

# Sierra Writing Center



## Term Paper Handbook for MLA Format 8<sup>th</sup> Edition, 2016

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This handbook includes updated formats from the *MLA Handbook for Writers of Research Papers*, 8th edition, 2016, and *The MLA Style Center* Web site: [style.mla.org](http://style.mla.org).

Cover Art: [www.flickr.com/photos/25559122@N06/with/8036778555/](http://www.flickr.com/photos/25559122@N06/with/8036778555/). Image size decreased.

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Sierra College, Rocklin, California

# MLA-STYLE RESEARCH PAPER

Some important aspects of the Modern Language Association (MLA) style paper are exemplified in the following sample pages of a student's research paper.

## FIRST PAGE FORMAT

The first page of an MLA-style paper must include a *heading*. The heading begins in the upper-left corner, one inch from the top of the page. It consists of your name, the instructor's name, the course, and the date. *Double-space all information.* Double-space from the last line of the heading to the title. Center the title. The title should not be boldfaced, quoted, underlined, or italicized. The first letters of the main words should be capitalized. The first line of the essay is double-spaced from the title and indented one half inch (one pre-set tab).

## PAGINATION

Your last name and page number should appear in a *header* in the upper right-hand corner, one half inch from the top of all pages, with one space between your name and the page number.

Celeste Cardoso

Professor Nakahara

Psychology 100

April 29, 2020

### The Benefits of Mindfulness Meditation for College Students

Meditation is a centuries long exercise, but mindfulness is gaining traction today as it has proven to have many benefits in helping manage stress and improve well-being. Psychologists have found that mindfulness meditation changes our brain and biology in positive ways, improving mental and physical health (“Stress”). College students are found to be under a lot of stress that often impairs their ability to focus and perform tasks well due to academic challenges, social changes, or family pressures. Almost half of college students demonstrate some form of stress resulting in physical ailments such as abdominal pain (Felver et al.). Mindfulness-Based Stress Reduction (MBSR) is found to be an effective method to reduce stress and promote psychological and physiological health and well-being. Dr. Jon Kabat-Zinn, creator of the Center for Mindfulness in Medicine, discusses a mindfulness-based stress reduction program, which shows how to use natural but medically proven methods to “soothe and heal the body, mind, and spirit . . . MSBR is an established program shown to reduce symptoms of stress, anxiety, and depression” (5).

The ability to manage stress and pay attention to whatever tasks are at hand are important determiners of well-being and successful learning. Issues that have been linked mostly to adults, such as anxiety and depression, are becoming serious concerns for young people.

## IN-TEXT CITATIONS—OVERVIEW

If you are not familiar with in-text citations, study the examples throughout this student essay. On page 1 of the sample paper, the first in-text citation reads ("**Stress**"). You will also find the following examples: **Dr. Jon Kabat-Zinn . . . (5)**, and **(Felver et al.)**. These are common examples of how in-text citations occur.

Whenever you include information in your paper from another source, you must give credit to that source. (There is an exception for common knowledge.) To give this credit, refer to the source (1) within your writing in a sentence and/or in parentheses, and (2) at the end of the paper on the works-cited page. The in-text citation and the works-cited list correlate. Study the sample student paper, including the works-cited page, for a clearer understanding of this method, and study the following pages on in-text citations. If you have further questions, ask a Writing Center staff member for clarification.

### QUOTING

When you copy exact words that you find in a text, you must use quotation marks (" "). You must copy the word(s), sentence, or passage precisely as it appears, and you must be sure to give credit to the author in the form of an in-text citation and on your works-cited page.

For passages longer than four lines, use the block quotation method. A block quotation is indented half an inch (one tab) from the left margin then carried to the normal margin on the right. Double-space block quotations like the rest of the paper. An example of this method appears on page 4 of the sample student paper. Note that in a block quotation, the period precedes the citation.

When you use a quotation of an indirect source—that is, your source has quoted from another source—you must include the name of the original speaker or writer of the quotation *and* cite the source where you found it. The original speaker or writer of the words may be identified in the sentence or in the in-text citation. Put the abbreviation *qtd. in* (meaning "quoted in") before your source's author (or title, if no author) in the in-text citation.

According to a study conducted in 2018 by Connie Titone and her colleagues, they report:

With adolescent suicide rates increasing every year (AFSP, 2016), the mental health of adolescents—especially black and LGBT youth—has become a major concern of educators. Mindfulness practice, generally comprising breathing or focusing exercises that enhance attention and awareness, has increasingly been shown to be a powerful method of addressing the mental health needs of young people. . . Evidence supports the fact that students who practice mindfulness have increased feelings of calmness, relaxation, and self-acceptance.

