APA is the most commonly used referencing style in the National College of Ireland for Psychology, Education and Learning and Teaching but other referencing styles such as Harvard may be used by your course – please consult with your lecturer to confirm which style they require you to use. In order to correctly reference each type of source using the APA style, you should include all the details, correct punctuation and italicised text as shown; see the full NCI Library Referencing Guide for further details.

In-text Citations, Paraphrasing & Quoting

When using ideas or information from another source, it is much better practice to paraphrase (i.e. change the wording) than to directly quote the source. Paraphrasing is a key academic skill when referencing information from other sources and helps to avoid the risk of plagiarism. It also provides the means for you to demonstrate your understanding of a source rather than relying on the exact wording. When referencing in-text, insert a short, basic reference as shown below –

Paraphrase example

Santrock (2015) suggests that young adults realise that thinking cannot just be conceptual, but rather has to be more pragmatic (p. 420).

Direct quote example

Young adults “understand that thinking can’t always be abstract. In many instances, it must be realistic and pragmatic” (Santrock, 2015, p. 420).

Every short, basic reference has an equivalent full reference in the reference list at the end of your work – see the different format examples below –

Referencing Examples

Book – Single author

Book – Two authors

Book – Three or more authors

Book – Corporate author

Book – Editor(s)

Chapter of an edited book – Single author
eBook – Two authors

Journal article – Three or more authors

eJournal article – Single author

Conference paper – Three or more authors

Psychological Test/Measure

Webpage

Document from a webpage

Newspaper article – Print

Newspaper article – Online

Case study - Online

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