

This idea is relevant to content posted on social media platforms. Do you believe content-creators simply because they claim something? I hope not! This is a real-life example of when your research skills will help you to become more discerning of what you read.

Common Rationalizations for NOT Citing

Students may be tempted to justify *not* using citations by saying things like:

1. “I know this because of my job and experiences.”

Your knowledge is valuable and gaining it from work is admirable. However, in the academic community, you are required to ‘back up’ your knowledge with published literature. So, while you may know that a certain population suffers from a specific health ailment because you see it at your job at a local hospital, you will need to find an academic study that supports this and cite it, because this is not common knowledge.

2. “These are my own words!”

It is wonderful that you are using your own words, but are these your own *ideas* that are independent from anything you have read? If not, then you need to cite.

3. “These are my thoughts about something I read in the article.”

This is great! You should have thoughts about what you read, and you may not need a citation in this case. But, to help you ensure that you are not accidentally plagiarizing, cite just in case.

In-Text Citations for Paraphrasing

Citing Multiple Works with Same First Author(s) in the same year:

(see where the difference begins?)

- Jones, Smith, Lieu, Huang, and Kim (2020)
- Jones, Smith, Ruiz, Wang, and Stanton (2020)

When the shortened “et al.” citation form of each source *would* be the same for both, write out names *including the first different one*, so the reader knows they are different.

- (Jones, Smith, Lieu, et al., 2020) or (Jones, Smith, Ruiz, et al., 2020)

Two or More Works in the Same Parentheses

When your parenthetical citation includes two or more works, order them the same way they appear in the reference list (alphabetically), separated by a semi-colon.

- (Berndt, 2002; Harlow, 1983)

Groups as Authors

Narrative Format

- First Citation in Text: National Institute of Mental Health (NIMH, 2001)
- Subsequent Citations in Text: NIMH (2001)

Parenthetical Format

- First Citation in Text: (National Institute of Mental Health [NIMH], 2001)
- Subsequent Citations in Text: (NIMH, 2001)

Citing Indirect (Secondary) Sources

This is for when you cite material that is itself cited within an article. The author(s) own words are the **primary source**. When the author(s) cite someone else's work, that is a **secondary source**. Researchers always include their own in-text citations, which makes it easy for you to identify the actual "owner" of the material in order to give proper credit.

Example

The **green** box below indicates the authors/researchers of the article, which would be cited as Schneider et al. (2010). These authors are the **primary source** of this article. However, you will notice many in-text citations in the article, indicating that Schneider et al. (2010) is giving credit to other authors. Those authors are **secondary sources** in this article. (If you looked up those sources yourself, they would be primary.)

Mercury Levels in Muscle of Six Species of Turtles Eaten...

Schneider, Larissa; Belger, Lauren; Burger, Joanna; Vogt, Richard C; Ferrara, Camila R. Arch...

resent a potentially human health risk for local fish-eating populations (Alves et al. 2006; Barbosa et al. 2003; Belger and Forsberg 2006; Dórea et al. 2003; Forsberg et al. 1995; Silva-Forsberg et al. 1999). In addition to eating fish, many local human populations in the Amazon also eat turtles (Vogt 2001, 2008).

In the Amazon, as well as the Rio Negro, the consumption of chelonians as food is more than a method of obtaining meat and protein; it is also part of the culture (Alho 1984). In the Rio Negro region, eating turtle eggs

not only on the quantity of turtles eaten but also on the species eaten if Hg levels vary by species. Methylmercury bioaccumulation in aquatic systems varies with food-chain structure and length (Barbosa et al. 2003; Dórea et al. 2006; Nichols et al. 1999), which suggests that there might be interspecific differences in Hg levels in turtles. Further, the Hg levels of the turtles from this study were compared with levels of Hg in fish from the Rio Negro. Metal levels (arsenic, cadmium, chromium, lead, mercury, and selenium) in blood are presented elsewhere (Burger et al. in press).

See the **purple** box above and below for citation examples:

- According to Alho (1984, as cited in Schneider et al., 2010). .. *continue to paraphrase*
- *Paraphrased material...* (Alho, 1984, as cited in Schneider et al., 2010).

You will then cite only Schneider et al. (2010) on your references page.

Citing in a Paragraph with a Single Source

When a paragraph is a summary of a single source, from start to finish, you can simply insert the citation at the first sentence and last sentence (exception: when there is data present, you will cite after each statistic).

Key strategies of public healthcare concepts include mapping, web-based reporting, and laboratory techniques (Huremović, 2019). These methods help medical experts identify causes of health conditions, examine the mortality and morbidity of a specific population, understand the history and course of the disease, and assess the influences of analysis, therapy, and preventive frameworks of a public health course (Huremović, 2019).

Citing in a Paragraph with Multiple Sources

If multiple sources are used within a paragraph, insert a citation indicating the end of one source and the start of another, like the example below. This clearly tells your reader where you learned your facts.

When students passively sit down without any breaks, they may encounter different health risks such as poor breathing, strained lower body and back nerves, poor eyesight, and fatigue (Jensen, 2003). This may impact academic outcomes. According to Cranz (2000), the inactivity of sitting in a chair for more than 10 minutes can cause fatigue that can reduce awareness of physical and emotional sensations. Students then lose interest, and lack focus and attention, resulting in unnecessary behavioral challenges (Braniff, 2011).

In-Text Citations for Direct Quotes
(best to avoid; try paraphrasing instead)

For Direct Quotes of Less than 40 Words

- Use quotation marks around the direct quote
- Add a page number to the citation

Examples:

- One study found that “the listener's familiarity with the topic of discourse greatly facilitates the interpretation of the entire message” (Gass & Varonis, 1984, p. 85).
- Gass and Varonis (1984) found that “the listener’s familiarity with the topic of discourse greatly facilitates the interpretation of the entire message” (p. 85).

Page Number Abbreviations

Note that for a single page (example above), the abbreviation is p. For several pages, it is pp. (Use these abbreviations ONLY for in-text citations, not in the reference on the References page.)