Formatting an APA Style Paper in Microsoft Word 2007

Before you begin typing, you must set up your paper to accommodate APA style. Prior to any typing, you need to select the Times New Roman font and your font size, which should always be 12. You can do this by clicking on the "**Home**" tab. You can see here that the font is set to Times New Roman and with a size of 12. However, if you see values different from those specified above, you change them by clicking on the drop-down menu and selecting the appropriate font and size.

	🚽 🔊 - 😈 🚞) 🔻	Document3 - Microsoft Word		- = ×
	Home Insert Page Layout References Mail	ings Review View Acrobat		0
Paste	Times New Roman \rightarrow 12 \rightarrow A $\stackrel{\circ}{\mathbf{A}}$ $\stackrel{\circ}{\mathbf{A}}$ B I $\underline{\mathbf{U}}$ \rightarrow abs \mathbf{x}_2 \mathbf{x}^2 \mathbf{Aa} \rightarrow $\stackrel{\circ}{\mathbf{D}}$ \rightarrow $\underline{\mathbf{A}}$ \rightarrow	╡ ╡ ╡ こ く に く に く に く に く に く に く に く に く に く	AaBbCcDc AaBbCcDc AaBbCcCI Character AaBbCcDc AaBbCcDc Heading 1	ange rles *
Clipboard	Fail Font Fail	Paragraph 🕞	Styles	5
L	1		· · · · · · · · · · · · · · · · · · ·	
				=

To set the margins, you will need to click the "Page Layout" tab and a set of new options will emerge.

Ca	a ೮-೮ 📬) ਦ	Documer	nt3 - Microsoft Word		- ¤ x
	Home Insert Page Layout References	Mailings Revie	ew View Acrobat		۲
Aa Themes	Corientation * H Breaks * D * Margins * T Columns * be ² * Hyphenation *	Watermark *	Indent ∰ Left: 0" ↓ ∰ Right: 0" ↓	Spacing ↓ = Before: 0 pt ↓ ↓ = After: 0 pt ↓	Bring to Front → Position Text Wrapping → A Rotate →
Theme	s Page Setup 🕞	Page Background	Parag	raph 🖓	Arrange
L	1 • • • • • • • • • • • • • • • • • • •	· · · 2 · · · i · ·	• 3 • • • 1 • • • 4 • •	• • • • • 5 • • • • • • • •	<u>6 · · · △</u> · · · 7 · · · ·
-					
-					
•					
					=

Examine the "**Spacing**" panel and make sure a value of "0" is to the right of both "**Before**" and "**After**" options. You likely will have "10" next to "**After**" as that is the default value of Word 2007. If you do not change the value to zero, then your spacing after a hard return will be almost triple spaced rather than double-spaced.

Next, click on the "Margins" option and then select the option showing 1" margins all around.

Cn	1	- 😈 🚞						Documer	nt3 - Micro	osoft Word					- = X
	Home	Insert	Page La	yout	References	М	ailin	igs Revie	w View	Acrobat					0
Aa Themes	▲ * ● ● *	Margins	Orientation Size * Columns *	т /= ;;;;	Breaks * Line Numbers Hyphenation *	- 3	D V	Vatermark 🔹 age Color 👻 age Borders	Indent	0" ‡ 0" ‡	Spacing \$\equiv Before: \$\u00e9 After:	0 pt ‡ 0 pt ‡	Position	Bring to Front Send to Back	E Align ▼ E Group ▼ - A Rotate ▼
Ther	mes	(IIII)	Last Custo	om Set	ting		-	Background		Parag	raph	Fai		Arrange	
L 1		*	Top: Left:	1" 1"	Bottom: Right:	1" 1"		· · · 1 ·	••3••	e para a	4 • • • •	5		· · ē · · · △ ·	· · 7 · · 🕅
			Normal Top: Left:	1" 1"	Bottom: Right:	1" 1"									
			Narrow Top: Left:	0.5" 0.5"	Bottom: Right:	0.5" 0.5"	III								=
-			Moderate Top: Left:	1" 0.75"	Bottom: Right:	1" 0.75"									
- 1		F	Wide Top: Left:	1" 2"	Bottom: Right:	1" 2"									

To set the line spacing to double, you click on the "**Home**" tab and then click on the diagonal arrow in the "**Paragraph**" panel.

