EFFECTS OF STRESS
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Effects of Stress on Sleep Patterns of Domesticated Animals
Daisy D. Ashworth
Texas Tech University

Full Title, Author, and Institutional Affiliation are centered on the Title Page. No date is needed unless your instructor specifies for it to be included.

Indent paragraphs (Tip: Use the Tab key not the space bar!)

The words "Running head:" are removed from all papers. The shortened title in the header is not required for students according to APA. Refer to your instructor’s preferences.

The title is repeated before the body of the paper. If there is an abstract or author’s note, it will come between the title page and main paper.

If your instructor still wants the words “Running head:” on the title page, here is how to make the first page with a different header:

- **Microsoft Word Software**: Select the Insert tab. Click the Header dropdown menu and choose your header. After doing so, Word will bring up the Header Design Tab. Check the Different First Page option.
- **Word Online (TTU Student Version)**: Select the Insert tab. Click Header & Footer. While in the Header, click on Options dropdown menu to far right of screen. Select Different First Page.
- **Google Docs**: Select Insert dropdown menu. Click Header & page number. Click Header. Click Different first page check box.

In the wild, animals have instincts to help them survive a wide variety of life-threatening situations.

Animals will migrate hundreds or thousands of miles to find food and shelter as seasons and temperatures change (Garcia, 2012). They are equipped with tools for defense and attack; Rodman (1999) shows some of these are instinctual, while others are taught by parents to their young to ensure survival.

However, as humans have bred the wildness out of domesticated animals, it is imperative to study...
### APA In-Text Citations with and without page numbers:

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<thead>
<tr>
<th>Type of Citation</th>
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<th>Subsequent Citations in Text</th>
<th>Parenthetical, First Citation in Text</th>
<th>Parenthetical, Subsequent Citations in Text</th>
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<tr>
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<td>Matanza et al. (2002) proved ... previously (p. 242).</td>
<td>Matanza et al. (2002)</td>
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<td>Secondary Sources</td>
<td>Linn said ... (as cited in Richards, 1999, p. 331)</td>
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<tr>
<td>Video, movie, podcast with timestamp, use hrs:mins:secs format to cite start time</td>
<td>Becks (2020) said, “I ...” (27:30).</td>
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<td>(Becks, 2020, 01:00:13).</td>
<td></td>
</tr>
</tbody>
</table>

**Citing Quotes:** ALWAYS use page numbers when directly quoting a source. The page number is optional if you are paraphrasing.

- **With page numbers:** Put page numbers directly after end quote marks even if it is not the end of the sentence:

  Rhetoric comes before speech because “rhetoric, as energy, has to exist in the speaker before speech can take place” (Kennedy, 1992, p. 4).

  Kennedy (1992) states the “receiver’s interpretation of a communication is prior to the speaker’s intent” (p. 7), in that if the recipient does not act when the message is received, the message is rendered meaningless.

- For online sources with **no page numbers**, use paragraph numbers. COUNT paragraphs if they are not numbered (*APA Manual, 7th Ed.*, 2019, p. 273).

  Koren (2019) says most fast radio bursts “are one-off events, and identifying their source right away is a significant achievement” (para. 13).

For more information on quotations, see pages 269-278 and 258 in the *APA Manual, 7th edition.*
APA: References

What to include in a citation:

- In general, the more information you can include the better. You want your readers to be able to find your sources.
- All sources used in a paper must be included in the References. Any source NOT used in a paper should be excluded from the References list.
- If this handout does not contain an example of your reference type, more options can be found at www.apastyle.org.

General order of information, including punctuation:

Author. (Year). Title of article. Title of Periodical, volume number(issue number), page numbers. doi/URL

- Chapter titles, lecture titles, episode titles, etc., are not italicized. Titles of books, journals, magazine, websites, etc., are italicized.
- For Chapter titles and Book titles, only the First word and Proper Names are capitalized. Journal Titles capitalize all IMPORTANT words (such as nouns, verbs, and words more than 4 letters long).
- There is NO SPACE between the volume and issue numbers for journals. The volume number is italicized; the issue number is not [e.g. 11(4)].
- There is NO punctuation at the end of the doi or URL.
- Authors are listed alphabetically by last name and first initial(s) only, not full first names (e.g. Clay, R.).
- Use & symbol rather than the word “and” with multiple authors.
- As of the 7th edition, the words “Retrieved from” are no longer required, unless citing a webpage that is occasionally updated making the date retrieved important. Defer to your instructor’s preferences.

Tips for making a hanging indent:

Microsoft Word Software: Select the sources you are ready to format. On your Home tab, click the arrow to the right of the word Paragraph (it is pointing down and to the right). This will open a new menu. Look for the Indentation section and the option Special. Click the Special dropdown and select Hanging.

Word Online (TTU Student Version): Click on downward-pointing triangle to the right of the icon that has horizontal lines and a backwards ‘P’ (Paragraph icon). Click on Special Indent. Click on Hanging Indent.

Google Docs: On the top ruler there is a rectangle that shows the words First Line Indent and the downward-pointing triangle that shows the words Left Indent. Leave the First Line Indent rectangle at the 0.00 mark on the ruler. Slide the triangle a half inch to the right.
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References


Curry, T. (2017, October 3). Why psychology matters today [Class lecture]. PSCH 2100, Texas Tech University, Lubbock, TX, United States.


Gates, B. [@BillGates]. (2013, February 26). #Polio is 99% eradicated. Join me & @FCBarcelona as we work to finish the job and #EndPolio. VIDEO: http://b-gat.es/X75Lvy [Tweet]. Twitter. https://twitter.com/BillGates/status/306195345845665792