To help reduce some of the stress students feel, some universities, for example, the University of California Santa Cruz, a public research university, offers meditation sessions four days a week in locations across campus. Their website says, "The sessions are free and open to faculty, staff, and students. . . The exercises are nondenominational and secular. Each one will be about five minutes of introduction, 15-20 minutes of silent sitting or sitting and movement, and conclude with five minutes of questions and answers" (qtd. in "Should Meditation"). Some claim that colleges should have no role in offering meditation while others commend them in their effects to help students.

The main three components of self-compassion, which are self-kindness, common humanity, and mindfulness, were found to be positively correlated with health-promoting behaviors. People who are kind and understanding toward themselves rather than being harshly critical, who see their experiences as a natural part of being human, and who are mindful toward their negative feelings exhibited higher levels of healthy lifestyle habits (Gedik). During mindful meditation, one is trained at being aware of the senses engaging the mind in the present moment.



## IN-TEXT CITATIONS (WITH EXAMPLES)

A formal MLA-style research paper requires both in-text citations and a works-cited page at the end of the paper.

An in-text citation should appear with a direct quotation, paraphrase, or summary to indicate which source you have used. In-text citations must easily guide readers from the cited material in your text to the correct source on your works-cited page, as well as inform the reader of the location (page numbers) in the source from which your quotation, paraphrase, or summary was taken.

1. When the author or title is not named in your sentence(s), provide the author's last name and the page numbers, if any, with no punctuation between them.

**Example: "The period from 1958 to 1968 marked the most active years in the United States for demonstrations and actions that opened up opportunities for black Americans" (Jacobs 199).**

If the source has labelled paragraph numbers, use the author, a comma, and the paragraph number(s) (*par.* or *pars.*).

**Example: The narrator explains, "He [Vidal] planned to take the Judge by surprise" (Allende, par. 17).**

2. If a work has two authors, give both last names (Gardner and Lambert 14). For more than two authors, use the first author's last name followed by the Latin *et al.*

**Example: "If you are a beginning writer, you may mistakenly believe you are a poor writer because you cannot produce a final copy on your first try" (Markline et al. 101).**

3. When the author or title is named in your sentence, you do not need to repeat it in the in-text citation.

**Example: According to Jacobs, the decade from 1958 to 1968 was a time of many civil rights protests (119).**

4. When your works-cited page contains two or more works by the same author, you must list the name of the work (shortened title) in the in-text citation.

**Example: A language learner's errors are viewed as part of an intermediate language variety (Schumann, "Implications" 145).**

5. If you refer to information from an entire text, rather than just part of it, you do not need to cite the page numbers.

**Example: In *On Becoming a Novelist*, Gardner speaks of the nature of those who write fiction.**

6. If the works-cited entry begins with the title, use a shortened title for in-text citations. Use the first few words of the title, if they are a noun phrase, or just the first word. If the first word is *a*, *an*, or *the*, skip it and use the second word. Put the shortened title in either quotation marks or italics, the same as in the works-cited list. (This situation occurs when there is no author or the same organization is both author and publisher.)

**Example: One chapter reports that the serious writer is always well-disciplined ("Writing Life" 16).**

7. To refer to material from two different sources, cite each source by author and page number, and separate the two with a semicolon.

**Example: Two works on writing fiction point out that character-driven plots tend to be more literary, and sales tend to be less than for genre fiction, which relies on plot and action (Gardner 333; Harris 324).**

8. Information from a personal interview is cited by using the source's last name in the parentheses. No in-text citation is necessary if the source's name is included in the sentence.

**Example: Novelist Donald Samson said the critics ignored his first novel.**

9. If the author of the source is a public or private organization, use the whole name for in-text citations. If the name is long, consider using it in the sentence to avoid a lengthy in-text citation. (Note: If the organization is both the author and the publisher, refer to number 6 above.)

**Example: The National Audubon Society found significant changes in its annual bird count that may reflect global warming.**

10. To cite a dictionary definition, quote and capitalize the word like the title of an article. You can follow it with a comma and the number of the definition.

**Example: Perry's use of the word *liberal* refers to education in the liberal arts ("Liberal," 1a) or ("Liberal").**

11. If you cite two anonymous works with the same title, add another significant piece of information from the source, often the date, to differentiate the two:

**Examples: Dickinson was a recluse who did not accept change ("Emily," *Dictionary*).**

**Among Dickinson's most prevalent themes are death, loss, and regeneration ("Emily," *Modern*).**

12. Cite religious books by title followed by book, chapter, and verse initially (***Holy Bible, Rom. 8:28***) then subsequently by book, chapter, and verse (***John 3:16***). Abbreviate the book titles and use different book divisions when appropriate.

