1999, pp. 56-57).

A Source with 3-5 Authors

For the first citation, include all of the authors’ names. For subsequent citations, use the first author’s name with et al.

First citation: It has been found that many workers produce more if they feel their work is valued (Graham, Walker, Hall, & Carter, 1999).

Following citations: It was also found, however, that a significant percentage of workers won’t value their own work no matter what reward is offered (Graham et al., 1999).

A Source with 6 or More Authors

The author’s first name followed by et al. can be used with all citations, including the first.

Researchers have found that the demand for blacksmiths has drastically plunged in the last 200 years (Warren et al., 2007).

A Source with No Author

If there is no author (or no company/organization to count as the author), use the first few words of the title. If the citation is from a chapter or article in a journal, place the title in quotation marks; place the title in italics if it is a self contained item.

Some people believe that elections are more dependent on the media’s depiction of the candidates than on the actual debates between the politicians (“Discovering Democracy,” 2002).

Several researchers claim that too much sleep can be worse than a lack of sleep (Sleeping Patterns, 2000).