0.		り・じ 📬	•			Document3 - M	licrosoft Word	ł				_ =	X
	Hor	me Insert	Page Layout	References	Ma	ilings Review V	'iew Acrobat						0
Paste	*	Times New Ro	oman + 12 + abe × x × 2	2 - A A Aa - ^{ab} 2 -	A -	E • E • ₩ • ₩	: ; <u>}</u>	AaBbCcDc 1 Normal	AaBbCcDc 11 No Spacing	AaBbCcI Heading 1	 ▲ Change Styles * 	Editing	
Clipboar	d 🗟	6	Font		6	Paragraph	រទ		Styles		Fa		
						ž i ž	i Pa		Show the F	Paragraph dialog	box.		

Doing so will bring up the paragraph setup window illustrated on the following page.

To set the line spacing to double-spacing, you simply click the "**Line Spacing**" option and select "**Double**" from the options that will appear.

		17 - U 🚞	•		Do	cument3	- Microso	oft Word		- = x
	Ho	me Insert	Page Layout	References	Mailings	Review	View	Acrobat		0
ß	X Ga	Times New Ro	oman - 12	• A A	ൗ ∷ -	i≣ + iī <u>;</u> +	(† (†)	â↓ ¶	AaBbCcDc AaBbCcDc AaBbCcI	A
Paste	1	BIU	\star abe $X_2 X^2$	Aa - 4 - 4			\$≣ - 🖄	• 🖽 •	Paragraph	? ×
Clipboa	rd 🗇		Font		5	Paragr	aph	Gi.	Indents and Spacing Line and Page Breaks	
L		• • • • • 🛓		1	••• • •		3	1	General	- 3
1	<u> </u>								Alignment:	
									Outline level: Body Text ▼	
-									Indentation	
									Left: 0" 🛨 Special: By:	-
•									Right: 0" 🛨 (none) 💌	표
									Mirror indents	
-									Spacing	
3									Before: 0 pt 🔶 Line spacing: <u>A</u> t:	
-									After: 0 pt 🚖 Single 💌	∃
									$\hfill\square$ Don't add space between paragraphs of the same style	
3									Preview	
-									Percinal Design(): Percinal Disagn(): Percinal Disagn(): Percinal Design(): Percinal Desi	
									Sangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens Kangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens Sangie Tens	
									Bolenie plagach, Bolenie Zalach, Bolenie Stangel, Bolenie Zalach, Bolenie Jazeb,	
-									Palarang Bangraph Palarang Pangraph Palarang Pangraph Palarang Pangraph Palarang Bangraph Palarang Pangraph Palarang Pangraph Palarang Pangraph	
-									Iabs Default OK Canc	el -

Next, you need to setup the running head.

Start by clicking on the "**Insert**" tab and then select the "**Header**" option. When you do, the image below will appear. At this point, you may find it easier to simply select "**Edit Header**" at the bottom of that new window.

Ca 9 - 0 D	i 🔻 Document3 - Microsoft Word - 🖓	r x
Home Inser	Page Layout References Mailings Review View Acrobat	0
Cover Page ~ Blank Page Page Break Cover Page ~ Table *	Image: Construction of Constr	
	Illustrations Links · · · 2 · · · 1 · · · 2 · · · 1	12
	Blank (Three Columns)	
· · · · · · · · · · · · · · · · · · ·	Alphabet [Type the document title]	
	Edit Header Emove Header Save Selection to Header Gallery	

When you select the "Edit Header," the following will appear:



First, in the "**Options**" panel, click on "Different First Page" as the running head has a different format on the title page. A check mark should appear in the box next to it. Next, type your running head and then tab over to the 1" right margin (should take 2 tabs) and select "**Page Number**" from the far left pane and then "**Current Position**" and then select "**Plain Number**" and the page number will be placed where the cursor is.

