

# Quotes, Paraphrasing, Citations and You

There are several different ways to cite the works that are referenced in research papers. The format is what decides what way the in text and end of work citations will look and where they are located.

**MLA** is one of the most common formats students will encounter for English classes and some history classes. This format uses in-text citations that contain the author’s last name, or the name of the work if there isn’t an author listed. A page number after the author or source is included in parenthesis at the end of the sentence if it is a physical work. **Remember, these in-text citations would be used for both quotes and when you paraphrase.**

For example:

If you wanted to use a quote it would look like this, “I write to discover what I know” (O’Connor 78).

If it is an article with no author named, the in-text citation would look like this, “There are MLA guidelines in reference books, in handouts, and online” (“The Writing Center”).

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**APA** is the format used for the science side of things, like nursing and psychology. The in-text citations will look much the same, except instead of page numbers, the year of publication is what is included after the author or title of the work.

For example:

There are studies on the effects of excessive caffeine consumption in teenagers, showing that “it can have a negative impact” (Johnson 2017).

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The use of **quotes** versus **paraphrasing** is an important part of writing a research paper. Paraphrasing is taking what the author has researched and presenting it in a paper with the students own words. This is useful and helps students get a better understanding of the material, and still needs to be cited. Quotes are important tools to reinforce an important part of the argument or point the paper is trying to make and shouldn’t be overused. Instead, try to use quotes only when paraphrasing won’t get the point across as well as the quote.

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