Integrating Sources in Academic Writing

Citing and Referencing in APA (7th Edition)

Academic Learning Centre
This presentation will cover:

- Integrating information from sources: 3 Ways
- Understanding the APA* system for citing and referencing
- Using APA resources to set up citations and references

* APA ➔ American Psychological Association

https://umanitoba.ca/student-supports/academic-supports/academic-learning
The student’s own ideas are present throughout the essay (pink).

Each piece of information from a source (green) is followed by a citation (yellow).

References


A guaranteed minimum income has the potential to address the overall health of a population. This can be seen in Manitoba where a guaranteed minimum income was implemented in Dauphin, Manitoba from 1974 to 1979 (Forget, 2011, p. 283). Overall, Forget (2011) reports that through these years, the rate of hospitalization in Dauphin dropped for both physical and mental health concerns. Her analysis of health records shows that in the areas of physical health, hospitalizations for accidents and injuries declined, perhaps because people were working under less stress and when less fatigued (Forget, 2011, p. 297). While the guaranteed minimum income was short-lived in Dauphin, this example reveals that a guaranteed minimum income can positively impact the health of individuals and take pressure off the healthcare system. Orentlicher (2018), who has been involved with a Health Law Program in the United States, agrees that guaranteed minimum income programs are a powerful strategy for overall community health. Research shows that a guaranteed minimum income reduces stress and increases stability for individuals and families. As such, its implementation can have a positive impact on the overall health of citizens and, in turn, relieve stress on the healthcare system.
You can pull in information from sources in 3 ways:

**Summarize**
You express the main ideas of a source in your own words.
Cite.

**Paraphrase**
You express specific facts or information from a source in your own words.
Cite.

**Quote**
You take the words and ideas from a source.
Use “quotation marks around the words.”
Cite.
To summarize or paraphrase,

change the words and sentence structure from the original text.

use “quotation marks” around words or phrases that haven’t been changed.

provide a clear citation for the source so that your reader can find the information.
“Researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (Orentlicher, 2018, p. 569).

Reference
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“Researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (Orentlicher, 2018, p. 569).

A Paraphrase? No.

Health outcomes in England have been studied under England’s universal National Health Service. Socioeconomic status is more important than access to healthcare (Orentlicher, 2018, p. 569).

Reference
Socioeconomic status is more important than healthcare according to researchers who have studied health outcomes in England (Orentlicher, 2018, p. 569).

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“Researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (Orentlicher, 2018, p. 569).

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“Researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (Orentlicher, 2018, p. 569).

A Paraphrase? Yes.

Research from England shows that an individual’s socioeconomic position has a greater impact on their health than the individual’s access to healthcare (Orentlicher, 2018, p. 569).

Reference
Steps for putting ideas into your own words while reading and taking notes

1. Focus on understanding what you are reading.
2. Take point form notes as you read, rephrasing the ideas.
   a. What is the author saying?
   b. How does it relate to my paper?
3. Check that you’ve changed the words and kept the meaning in your notes.
4. Track the source of information so that later you can provide a citation and reference (essential)!

p. 570 Some reforms are “more achievable politically” than the GMI even though Orentlicher believes the GMI would be better. This is because the GMI is more different than some of the other strategies and so would be harder to put into place.

p. 570 Ensuring a basic income is better than other government strategies such as raising minimum wages or providing tax credits

Paraphrase and summarize while taking notes.
Documenting Sources for Your Reader: A Two-Part Process

1. In the body of your paper, provide an in-text citation in the body of the paper each time you include information from a source.

2. At the end of your paper, provide a full reference for every source used in the paper.
APA Citing and Referencing

1. In-Text Citations

A guaranteed minimum income has the potential to address the overall health of a population. This can be seen in Manitoba where a guaranteed minimum income was implemented in Dauphin, Manitoba from 1974 to 1979 (Forget, 2011, p. 283). Overall, Forget (2011) reports that through these years, the rate of hospitalization in Dauphin dropped for both physical and mental health concerns. Her analysis of health records shows that with physical health, hospitalizations for accidents and injuries declined, perhaps because people were working under less stress and when less fatigued (Forget, 2011, p. 294). While the guaranteed minimum income was short-lived in Dauphin, this example reveals that a guaranteed minimum income can positively impact the health of individuals and take pressure off the healthcare system. Orentlicher (2018), who has been involved with a Health Law Program in the United States, agrees that guaranteed minimum income programs are a powerful strategy for overall community health. Research shows that a guaranteed minimum income reduces stress and increases stability for individuals and families. As such, its implementation can have a positive impact on the overall health of citizens and, in turn, relieve stress on the healthcare system.