0.		ช 🖬	v	Docun	nent3 - Mio	crosoft Wo	rd		Header &	Footer Tools				- 7	x
0	Home	Insert	Page Layout	References	Mailings	Review	View	Acrobat	De	esign					0
	Header × Footer × Page Number × <u>T</u> op of Page	5 Date & Time	 Quick Parts * Picture Clip Art ert 	Go to G Header Fo	o to oto Navigation	vious Section t Section t to Previous	Differe	ent First Page ent Odd & Ev Document T Options	e ven Pages Text	Head Foote	er from Top: r from Bottom Alignment Tal Position	0.5" : 0.5"	• • •	Close Header and Footer Close	
	Bottom of Pag	e			2		3 • 7 • •	• • • 4	1	5 .		• 6 •	· · 46	7	2
	Eage Margins <u>Current Positic</u> Format Page N <u>Remove Page I</u> First Page He	on Jumbers Numbers ader	Simple Plain Number I Page X	r									1		
2 1			Accent Bar 1												

After you have done this, the format of your running head should look like this:

💼 🖬 " · U 🖬 :	Docur	nent3 - Microsoft Wo	ord	Header & Footer Tools	5	- ¤ x
Home Insert	Page Layout References	Mailings Review	View Acrobat	Design		0
Header * Footer * Page Number *	Quick Parts Picture Clip Art Go to G Header Fo	Previous Section Next Section tor Link to Previous	Different First Pag Different Odd & E Show Document	iven Pages 📑 + Head Text 📑 Insert	ler from Top: 0.5" er from Bottom: 0.5" t Alignment Tab	Close Header and Footer
Header & Footer	Insert	Navigation	Options		Position	Close
Rus	nning head: APA RUI	LES				

Click the "X" in the red box on the right to exit from the "Header & Footer Tools" menu.

As stated earlier, the phrase "Running head:" only appears on the title page. Go ahead and complete your title page, or you simply hit the return key until you get to the top of the second page. Once you get to the second page, you can see that there is no header or page number. This is because the "Different First Page" option was selected. Create another header using just the running head itself typed in all uppercase letters and insert another page number.

Click on "**Insert**" and then select the "**Header**" option. Next, select "**Edit Header**" at the bottom of that new window. Type the running head in all uppercase letters (APA RULES in this example). After typing the running head, remember to tab over to the 1" right margin (should take 2 tabs) and select "**Page Number**" from the far left pane and then "**Current Position**" and then select "**Plain Number**" and the page number will be placed where the cursor is. Page 2 should look like this:



Now, you are ready to begin typing your paper. From this point forward, all subsequent pages will automatically have the uppercase running head and correct page number.

Running head: WORD 2007 AND FORMATING APA PAPERS

A Brief Guide to using Word 2007 to Format Papers in the Publication Style of the American

Psychological Association

Jeff Aspelmeier

Department of Psychology

Radford University

A Brief Guide to using Word 2007 to Formatting Papers in the Publication Style of the American

Psychological Association

1. Setting up your margins – The 2007 default is 1 inch for top, bottom, left and right, which is consistent with APA format. In 2003 files, the default is 1.25 for left and right and had to be adjusted. In 2007, you can adjust the margins using the **Margins** tool, in the **Page Setup** group, on **Page Layout** tab or using the Page Setup window accessible by clicking the expansion button of the Page Setup group (circled in the figure bellow).



2. Setting up your font – Times Roman (Times New Roman) and Courier in 12 pt typeface are the preferred fonts in APA format. The default fonts in 2007 are Calibri and Cambria in 11pt. You will need to change these in the **Font** group of the **Home** tab. You can change the default font so that all future documents will use APA format in the **Font** dialogue box, which can be accessed by clicking the expansion button of the **Font** group (See the figure below).



Set Spacing – <u>Line Spacing</u>: APA manuscripts are double spaced and the default for Word
 2007 is Single spaced. You can switch to double spacing in the **Paragraph** group of the **Home** tab.



<u>Paragraph Spacing</u>: APA format does not add extra spacing (beyond the double space) between paragraphs. The default in Word 2007 is to add a 10pt space after paragraphs (in addition to the line spacing rules you have applied). The between paragraph spacing (both before and after) should be set to 0 pt. This is done in the **Paragraph** group of the **Page Layout** tab.

Indent			Spacing		
🚛 Left:	0.	÷	t≣ Before:	0 pt	÷
Right:	0.	\$	¥≣ After:	0 pt	\$
=,	-	Parag	aph		ſ

You can set the defaults to be double line spacing and 0 pt paragraph spacing from the Paragraph dialogue box, which is accessible by clicking the expansion button on the **Paragraph** group on either the **Home** or **Page Layout** tabs. Choose your desired settings and click <u>Default...</u>.

