**APA Style 7th Edition: General Guidelines for Formatting**

**The Writing Center**

**RealCitation™ Handouts**

APA stands for **American Psychological Association**. Who should use APA? APA style describes rules for the preparation of manuscripts for writers and students in social sciences like psychology, linguistics, sociology, economics, and criminology. APA style is also used in business and nursing.

**General APA Guidelines**

Your essay should be typed, double-spaced on standard-sized paper (8.5” x 11”) with 1” margins on all sides. You should use 10-12 pt. Times New Roman font, Arial, or a similar font are acceptable as long as the font is widely available and accessible.

In the **APA 7th Edition**, running headers are no longer required in student papers unless your teacher instructs you otherwise.

**Major Paper Sections**

Your essay should include four major sections: the **Title Page**, **Abstract, Main Body**, and **References**.

**Title Page**

The title page should contain the **title** of the paper, the **author’s name**, the **institutional affiliation, the course number and name, instructor’s name, and assignment due date**. Include the page number flush right at the top of the page.

Type your **title** in upper and lowercase letters centered in the upper half of the page. APA recommends that your title be no more than 12 words in length and it should not contain abbreviations or words that serve no purpose. Your title may take up one or two lines. All text on the title page, and throughout your paper, should be double-spaced.

Beneath the title, type the **author’s name**: first name, middle initial(s), and last name. Do not use titles (Dr.) or degrees (Ph.D.).

Beneath the author’s name, type the **institutional affiliation**, which should indicate the location where the author(s) conducted the research.

**Please see the backside of this handout for a sample title page.**

**Nursing the Nurse:**

**Reducing Compassion Fatigue Through Resilience Training?**

Oliver B. Lee

Department of Family and Community Health, University of Pennsylvania

Nursing 101: The Nature of Nursing Practices

Dr. Priya C. Agarwal

March 16, 2020