## WORKS-CITED FORMAT

The works-cited page is placed at the end of your essay and lists all the resources you have referred to in your paper. Note the following characteristics of the works-cited page:

1. Your name and page number appear in the upper right corner in the header.
2. The title, Works Cited, is centered *without* any additional formatting like underlining, bold font, italics, or quotation marks.
3. Entries are double-spaced—that is, double-space lines within the entries and between the entries. *No extra space occurs between entries.*
4. Entries are listed in alphabetical order by
  - author's last name, or
  - title, if the source does not have an author.

Ignore the articles *a*, *an*, and *the* when alphabetizing.

5. When using more than one work by the same author, do not repeat the author's name. Instead, use three hyphens followed by a period for each entry after the first. Put that author's works in order by title.
6. Co-publishers are both listed with a space, slash ( / ), space between them.
7. You must adhere to the MLA format (punctuation and spacing) for these entries. See the MLA-style works-cited models on the following pages.

## Works Cited

- Felver, Joshua C., et al. "Mindfulness-Based Stress Reduction Reduces Psychological Distress in College Students." *College Student Journal*, vol. 52, no. 3, Jan. 2018, pp. 291–298. *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ1191144&site=ehost-live.
- Gedik, Zumrut. "Self-Compassion and Health-Promoting Lifestyle Behaviors in College Students." *Psychology, Health & Medicine Journal*, vol. 24, no.1, 2019, pp.108–114. *Academic Search Premier*, doi.org/10.1080/13548506.2018.1503692.
- Gunnlaugson, Olen, et al., editors. *Catalyzing the Field: Second-Person Approaches to Contemplative Learning and Inquiry*. SUNY Press, 2019.
- Kabat-Zinn J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Dell Publishing, 1990.
- "Progressive Muscle Relaxation Guided Meditation." *YouTube*. Uploaded by Freebird Mediations, 17 June 2012, www.youtube.com/watch?v=fDZI-4udE\_o.
- "Should Meditation Be Offered at Public Universities?" *Reno Gazette - Journal*, Jan 22, 2017. *ProQuest*, proxy.sierracollege.edu/login?url=https://search-proquest-com.proxy.sierracollege.edu/docview/1860733084?accountid=13859.
- "Stress in America: The State of Our Nation." *American Psychological Association*, 2017, www.apa.org/news/press/releases/stress/2017/state-nation.p.
- Titone, Connie, et al. "Getting the Buffalo Off Their Chests." *Educational Leadership*, vol. 75, no. 4, Dec. 2017, pp. 74–77. *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=128250338&site=ehost-live.

# MLA-STYLE DOCUMENTATION MODELS FOR A WORKS-CITED PAGE

The following are some models of how sources of information must appear on the works-cited page at the end of an academic paper. For each entry, follow the punctuation and spacing *exactly*. More models and explanations can be found in the official *MLA Handbook*, 8<sup>th</sup> edition, 2016, and at *The MLA Style Center* Web site: [style.mla.org](http://style.mla.org).

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## BOOKS

### BOOK WITH ONE AUTHOR:

**Note:** Look for information about the publisher on the front and back of the title page. Eliminate business words like *Incorporated* or *Company*, but keep the rest of the publisher's name. Use the abbreviation *UP* for "university press."

#### Format:

Author's Last Name, First Name. *Title*. Publisher, Year.

#### Example:

Tan, Amy. *The Bonesetter's Daughter*. Putnam Printing, 2001.

### BOOK WITH TWO AUTHORS:

**Note:** When there are two authors, put a comma followed by the word *and* before the second author. Put the first author's last name first, but give the second author's name in the normal order.

#### Format:

First Author's Last Name, First Name, and Second Author's First and Last Names. *Title*.

Edition number, Publisher, Year.

#### Example:

Langan, John, and Janet M. Goldstein. *English Brushup*. 5<sup>th</sup> ed., McGraw-Hill, 2011.

### **BOOK WITH THREE OR MORE AUTHORS:**

**Note:** When there are three or more authors, use only the first author's name followed by *et al.*, for "and others."

#### **Format:**

First Author's Last Name, First Name, et al. *Title: Subtitle*. Publisher, Year.

#### **Example:**

Fisher, Roger, et al. *Beyond Machiavelli: Tools for Coping with Conflict*. Penguin Press, 1994.

### **SHORT WORK OR CHAPTER IN A BOOK (ANTHOLOGY):**

**Note:** Use this format to cite one piece of writing in a collection of works by different authors (anthology).

#### **Format:**

Author of Short Work's Last Name, First Name. "Title of Short Work." *Book Title: Subtitle*, edited by Editors' First and Last Names, Edition, Publisher, Year, Pages.

#### **Example:**

Walker, Alice. "Everyday Use." *Literature: An Introduction to Fiction, Poetry, Drama, and Writing*, edited by X.J. Kennedy and Dana Gioia, 12<sup>th</sup> ed., Pearson, 2013, pp. 491-96.

