APA 7th Edition Changes
What You Need to Know

Student Paper Format

- APA is allowing a simplified format for student papers.
  - For student papers, Running Heads are no longer required in the heading (unless your instructor tells you otherwise).
  - The title page for student papers includes:
    - Page Number in the top right of the header.
    - Paper title
    - Student name
    - College name
    - Course
    - Professor's name
    - Date

Formatting and Style Changes

- Other fonts besides Times New Roman 12 are acceptable, to allow for accessibility and readability. Options include Calibri 11, Arial 11, Lucida Sans Unicode 10, Times New Roman 12, and Georgia 11.
- One space after a period.
- Heading levels 3-5 are updated to improve readability (Consult APA Publication Manual or Style Blog).

Inclusive and Bias-Free Language

- The singular "they" or "their" is endorsed as a gender-neutral pronoun.
- Instead of using adjectives as nouns to label groups of people, descriptive phrases are preferred. (ex. Use "people living in poverty" rather than, "the poor.")
- Instead of broad categories, you should use exact age ranges that are more relevant and specific. (ex. Use "people in the age range of 65-75", rather than "people over 65.")

Reference List

- The publisher location is no longer included in the reference.
- Surnames and initials for up to 20 authors (instead of 7) should be provided in the reference list.
- DOIs are formatted the same as URLs. The label "DOI:" is no longer necessary. (ex. https://doi.org/10.1080/02626667.2018.1560449)
- For articles from online databases, database information is no longer included. If a DOI or resolvable URL is not available, it may simply be omitted.
- Journal volume and issue information (if available) are now both always included.

- If the journal article has an article number (ie. Article e0193972) instead of a page range, include the article number instead of the page range
- URLs are no longer preceded by "Retrieved from," unless a retrieval date is needed (if the website content changes often).
- For website references, the website name is included (unless it's the same as the author), and web page titles are italicized.
- For ebooks, the format, platform, or device (e.g. Kindle) is no longer included in the reference, and the publisher is included.

In-Text Citations

- The in-text citation for works with three or more authors is now always shortened, including the first time the work is cited. You only include the first author's name and "et al.". (ex. Instead of (Smith, Johnson, & Stephens, 2019) in the first citation, you would use (Smith et al., 2019).

For More Information

Consult the APA Style website at https://apastyle.apa.org/ or the APA Publication manual.

American Psychological Association. (2019). *Publication Manual of the American Psychological Association*. (7th ed.). American Psychological Association.