2. References

References


In APA, writers provide the author(s) + year of publication to tell the reader where each piece of information comes from.

A guaranteed minimum income has the potential to address the overall health of a population. This can be seen in Manitoba where a guaranteed minimum income was implemented in Dauphin, Manitoba from 1974 to 1979 (Forget, 2011, p. 283). Overall, Forget (2011) reports that through these years, the rate of hospitalization in Dauphin dropped for both physical and mental health concerns. Her analysis of health records shows that with physical health, hospitalizations for accidents and injuries declined, perhaps because people were working under less stress and when less fatigued (Forget, 2011, p. 294). While the guaranteed minimum income was short-lived in Dauphin, this example reveals that a guaranteed minimum income can positively impact the health of individuals and take pressure off the healthcare system. Orentlicher (2013), who has been involved with a Health Law Program in the United States, agrees that guaranteed minimum income programs are a powerful strategy for overall community health. Research shows that a guaranteed minimum income reduces stress and increases stability for individuals and families. As such, its implementation can have a positive impact on the overall health of citizens and, in turn, relieve stress on the healthcare system.
A guaranteed minimum income ensures that all adult members of a designated population receive a basic annual income, whether through work, government payment, or a combination of both (Forget, 2011).

According to Forget (2011), through these years, the rate of hospitalization in Dauphin dropped for both physical and mental health concerns.

Reference
Citing a Direct Quote or Paraphrase

“Researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (Orentlicher, 2018, p. 569).

Reference
According to Orentlicher (2018), “researchers have studied health outcomes in England under that country’s universal National Health Service (NHS). Evidence indicates that socioeconomic status is much more important than access to healthcare for one’s health” (p. 569).

Reference
What types of information should be cited?

Quotations from the source

Specific information (e.g., statistics)

Opinions & theories (other than your own)

Anything that is not common knowledge

* Check with your professor about what is considered common knowledge
APA Citing and Referencing: Match Author + Year of Publication

1. In-Text Citations

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2. References

References


References

https://doi.org/10.1353/cpp.2011.0036

References


Steps for Setting up Each Reference

Step 1: Ask, “What type of source is this (e.g., a book, journal article, website)?”

Step 2: Find a model for that type of source. Follow the model carefully, noting the details (e.g., order of publication information, punctuation).
Online Resources for APA

The UofM Libraries Citing Hub:
https://libguides.lib.umanitoba.ca/c.php?g=708446&p=5053558

APA Publication Manual (7th Edition)

APA Style is used for formatting academic writing in the Social Sciences, Education, Nursing, and Business. APA uses an Author-Date method for in-text citations and has specific requirements with regards to title page, headers, the abstract, and subheadings.

APA Manual Online
Print Copy of the APA Publication Manual
Citation Examples Handbook, APA 7th Edition
APA 7th in Minutes (Video Tutorials)
Online Resources for APA: The UofM Library Handout

The UofM Libraries Citing Hub:
https://libguides.lib.umanitoba.ca/c.php?g=708446&p=5053558

Examples of in-text citation with different numbers of authors
Online Resources for APA

1. The APA **Sample Student Paper**: [https://apastyle.apa.org/instructional-aids](https://apastyle.apa.org/instructional-aids)

2. The **APA Style Blog**: [https://apastyle.apa.org/blog](https://apastyle.apa.org/blog)
In Summary…

- Citing in APA is a two-part process
- Cite **every time** you use information that is not your own
- Keeping good notes can help make sure you cite accurately
- Paraphrase as much as possible, making sure you are creating strong paraphrases
ALC Writing Tutors

Visit our website at https://umanitoba.ca/student-supports/academic-supports/academic-learning

Contact the Academic Learning Centre at Academic_learning@umanitoba.ca