### **BOOK WITH EDITOR(S):**

**Note:** When citing a whole book compiled by one or two editors, start with the name(s) of the editor(s) followed by the word *editor* or *editors*. If the book has more than two editors, put *et al.* (not in italics) after the first editor's name and before the word *editors*. Follow this model when citing material written by the editor(s) of the whole book, not the author of a chapter or work in the book.

#### **Format:**

First Editor's Last Name, First Name, and Second Editor's First and Last Names, editor(s). *Title: Subtitle*, edition, Publisher, Year.

**Example:**

Kennedy, X. J., and Dana Gioia, editors. *Literature: An Introduction to Fiction, Poetry, Drama, and Writing*. 12<sup>th</sup> ed., Pearson, 2013.

**CROSS-REFERENCES:**

**Note:** To **cross-reference** two or more works (such as chapters, essays, or short stories) from the same book, cite the book starting with the editor(s) (see sample above). Then, in separate entries, give the author and title of each chapter or short work followed by the editors of the book and the page numbers of the entire short work.

**Format:**

Author's Last Name, First Name. "Title of Chapter or Short Work." Editors of Book,  
Pages of Chapter or Short Work.

**Example:**

Walker, Alice. "Everyday Use." Kennedy and Gioia, pp. 491-96.

**INTRODUCTION, PREFACE, FOREWORD, OR AFTERWORD:****Format:**

Author of Part. Title of Part. *Book Title*, by Book Author, by Book Author, edited by Last  
Name of Editor Who is the Same as Author, Publisher, Year, Pages of Part.

**Example:**

Barnet, Sylvan. Introduction. *The Tragedy of Hamlet Prince of Denmark*, by William  
Shakespeare, edited by Barnet, New American Library, 1998, pp. lxiii-xcii.

**BOOK ON THE INTERNET:****Format:**

Author's Last Name, First Name. *Book Title*. Publisher, Year. *Database or Web Site*  
*Title*, URL.



**Example:**

Brontë, Charlotte. *Jane Eyre*. Service and Paton, 1897. *Gutenberg Project*,  
www.gutenberg.org/ebooks/1260.

**E-BOOK FOR AN ELECTRONIC READER LIKE KINDLE OR NOOK:**

**Format:**

Author's Last Name, First Name. *Title*. Edition, Publisher, Year.

**Example:**

Austen, Jane. *Pride and Prejudice*. Kindle ed., Harper Collins E-Books, 2010.

**SACRED TEXT:**

**Format:**

*Title*. Original Publication Date. Version, Publisher, Year.

**Example:**

*Holy Bible*. 1611. The King James Version, American Bible Society, 1972.

**ONLINE SACRED TEXT:**

**Format:**

*Title*. Version. *Site Title*, Publication Date, URL.

**Example:**

*Online Bible*. New International Version. *Biblica*, 2011, www.biblica.com/en-us/bible/online-bible/.

**ARTICLE IN A REFERENCE BOOK:**

**Note:** Cite an article in a reference book like a section in any other book. If no author is given, begin the citation with the article title or, in a dictionary, the word that is defined.

## Encyclopedia Example:

### Format:

Author's Last Name, First Name. "Article Title." *Reference Book Title*, Volume,  
Publisher, Year, Pages.

### Example:

Cloos, Mark. "Earthquake." *World Book Encyclopedia*, vol. 6, World Book, 2014, pp.  
33-38.

## Dictionary Example:

### Format:

"Word." *Dictionary Title*, Edition, Publisher, Year, Page.

### Example:

"Home." *The American Heritage Dictionary*, 3<sup>rd</sup> ed., Houghton Mifflin, 1985, p. 649.

## ONLINE ENCYCLOPEDIA OR DICTIONARY:

**Note:** For online sources, the publisher may be omitted if it is the same as the title of the Web site.

### Format:

Author's Last Name, First Name. "Article Title." *Web Site Title*, Year, URL.

### Example:

Jay, Martin Evan. "Sigmund Freud: Austrian Psychoanalyst." *Encyclopaedia Britannica*,  
2016, [www.britannica.com/biography/Sigmund-Freud](http://www.britannica.com/biography/Sigmund-Freud).

## ACADEMIC JOURNALS AND OTHER PERIODICALS

### SCHOLARLY JOURNAL ARTICLE:

#### Format:

Author's Last Name, First Name. "Article Title." *Journal Title*, Volume, Issue, Year, Pages.

#### Example:

Marshall, Brigitte. "Reexamining the Role of Adult Educators." *The CATESOL Journal*, vol. 9, no. 2, 1996, pp. 127-32.

### ONLINE SCHOLARLY JOURNAL ARTICLE (NOT FROM A DATABASE):

**Note:** If the article has a **digital object identifier (DOI)**, give that instead of the URL or Permalink.

#### Format:

Author's Last Name, First Name. "Article Title." *Journal Title*, Volume, Issue, Publication Date, Pages, *Web Site or Database Title*, DOI of Article.

