The American Psychological Association (APA) is one of the largest scientific and professional associations in the United States, and it has created a set of citation rules and formatting guidelines for scholarly writing to ensure a professional standard of academic integrity.

To create an essay that follows APA style, you need to focus on two things:

- **In-text citations**, which show where you found your sources that you are quoting, summarizing, or paraphrasing.
- **Formatting visual elements**, (such as titles, headings, page numbers, graphs, and charts, etc.), which organizes the essay for readability.

Here's an APA checklist for your formatted essay, with embedded links to the AWC's resources:

- **Create a Title Page**
- **Format Page Numbers and Headers**
- **Include Essay Title Before Body Paragraphs**
- **Incorporate In-Text Citations for**
  - Quotes
  - Summaries
  - Paraphrased Material
- **Create References page** (which includes all in-text citation material)
- **Compare Essay with Formatted Sample Essay**
- **Proofread Your Essay**

**Additional Help**

For more help with APA style and formatting, here are some additional resources:

- **APA Template**
  This is a template that you can edit to help you format your paper properly according to Ashford's APA standards.
- **In-Text Citation Guide**
  This webpage goes over how to do citations within the body of your paper or assignment.
- **An Overview of APA Key Elements**
  This webpage is a checklist of all of the key elements of APA 6th ed. style that are required for student papers at Ashford University.
- **Reference List Entry Models**
  This guide contains examples of references in APA style by type.
- **APA Style Aid**
  The APA Style Aid offers examples of in-text citations, reference page entries, and block quoting.
- **Purdue OWL**
  A great resource for general help about APA formatting.