



# APA and MLA

**APA** and **MLA** are both commonly used styles for organizing essays—but how do they differ? This sheet will help you identify the major features of both formats and show you how to adjust your essay to earn a perfect score for formatting.

## General Guidelines for Both Styles

- Use Times New Roman font and 12-point font size.
- Double space your essay, including the Works Cited/References page.
- Make sure the document has 1-inch margins.
- Indent each paragraph, and use a hanging indent for citations.

<b>Content</b>	<b>APA</b> stands for American Psychological Association. APA is usually used for papers in subjects like psychology, nursing, engineering, economics, and similar fields. Sometimes, APA is used in liberal arts subjects, like English.
	<b>MLA</b> stands for Modern Language Association. Just as APA is used in scientific subjects, MLA is used for liberal arts subjects, such as English.
<b>First Page and Heading</b>	<b>APA</b> student essays, in accordance to APA 7 guidelines, no longer include a running head or the essay’s title in the header area. In other words, APA student papers <i>only</i> require page numbers in the header area. You must also include a full cover page. In the cover page, write the following information: your essay’s title (bolded), your name, the department and the college, the class’s name, your professor’s name, and the date. Separate the title from the rest of the information by approximately two lines.
	<b>MLA</b> essays include your last name and the page number on the header at the top right of each page. For example, if your last name were Alvarez, the heading of the first page would read “Alvarez 1” <i>without</i> quotation marks. In the body of your essay, you must begin with four lines aligned to the left that include the following information: your name, your professor’s name, the class, and the assignment’s due date. On the next line, center your title, and then immediately begin the introduction on the line after.
<b>Citations</b>	<b>APA</b> citations are listed at the end of your paper under the heading “References” bolded <i>without</i> quotation marks. Each citation must be in APA format—consult an online resource to do this, or, if using the library database to cite your resources, make sure to select the APA-formatted option. In-text citations should include the following information, unless stated within the sentence: author’s last name, year, page number (if applicable).
	<b>MLA</b> citations are listed at the end of your paper under the heading “Works Cited” <i>without</i> quotation marks. Individual citations must be in MLA format specifically. In-text citations should include the author’s last name and the page number. Commas are not included in MLA in-text citations.

For specific citation format see: <http://lib.gccaz.edu/lmc/help/citations/>



### What Should a Finished Citation Look Like?

As an example, let's say you want to cite an online article about global warming for your References/Works Cited page. The table below shows the general format for an article in each style, and how the same article would look cited in APA versus MLA.

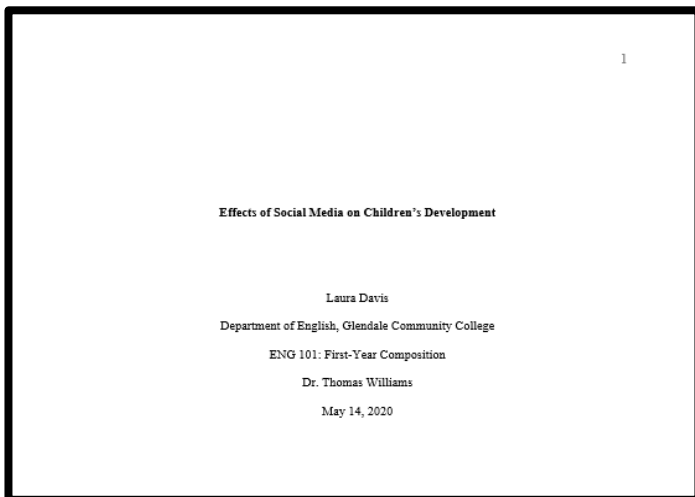
	General Format	Formatted Example Article
<b>APA</b>	Author's Last Name, Author's First and Middle Initials. (Year, Month Day). Article title. <i>Title of publication</i> . URL	Schwartz, J. (2015, November 5). Scientists study links between climate change and extreme weather. <i>The New York Times</i> . <a href="https://www.nytimes.com/2015/11/06/science/climate-change-extreme-weather-global-warming.html">https://www.nytimes.com/2015/11/06/science/climate-change-extreme-weather-global-warming.html</a>
<b>MLA</b>	Author's Last Name, Author's First Name and Middle Name or Initial. "Title." <i>Title of container</i> , Publisher, Publication Date, URL. Date accessed.	Schwartz, John. "Scientists Study Links Between Climate Change and Extreme Weather." <i>The New York Times</i> , The New York Times Company, 5 Nov. 2015, <a href="http://www.nytimes.com/2015/11/06/science/climate-change-extreme-weather-global-warming.html">www.nytimes.com/2015/11/06/science/climate-change-extreme-weather-global-warming.html</a> . Accessed 16 Mar. 2016.

**Keep in mind that citation formats are different depending on what type of source you use.** If the information from global warming came from a book, you would need to use a slightly different format than what is listed above, for both APA and MLA. Consult a guide like the *Purdue Owl* website for more examples.

### First Page and Headings

Below are examples of what the first page of your essay should look like in APA and MLA. Note the lack of a running head or title in the header of the APA 7 student paper. The images below are only intended to be visual aids.

**APA Paper First Page**



**MLA Paper First Page**