#### Example:

Kelly, James B. "The Homeschooling of Scout Finch." *Changing English: Studies in Culture and Education*, vol. 19, no. 4, Dec. 2012, pp. 451-57. *Taylor and Francis Online*, doi:10.1080/1358684X.2012.736745.

## **ONLINE-ONLY SCHOLARLY JOURNAL ARTICLE (NOT FROM A DATABASE):**

### **Format:**

Author's Last Name, First Name. "Article Title." *Journal Title*, Volume, Issue, Year,  
Stable URL (Permalink).

### **Example:**

Powell, Jason L. "Social Work and Elder Abuse: A Foucauldian Analysis." *Social Work and Society: International Online Journal*, vol. 10, no. 1, 2012, nbn-resolving.de/urn:nbn:de:hbz:464-sws-27.

## **MAGAZINE ARTICLE:**

### **Format:**

Author's Last Name, First Name. "Article Title." *Magazine*, Date, Page.

### **Example:**

Smith, John K. "Food for Thought." *Time*, 24 Aug. 2001, p. 46.

## **ONLINE MAGAZINE ARTICLE:**

### **Format:**

Author's Last Name, First Name. "Article Title." *Magazine Title*, Date, URL.

### **Example:**

Lichtenstein, Jesse. "Do We Really Want to Live without the Post Office?" *Esquire*, 22 Jan. 2013, [www.esquire.com/news-politics/a18228/post-office-business-trouble-0213/](http://www.esquire.com/news-politics/a18228/post-office-business-trouble-0213/).

## **NEWSPAPER ARTICLE:**

**Note:** If no author's name is given, start with the title; do not treat news agencies such as Associated Press or Reuters as the author. Follow the MLA format for titles even if your source does not; do not use all capital or all lower case letters. If the article is not printed on consecutive pages, put the first page of the article and a plus sign.

**Format:**

Author's Last Name, First Name. "Article Title." *Newspaper Title*, Edition, Date, Pages.

**Example:**

Martin, Glen. "Along the Sacramento, Songbirds Flourish Again." *San Francisco Chronicle*, final ed., 27 Nov. 2006, pp. A1+.

**ONLINE NEWSPAPER ARTICLE:****Format:**

Author's Last Name, First Name. "Article Title." *Newspaper Title*, Date, URL.

**Example:**

Caiola, Sammy. "California Pharmacies Resist Push to Translate Drug Labels." *The Sacramento Bee*, 1 Aug. 2014, [www.sacbee.com/news/local/health-and-medicine/healthy-choices/article2604691.html](http://www.sacbee.com/news/local/health-and-medicine/healthy-choices/article2604691.html).

**ADVERTISEMENT:****Format:**

Product Name. *Magazine Title*, Date, Page. Advertisement.

**Example:**

Ray-Ban. *Rolling Stone*, 14 May 2009, p. 9. Advertisement.

**ONLINE ADVERTISEMENT:****Format:**

Product Name. *Website (or Magazine Title)*, Date, URL. Advertisement.

**Example:**

Coke. *Vintageadbrowser.com*, 1920, [www.vintageadbrowser.com/coke-ads-1920s](http://www.vintageadbrowser.com/coke-ads-1920s).  
Advertisement.

## DATABASES

### ARTICLE FROM AN ONLINE RESEARCH DATABASE:

**Note:** For an article found on a research database, you must cite its original publication information, followed by the database, and the DOI (digital object identifier number) or stable URL (permalink).

**Format:**

Author's Last Name, First Name. "Article Title: Subtitle." *Periodical Title*, Volume, Issue, Date, Pages, *Database*, DOI.

**Example:**

Franz, Barbara. "Immigrant Youth, Hip-Hop, and Feminist Pedagogy: Outlines of an Alternative Integration Policy in Vienna, Austria." *International Studies Perspectives*, vol. 13, no. 3, Aug. 2012, pp. 270-88. *Academic Search Premier*, doi:10.1111/j.1528-3585.2012.00484.x.

### REPRINT OF AN ARTICLE IN A VOLUME OF LITERARY CRITICISM ON A DATABASE:

**Format:**

Author's Last Name, First Name. "Article Title." *Title of Book Where Article is Reprinted*, edited by Editor's First and Last Name(s), Volume, Publisher, Year, Pages, *Database*, Stable URL (Permalink). *Original Periodical*, Volume, Year, Pages.

**Example:**

Griffith, Philip Mahone. "Joseph Warton's Criticism of Shakespeare." *Literature Criticism from 1400 -1800*, edited by Thomas J. Schoenberg and Lawrence J. Trudeau, vol. 128, Gale, 2007, pp. 342-52. *Literature Resource Center*, go.galegroup.com/ps/i.do?id= GALE%7CH1420072703&v=2.1&u=rock89639&it=r&p=LitRC&sw=w&asid=92b5b182366d425b32079e33eac62170. Originally published in *Tulane Studies in English*, vol. 14, 1965, pp. 17-27.

