**A Guide to Referencing an Essay**

**Introduction**

APA style referencing refers to American Psychological Association’s referencing style 6th edition, and is one of the most popular and frequently used forms of referencing style within psychological research literature. The following essay will provide a discussion of the importance of APA style referencing within psychological literature but also in terms of consistency within academic essays. In addition to this, this essay can be used as a basic guide for students to properly cite and reference an essay using this particular referencing style. To this end, all sources will be cited and referenced within this essay in APA style.

**Why use APA?**

One of the most important reasons for using APA style referencing is that it ensures that academic literature and research reporting is standardised and supports a commitment to the scientific ideal. In this sense, using APA style referencing is important in order to conform to how research papers and articles are referenced in the hard sciences like Chemistry, and is particularly important with regards to presenting complex information and findings in a succinct and logical manner. Furthermore, such a referencing style means that referencing and citations are standardised and there is continuity within papers that use APA referencing.

On this note, proper referencing is important in order to demonstrate to or inform the reader where the information or evidence has come from and prevent accusations of plagiarism. Legitimate referencing shows the reader that the statements or arguments are not independent thoughts of the writer, but rather those of previous researchers. Due to this, appropriate referencing enables the reader to search for the source of the information by using the references list if they wish to read up further on the subject. Therefore, proper referencing using APA style guarantees that all sources are properly cited and referenced as well as enabling the reader to understand what are arguments of other researchers and what is independent thought and critical analysis from the writer, thus avoiding plagiarism.

APA style referencing is a relatively easy referencing style to learn and remember, such as the use of ‘&’ instead of ‘and’ in citations and references.