**APA 7th Edition Manual**

Following the release of the 7th edition of the APA writing style, there have been some changes and additions that must be recognized to ensure accuracy when writing in APA. The changes and additions that are presented in this outline have been adapted from the *Seventh Edition Publication Manual of the American Psychological Association* by the American Psychological Association.

Below are the new changes and additions to the 7th edition of APA.

1. New guidelines address different styles of papers and articles, including quantitative articles, qualitative articles, mixed method articles, student papers, dissertations, and theses.
2. A new student title page for academic papers.
3. The “Running head” format is no longer required for students and has been simplified for professional authors.
4. New and flexible font options including, but not limited to, 11-poing Calibri, 11-point Arial, 12-point Times New Roman, and 11-point Georgia.
5. An updated Level 3, Level 4, and Level 5 heading format.
6. An updated and expanded journal article and reporting standards (JARS) for quantitative research, which now addresses qualitative and mixed method research.
7. Using “they” as a singular pronoun for those who uses “they” as their personal pronoun.
8. A more detailed guideline to assist writers in avoiding anthropomorphism.
9. New “Bias-Free Language Guidelines” to assist and encourage authors to write about people in an unbiased manner while being respectful and inclusive of all.
10. Updated guidance for the mechanics of style, such as punctuation, capitalization, numbers, and abbreviations.
11. The direction to only use one space after a period, unless directed otherwise.
12. The direction to use quotation marks around examples, rather than italicising the example.
13. An updated guideline for capitalizations, including job titles, proper nouns, diseases and disabilities.
14. How to include abbreviations in citations.
15. New guidelines for the consistent presentation of numbers.
16. Updated guidelines for lettered, numbered, and bulleted lists.
17. Updated guidelines for creating figures and tables.
18. The simplification of in-text citations.
19. New guidelines for citing both recorded and unrecorded Traditional Knowledge and Oral Traditions of Indigenous Peoples.
20. The updated regulations and simplifications of reference lists.
21. More than 100 references templates and examples.
22. Additional reference examples, including how to cite YouTube videos, PowerPoints, lecture notes, and social media.
23. Updated guidelines for legal references.
24. Updated guidelines on the publication process for researchers.
25. Sample student and professional papers have been provided for visual reference

This manual was adapted from *Seventh Edition Publication Manual of the American Psychological Association*.