

APA 7: IN-TEXT CITATIONS

In-text citations and references are two halves of a whole puzzle; one cannot exist without the other. The purpose of an in-text citation is to signal to the reader what source is being utilized at that specific point in your paper so they can go to your references page and match up the information.

There are two types of in-text citations: Parenthetical and Narrative.

Let's say we're using an article by **John Smith** published in **2021**.

Parenthetical in-text citations go at the end of your sentence:

- **Paraphrased:** (Smith, 2021)

The period at the end of your sentence goes after the closing parentheses.

- **Direct quote with a page number:** (Smith, 2021, p. #)

When directly quoting, it is important to provide the page number(s): [Direct quotation of material with page numbers \(apa.org\)](#)

- **Direct quote without a page number available:** (Smith, 2021, para. #)

* "paras." if there is more than one continuous paragraph you're using.

Sometimes, there are no page numbers available, so you can switch to paragraph numbers. Here are some other ways: [Direct quotation of material without page numbers \(apa.org\)](#)



Narrative in-text citations are incorporated right into the sentence:

- **Paraphrased:** In Smith's (2021) article, he explores....
- **Direct quote with a page number:** You can follow a similar format but put the page number at the end in parentheses (see previous links for direct quotes)

Example: Smith's (2021) article states, "..." (p. #).

- **Direct quote without a page number available:**

Example: Smith's (2021) article states, "..." (para. #).

* *"paras."* if there is more than one continuous paragraph you're using.

Be sure to also check out:

[Citing Authors Grid - Post University Writing Center](#)

[In-Text Citations - Post University Writing Center](#)

[In-Text Citation Tips - Post University Writing Center](#)