

Major changes to APA format! (Students should check the course syllabus and assignment instructions for specific requirements on papers. If the APA Style is the only requirement, follow these guidelines from APA.)

As you may know the American Psychological Association (APA) published a new style guide on October 1, 2019. The APA expects the changes to take place this semester. What exactly has changed? Quite a bit actually! For one, there are now different formatting guidelines on the title page for student and professional papers.

- **No running head for students!** Remember struggling to get that first page formatted with a different running head than the rest of the paper? Struggle no more! Running headers are out for student papers. The title page does get a page number, but only papers written for publishing should have a header.
- **There is now an option for fonts!** There are now five fonts which can be used,
 - 1) Times New Roman (12 point),
 - 2) Calibri (11 point),
 - 3) Arial (11 pt),
 - 4) Georgia (11 pt), and
 - 5) Lucida Sans (10 pt).

Calibri is the default setting when opening a new document in Word, which should cut production time for students.

- **The abstract is not required** for student papers, unless an instructor requires it on an assignment. The old minimum of 150 words is gone, and now the guideline simply calls for "up to" 250 words. There are, however, two methods of writing the abstract. The first method is one double-spaced, non-indented paragraph, like it was for the 6th edition. The other method is structured like this example from APA.org:

Purpose: To summarize the main findings from research on structured abstracts.

Methods: A narrative review of all the relevant papers known to the author was conducted.

Results: Authors and readers judged the structured abstracts to be more useful than traditional ones. In 1987 the Ad Hoc Working Group for Critical Appraisal of the Medical Literature proposed guidelines for informative seven-headings abstracts. In 1990 Haynes et al. reconsidered the structured abstract of clinical research and review articles and proposed revised guidelines. Nowadays, most abstracts are informative, and the most commonly used structure is IMRAD (Introduction, Methods, Results And Discussion) format.

Conclusions: There are many variations in the structured-abstract formats prescribed by different journals. But even in recent years, not all abstracts of original articles are structured. More research is needed on a number of questions related to the quality and utility of structured abstracts.

- **There are also guidelines on pronoun use** and phrases which refer to groups of people. The pronoun "they" has been approved as a singular, gender neutral pronoun.
- **Reference page changes** include new rules for publisher locations, social media citations, and doi addresses.

The current **library tutorial** for APA format, 7th edition can be found by clicking **here**. This tutorial collects a grade, students can put their email address in a field at the end of the tutorial to get their grade and a certificate if they pass. The tutorial can also be embedded in a BB course.

For more info on changes to APA Style, watch this Youtube video on the 17 most notable changes from Scribbr <https://youtu.be/zeSIXD6y3WQ>, visit the APA Style website at <https://apastyle.apa.org/>, or the APA blog at <https://apastyle.apa.org/blog>

As always, please feel free to contact me if you would like to schedule information literacy instruction for your distance or face-to-face students!

Jayanna Greenwood, MLIS
Distance Education Librarian
Henry G. Bennett Memorial Library
Southeastern Oklahoma State University
425 W. University Blvd.
Durant, Ok 74701
Telephone: 580-745-2302 (Fax 580-745-7463)