In text citation is important for three reasons. First, it gives credit to the sources you are citing – if you do not use in text citation, you may be guilty of plagiarism. Second, it allows your reader to find your research. Third, it gives you authority, making it clear your ideas are built on careful research and analysis.

Summary or paraphrase
When you summarize or paraphrase, you are restating an author’s ideas in your own words. Make reference to the author and year of publication in your in-text reference. APA guidelines encourage you to also provide the page number (although it is not required.) Ask your instructor what they would like in your paper.

Example 1: According to Alexander (2015), beaks of modern birds are a weight-reducing adaptation that evolved from teeth of extinct species (pp. 125-126).
Example 2: Beaks of modern birds are a weight-reducing adaptation that evolved from teeth of extinct species (Alexander, 2015, pp. 125-126).

Direct quote
In a direct quote, place the author’s exact words in quotation marks. The parenthetical citation comes after the closing quotation marks followed by a period.

Example 1: In Marx’s view (2016), “Monitoring in the private sector is far less restrained than in the public sector, where the Bill of Rights and other federal legislation apply” (p. 189).
Example 2: The author stated, “Monitoring in the private sector is far less restrained than in the public sector, where the Bill of Rights and other federal legislation apply” (Marx, 2016, p. 189).

Long quote
Place direct quotations that are 40 words, or longer, in a free-standing block of typewritten lines, and omit quotation marks. Double space as you would normally:

Matthew Syed (2010) explains the importance of negative emotions:

Anxiety facilitates escape from dangerous situations and helps us to avoid them in the future; mild depression enables us to disengage from unattainable goals; humiliation is triggered when we are faced with the threat of losing social status. (p. 212)

Sources without page numbers
If your source does not have page numbers, such as a web page, you should try to include information that will help readers find the passage being cited. If the document includes headings, provide that and include the number of the paragraph using the abbreviation "para." followed by the paragraph number. To understand example below visit the source being cited: BBC web site article on Picasso

According to the BBC Magazine (2009), Picasso felt a deep loathing for the military machine that was prepared to visit indiscriminate violence upon his people and bomb the Prado, while also peddling propaganda about the Republic's alleged war on culture (The Head section, para. 17).
Citing one or two Authors:

One author:

Example 1: Research by Walker (2007) states that...

Example 2: The research states that all fire ants in the sub-African Continent are able to withstand years of drought (Walker, 2007).

Two authors:

Example 1: Baker and Hamilton (2007) found a high rate of depression in the participants.

Example 2: A high rate of depression was found among the participants (Baker & Hamilton, 2007).

Citing Three to Five Authors:

You must cite all authors, either in text or parenthetically, the first time they are referenced. From then on, use only the surname of the first author, followed by et al. Notice in the following example that et al., which means “and others,” is not italicized and ends with a period.

First citation in text: Rogers, Finney, and Myers (2004) presented participants with conflicting information.

Subsequent references: Rogers et al. (2004) found that the subjects were unable to make decisions.

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First citation in text: Participants in the study were presented with conflicting information (Rogers, Finney, & Myers, 2004).

Subsequent references: The subjects in the study were unable to make decisions (Rogers et al., 2004).

Organization as an Author:

If the organization is well-known by its abbreviation, include the abbreviation in parentheses the first time it is cited. Subsequently, use the abbreviation. If the organization is not well-known, spell out the name with each cite.

First citation: According to the National Institute of Health (NIH, 2015), ...

Subsequent citation: NIH (2015)

Personal Communication:

For interviews, letters, e-mails, and other person-to-person communication, cite the communicator's name, the fact that it was personal communication, and the date of the communication. *Do not include personal communication in the reference list.*

Example 1: S. Wineburg, professor of education at Stanford, claimed that many of his students didn’t verify the photo, but accepted it as fact (personal communication, November 23, 2016).

Example 2: He claimed that many of his students didn’t verify the photo, but accepted it as fact (S. Wineburg, personal communication, November 23, 2016).