Extended Essay Title

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# Extended Essay Title

## About This Base Document

This base document is set to the APA settings and contains examples of APA style referencing. Students should use the Word styles this document has in order to keep the APA settings. Please, use this document as a basis for your Extended Essay in Psychology.

## Referencing Books in APA Style

Basics. This chapter contains examples on how to reference books. Adding a reference within the text is basically simple. There are two ways to do in-text references in APA, parenthetical and narrative. When you are paraphrasing your source with a parenthetical in-text reference, you should add at the end of the sentence or at the end of the chapter within the parenthesis the surname of the author, year of the publication and page number. Here is an example. IB-students may struggle with APA style referencing (Surname, 2015, p. 11).

You can also paraphrase your source with a narrative reference. Surname (2015) found that IB-students may struggle with APA style referencing (p. 11). Notice that the year of publication appears after the author in the main text and the page number is at the end of the paraphrased part in this way of paraphrasing. If you reference only one page, use one p, if you use several pages, use two p’s e.g. (Surname, 2015, pp. 23-28).

Direct Quotes. In addition to paraphrasing, you can quote your source directly. If your quote contains less than 40 words, use quotation marks. Here are two examples. Surname (2015) found that “students in upper secondary school might have difficulties with APA style referencing” (p. 11). Studies reveal that “students in upper secondary school might have difficulties with APA style referencing” (Surname, 2015, p. 11).

If you want to use quotes that are 40 words or longer, you should write the quoted text in an own indented chapter without quotation marks. Use the Long Quote APA style and add the page number in parenthesis at the end of the quoted text. Notice that the there is no dot after the page number. Here is an example. Surname (2015) found that:

Upper secondary school students may often encounter difficulties with scientific writing and different styles of referencing. For the most part, this is because scientific writing is not practised in primary school. In addition, the accuracy of scientific writing might seem a bit too challenging, especially in the beginning of upper secondary school. Despite the difficulties, it’s possible for all the students in upper secondary school to learn the basics of scientific writing with proper referencing techniques. (pp. 13-14)

Several Authors. If the source has two authors, both authors are marked in parenthesis (Surname1 & Surname2, 2016, pp. 23-28). Authors names are differentiated with & in parenthesis. Otherwise, same principles apply. Always use the same order of authors as in the original source.

If the source has 3-5 authors, all the names are marked in the first reference. After the first reference only the first name in alphabetical order is marked and after that et al. Here is an example. Students in upper secondary school may face difficulties in scientific writing (Surname1, Surname2 & Surname3, 2014, p. 24). Especially APA style referencing can be awkward (Surname1 et al., 2014, p. 27). Otherwise, same principles apply.

If there are six or more authors, only the first name in the order as they appear in is marked and after that et al. (Surname et al., 2017, p. 10). This happens every time with six or more authors. Otherwise, same principles apply.

If you refer to two or more sources within the same paraphrase, sources are differentiated with a semicolon in the in-text reference. Here is an example. Despite difficulties, IB-students find it fascinating to write scientific text (Surname1, 2013, pp. 14-15; Surname2, 2002, p. 45). Otherwise, same principles apply.

## Referencing Scientific Articles in APA Style

Scientific articles are referenced in the same manner as books with the following difference. Page number is not marked in the in-text reference, but in the reference list. Here is an example. IB-students may struggle with APA style referencing (Surname, 2015). Otherwise, same principles apply.

However, with short and long quotes you need to input the page numbers in the in-text references as well. Her is an example. Studies reveal that “students in upper secondary school might have difficulties with APA style referencing” (Surname, 2015, p. 557). With long quotes the page number comes after the quote, just like explained above.

## Referencing Electric Databases in APA Style

Electric databases usually contain large research results archived in electric form. In-text references are done in the same manner as scientific articles with the following difference. If the organization that has conducted the research is known, it is mentioned before the author and separated from the author with &. Here is an example. Students skills in scientific writing has been researched with surveys (School Survey & Surname, 2015).

## Referencing Websites in APA style

Referencing websites follows the same principles as all the previous examples. Websites, however, can be problematic, because sometimes the required information is not available. If the author of the website and publication date is known, website is referred in the same manner as scientific article. Here is an example. Writing skills among upper secondary school students has progressed (Surname, 2017).

If the author is unknown, the name of the website is marked in quotation marks within parenthesis in the in-text reference. Here are two examples. Writing skills among upper secondary school students has progressed (“Ministry of education”, 2017). According to ministry of education (2017) writing skills among upper secondary school students has progressed.

If the publication date of the website is not available, mark n.d. instead of year of publication. Here are two examples. Writing skills among upper secondary school students has progressed (“Ministry of education”, n.d.). According to ministry of education (n.d.) writing skills among upper secondary school students has progressed.

## Referencing YouTube Videos in APA Style

Although not recommended in Internal Assessment, you can use YouTube as a possible source. Sometimes professors and researchers in general can give university level lectures related to their field of expertise. YouTube videos may also contain links to books and scientific articles. Referencing YouTube videos follows the same principles as previous examples. If author is known, in-text references are done in the same manner as websites. Here are two examples. Students in upper secondary school watch a lot of YouTube videos (Surname, 2025). According to Surname (2025), students in upper secondary school watch a lot of YouTube videos. If the real name of the author is unknown, YouTube username is used. Here is an example. Students in upper secondary school watch a lot of YouTube videos (SchoolTuber, 2025).

## Reference List Examples

There are eight examples in the reference list in the following order. (1) Book written by one author. (2) 3rd edition book written by three authors. (3) Scientific article with doi written by one author. (4) Scientific article with url written by two authors. (5) Electric database. (6) Website with author. (7) Website without author. (8) YouTube video.

The reference list should be in alphabetical order according to the main author with each source.

# References

Surname, A. (Year of publication). *Title of the book: Capitol letter also for possible subtitle*. Publisher information.

Surname1, A, Surname2, B. & Surname3, C. (Year of publication). *Title of the book: Capitol letter also for possible subtitle* (3rded.). Publisher information.

Surname, A. (Year of publication). Title of article. *Title of Periodical, volume number*(issue number), pages. https://doi:xx.xxxx/xxx.xxx.xxx

Surname1, A. & Surname2, B. (Year of publication). Title of article. *Title of Periodical, volume number*(issue number), pages. https://xxxxxxxxx

Organization of research & Surname, A. (Year of publication). *Title of the electric database* [Electric database]. https://xxxxxxxxx

Surname, C. (Exact date of publication). *Exact name of the website*. https://xxxxxxxxx

Exact name of the website. (Exact date of publication or n.d. for no date). https://xxxxxxxxx

Surname, A. or YouTube username [YouTube username, if real is not known] (Exact date of publication). *Exact name of the YouTube video, which is usually under the video screen* [video file]. http://xxxxxxxxx