**ABSTRACT OF AN ARTICLE IN A LIBRARY RESEARCH DATABASE:****Format:**

Abstract of "Article Title," by Authors, *Periodical Title*, Volume, Issue, Date, Pages, *Database*, DOI.

**Example:**

Abstract of "The Effects of Label Design Characteristics on Perceptions of Genetically Modified Food," by E. Hellier, et al. *Journal of Risk Research*, vol. 15, no. 5, May 2012, pp. 533-45. *Business Source Elite*, doi:10.1080/13669877.2011.646288.

## WEB SITES

### WEB SITE OR HOME PAGE:

**Note:** Use this format to cite a *whole* Web site or the home page of a Web site. If no author or editor is given, begin with the title. Omit the publisher if it is the same as the site title.

**Format:**

*Site Title*. Publication Date, URL.

**Example:**

*The Nature Conservancy*. 2016, [www.nature.org/?intc=nature.tnav.logo](http://www.nature.org/?intc=nature.tnav.logo).

### WEB PAGE OR DOCUMENT ON A WEB SITE:

**Note:** Use this format to cite each document or page you use that is part of the entire Web Site.

**Format :**

Author's Last Name, First Name. "Document or Page Title." *Site Title*, Publisher,  
Publication Date, URL.

**Example :**

Garung, Trishna. "Amur Tigers on the Rise." *WWF*, World Wildlife Fund for Nature, 27  
May 2015, [www.worldwildlife.org/stories/amur-tigers-on-the-rise](http://www.worldwildlife.org/stories/amur-tigers-on-the-rise).

### WEB PAGE OR DOCUMENT WITH NO AUTHOR:

**Note:** Omit the publisher if it is the same as the site title.

**Format:**

"Web Page/Document Title." *Web Site Title*, Date, URL.

**Example:**

"Natural History Museum." *Sierra College*, 2012, [www.sierracollege.edu/about-us/beyond-the-classroom/nat-hist-museum/index.php](http://www.sierracollege.edu/about-us/beyond-the-classroom/nat-hist-museum/index.php).



### **WEB PAGE OR DOCUMENT WITH NO PUBLICATION DATE:**

**Note:** It is important to include your access date, if there is no date on the Web site.

**Format:**

“Web Page/Document Title.” *Web Site Title*, URL. Access Date.

**Example:**

"Agriculture on the Preserve." *Cosumnes River Preserve*,

www.cosumnes.org/agriculture-on-the-preserve/. Accessed 21 July 2016.

### **HANDOUT UPLOADED TO CANVAS (OR OTHER WEB SITE):**

**Format:**

Author’s Last Name, First Name. “Article Title.” *Web Site*, uploaded by Professor who  
Uploaded Article, Date of Upload, URL.

**Example:**

Dweck, Carol. “Brainology.” *Canvas*, uploaded by Jacob Reynolds, 15 Jan. 2018,

sierra.instructure.com/.

## **LEGAL CITATIONS**

**Note:** Do not italicize or quote the title of a law or similar document, such as a declaration or treaty. However, the names of court cases should be italicized. These citations start with the government and the part of the government responsible as the author.

**BILL ONLINE:**

**Note:** A bill is a proposed law being considered by a law-making body.

**Format:**

Government, Law-Making Body. Bill Title. *Web Site Title*, Date, URL.

**Example (1):**

California State, Legislature. Senate Bill 276. *California Legislative Information*, 13 Feb. 2019, [leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill\\_id=201920200SB276](http://leginfo.ca.gov/faces/billNavClient.xhtml?bill_id=201920200SB276).

**Example (2):**

**Note:** In the example below, the numbers of Congress and the bill at the end of the citation are optional.

United States, Congress, Senate. Protect Our Elections Act. *Congress.gov*, 11 Oct. 2018, [www.congress.gov/bill/115th-congress/senate-bill/3573?s=9&r=233](http://www.congress.gov/bill/115th-congress/senate-bill/3573?s=9&r=233). 115<sup>th</sup> Congress, Senate Bill 3573.

**FEDERAL LAW (ACT) ONLINE:**

**Format:**

Government, Law-Making Body. Public Law Number. *Publication*, Volume, Date, Pages, Web Site, URL.

**Example:**

United States, Congress. Public Law 114-329. *United States Statutes at Large*, vol. 130, 2017, pp. 2969-3038. *Congress.gov*, [www.congress.gov/114/plaws/publ329/PLAW-114publ329.pdf](http://www.congress.gov/114/plaws/publ329/PLAW-114publ329.pdf).

**COURT CASE ONLINE:**

**Format:**

Government, Court. *Case Name*. Date of Decision. *Web Site Title*, Publisher, URL.

**Example:**

United States, Supreme Court. *Penry v. Lenaugh*. 26 June 1989. *Legal Information Institute*, Cornell U Law School, [www.law.cornell.edu/supremecourt/text/492/302](http://www.law.cornell.edu/supremecourt/text/492/302).

## GOVERNMENT DOCUMENTS

**GOVERNMENT DOCUMENT ONLINE (DIFFERENT AUTHOR AND PUBLISHER):**

**Note:** If the author is a government agency that is not also the publisher, list the government and then the agency.

**Format:**

Government, Agency. "Document Title." *Web Site Title*, Publisher, Date, URL.

**Example:**

United States, Patent and Trademark Office. "Patent Laws." *General Information Concerning Patents*, Inventor Resources, Oct. 2014, [www.uspto.gov/patents-getting-started/general-information-concerning-patents](http://www.uspto.gov/patents-getting-started/general-information-concerning-patents).

**GOVERNMENT DOCUMENT ONLINE (SAME AUTHOR AND PUBLISHER):**

**Note:** If the author is an organization or government agency that is also the publisher, begin with the source's title. Include the government or department of which the agency is a part.

**Format:**

"Document Title." *Web Site Title*, Publisher/Agency, Publisher/Government Department, Date, URL.

**Example:**

“Immigration and Child Welfare.” *Child Welfare Information Gateway*, Children’s Bureau, US Department of Health and Human Services, April 2015, [www.childwelfare.gov/pubPDFs/immigration.pdf](http://www.childwelfare.gov/pubPDFs/immigration.pdf).

## COMMUNICATION

**LECTURE:****Format:**

Speaker’s Last Name, First name. Title or Description. Date, Location.

**Example:**

DeFoe, Daniel. Class lecture. 10 Mar. 2014, Sierra College, Rocklin, CA.

**TED TALK:****Format:**

Speaker’s Name. “Title.” *Web Site*, Date, URL.

**Example:**

Schwartz, Barry. “The Paradox of Choice.” *TED: Ideas Worth Spreading*, July 2005, [www.ted.com/talks/barry\\_schwartz\\_on\\_the\\_paradox\\_of\\_choice](http://www.ted.com/talks/barry_schwartz_on_the_paradox_of_choice).

**PERSONAL INTERVIEW:****Format:**

Interviewee’s Last Name, First Name. Description. Interview Date.

**Example:**

Rodriguez, David. Personal interview. 10 Sept. 2013.

## **E-MAIL MESSAGE (INCLUDING E-MAIL INTERVIEW):**

### **Format:**

Author's Last Name, First Name. "Subject Line." Received by Message Recipient's First and Last Names, Date Sent.

### **Example:**

Stephens, John E. "Re: Chemistry Study Session." Received by Mary Gonzalez, 14 Feb. 2014.

## **BLOG:**

### **Format:**

Author's Last Name, First name. "Blog Title." *Blog Site*, Date Uploaded, URL. Blog.

### **Example:**

Stewart, Deborah J. "High Five for Hands!" *Teach Preschool*, 27 June 2016, [www.teachpreschool.org](http://www.teachpreschool.org). Blog.

## **TWEET:**

### **Format:**

Twitter User Name (Author's Name, Optional). "Entire Tweet." *Twitter*, Date and time, URL.

### **Example:**

@BarackObama (Barack Obama). "We don't give up, we get up. We innovate; we adapt; we learn new skills. We keep going. #JobsNow." *Twitter*, 12 Feb. 2013, 9:23 a.m., [twitter.com/barackobama/status/301746005584531456](https://twitter.com/barackobama/status/301746005584531456)

## WORKS OF ART

### WORK OF VISUAL ART:

**Format:**

Artist's Last Name, First Name. *Artwork Title*. Composition Date, Museum or Institution,  
City of Museum or Institution.

**Example:**

Picasso, Pablo. *Guernica*. 1937, Reina Sofia Museum, Madrid.

### WORK OF ART IN A BOOK:

**Format:**

Artist's Last Name, First Name. *Artwork Title*. Artwork Date. *Book Title*, by Author of  
Book's First and Last Names, Edition, Publisher, Year, Page.

**Example:**

Picasso, Pablo. *Guernica*. 1937. *Discovering the Humanities*, by Henry M. Sayre, 2<sup>nd</sup> ed.,  
Pearson, 2013, p. 467.

### WORK OF ART ONLINE OR IN A DATABASE:

**Format:**

Artist's Last Name, First name. *Artwork Title*. Artwork Date. *Web Site or Database*,  
URL.

**Example:**

Picasso, Pablo. *Guernica*. 1937. *ARTstor*, [library.artstor.org/library/iv2.html?parent=true](http://library.artstor.org/library/iv2.html?parent=true).

## PERFORMING ARTS

### LIVE PERFORMANCE:

#### Format:

*Title*. Important Contributors' Roles and First and Last Names, Date, Venue, Rocklin.

#### Example:

*Jazz Night*. Directed by Greg McLaughlin, performance by the Sierra College Jazz Ensembles, 12 May 2014, Dietrich Theatre, Rocklin.

### SOUND RECORDING:

#### Format:

Performer. "Song or Piece Title." *Album Title*, Publisher, Year Issued.

#### Example:

Clarkson, Kelly. "Already Gone." *All I Ever Wanted*, RCA, 2009.

### SOUND RECORDING STREAMED ON AN APP:

#### Format:

Performer's Last Name, First Name. "Song or Piece Title." *Album Title*, *Name of App*, Publisher, Date.

#### Example:

Brubeck, Dave. "Take Five." *Dave Brubeck's Greatest Hits*, Amazon Music app, Columbia Records, 1966.

### SONG LYRICS ONLINE:

**Note:** Original composition date is optional and only included if relevant.

#### Format:

Writer's Last Name, First Name. Lyrics to "Song Title." Original Composition Date. *Web Site Title*, Publisher of Web Site, Date, URL.

**Example:**

Key, Francis Scott. Lyrics to "The Star-Spangled Banner." 1814. *National Museum of American History*, Smithsonian Institution, 2012, [amhistory.si.edu/starspangledbanner/the-lyrics.aspx](http://amhistory.si.edu/starspangledbanner/the-lyrics.aspx).

**TELEVISION EPISODE OR RADIO BROADCAST (PODCAST) ONLINE:****Format:**

"Episode Title." *Program Title*, Important Contributors' First and Last Names, Network, Date, URL.

**Example:**

"Billy the Kid." *American Experience*, narrated by John Maggio, directed by Michael Murphy, PBS, 19 Feb. 2013, [pbs.org/wgbh/americanexperience/films/billy/player/](http://pbs.org/wgbh/americanexperience/films/billy/player/).

**MOVIE:****Format:**

*Title*. Important Contributors' Roles with First and Last Names, Publisher, Year.

**Example:**

*Dark Knight*. Directed by Christopher Nolan, performances by Christian Bale and Heath Ledger, Warner Bros., 2009.



## **VIDEO ON A VIDEO-SHARING WEB SITE LIKE *YOUTUBE*:**

**Note:** Video titles are generally in italics like movie titles.

### **Format (1):**

*Video Title. Web Site Title*, uploaded by Person or Organization that Uploaded Video,  
Date of Upload, URL.

### **Example (1):**

*How Corporations Ruined Food. YouTube*, uploaded by Real Stories, 17 Nov. 2017,  
[www.youtube.com/watch?v=5RwIWGkMxrE](http://www.youtube.com/watch?v=5RwIWGkMxrE).

**Note:** If a video is part of a larger work, such as an episode in a television series, or a music video based on a song in an album, put the title in quotation marks as in the example below.

### **Format (2):**

Performer's Last Name, First Name. "Video Title." *Web Site Title*, uploaded by Person or  
Organization that Uploaded Video, Date of Upload, URL. Video.

### **Example (2):**

Mitchell, Joni. "Both Sides Now." *YouTube*, uploaded by BluesAnders, 10 Feb. 2010,  
[www.youtube.com/watch?v=Pbn6a0AfnM](http://www.youtube.com/watch?v=Pbn6a0AfnM). Video.

## **VIDEO ON A WEB SITE (NOT A VIDEO-SHARING WEB SITE):**

**Note:** A video's title may be placed in quotation marks if it is part of a Web site and has not been published as an independent work.

### **Format:**

"Video Title." *Web Site Title*, Date, URL.

### **Example:**

"Mental Shortcuts." *National Geographic*, 10 Mar. 2015, [www.nationalgeographic.org/  
media/mental-shortcuts/](http://www.nationalgeographic.org/media/mental-shortcuts/). Video.

## **VIDEO GAME:**

### **Format:**

*Game Title*. Publisher, Publication Date. Type of Source.

### **Example:**

*Far Cry 3*. Ubisoft, 2012. Video Game.

## FOR MORE INFORMATION

### CONTACT THE WRITING CENTER

Rocklin Campus  
Learning Commons, LRC 2<sup>nd</sup> Floor  
(916) 660-7230  
E-mail: [writingcenter@sierracollege.edu](mailto:writingcenter@sierracollege.edu)

### VISIT THE WRITING CENTER WEB PAGE

Go to the Sierra College home page at [www.sierracollege.edu](http://www.sierracollege.edu) and click *Student Services*. Under *Academic Help*, click *Writing Center*.

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