	Paragraph	?×
	Indents and Spacing Line and Page Breaks	
	General	_
	Alignment:	
	Qutline level: Body Text	
	Indentation	
	Left: 0° ➡ Special: B <u>v</u> :	
	Right: 0" 🔺 (none) 💌	÷
	Mirror indents	
	Spacing	
	Before: 0 pt 🚖 Line spacing: At:	
	After: 0 pt 🚔 Double 💌	÷
	Don't add space between paragraphs of the same style	
	Preview	
	Pierious Paragraph Pierious Para	
	 Set Double Spacing - Following Fungargh Following Fungargh Following Fungargh Following Fungargh Following Fungargh Following Fungargh Euleristic Fungargh Following Fungargh Following Fungargh Following Fungargh Following Fungargh Euleristic Fungargh Following Following Followin	
	Balloving Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph Fellowing Paragraph	
	Philipping Paragraph Sources and Philipping Paragraph Policies and P	
Paragraph 🕟	Tabs Default OK Car	ncel

4. Creating a Header: The header appears at the top left of every page. It includes a short title (a shortened version of the running head) and page number, with five spaces between the short title and the number. Word 2007 allows you to insert this header automatically; you do not have to type it at the top of every page. Insert the page header using the **Header** tool in the **Header & Footer** group on the **Insert** tab.



Select the Blank format. This will add a header section to the top of the document page. You

will need to change the justification to right hand alignment (Home tab, Paragraph group).

References	Mailings	Review	View	Add-Ins		Design					
- 11 - X ₂ X ² Aa-	A` A` ₽ ^{ab} 2 • <u>A</u> •			≆ ≢ [2↓ ≣• ⊉•	¶ 	AaBbCcDc 11 Normal	AaBbCcDc 1 No Spaci	AaBbC Heading 1	AaBbCc Heading 2	AaB	A
Font	Ga		Paragra	iph	3				Styles		
Header	- <u>-</u>	• 1 • •		2 · · · 1 ·] .	4		5 1 .	••• 6••••• .]		

Click on the **Type text** box and then just start typing your short title. After the last word of the title, add five spaces and then insert a page number (**Insert** tab, **Header & Footer** group, **Page #** tool, <u>**Current Position**</u>, **Plain Number**).



5. Page Breaks. APA format requires that different parts of the paper start on separate pages. Specifically, the title page, abstract, main body of text, references, appendices, figure captions, and figures should be separated by Page Breaks, rather than by just adding lines (typing enter button) until a new page starts. Using page breaks will keep you from having to add or remove lines every time you edit your document, and you will be able to include all parts of the paper (tables, figures, etc.) in a single document rather than splitting it up into three or four different files. To add a Page Break click the **Page Break** tool, in the **Page** group, of the **Insert** tab.



6. Reference Formatting: In APA style, references use a Hanging Indent, which means the first line of the reference is not indented but subsequent lines are indented. Rather than manually tabbing the lies of your references you can set the paragraph format to Hanging Indent. This can be done in the **Paragraph** dialogue box (accessible by clicking the expansion button on the **Paragraph** group on either the **Home** tab or **Page Layout** tab).

ragraph			<u> </u>
Indents and S	pacing Line and	d <u>P</u> age Breaks	
General —			
Alignment:	Left	-	
<u>O</u> utline leve	Body Text	•	
Indentation -		\sim	
Left:	0" 🚖	Special:	В <u>у</u> :
<u>R</u> ight:	0" 🛨	(none)	. ∃
Mirror in	dents	(none) First line Hanging	
Spacing			/
Before:	0 pt 🌻	Line spacing:	<u>A</u> t:
After:	0 pt 🌻	Double	
🗖 Don't ad	d spa <u>c</u> e between	paragraphs of the same	style
Preview			
Previous Par Paragraph P	agraph Previous Paragraph Previo revious Paragraph Previous Paragr	n Paragraph Provious Paragraph Provious Para ph Provious Paragraph Provious Paragraph	graph Previous
6 Reference in	e Fermanting: In AFA style, refere not indented but subacquers lines	nees use a Hanging Indent, which means the s are indented. Rather than manually tabling	firm line of the the lites of your
Following P Following P Following P	ou can art the paragraph forma aragraph Following Paragraph Fol aragraph Following Paragraph Fol aragraph Following Paragraph Fol	oning Paragraph Folloning Paragraph Folloni oning Paragraph Folloning Paragraph Folloni oning Paragraph Folloning Paragraph Folloni	ng Paragraph ng Paragraph ng Paragraph

7. Writing out statistics: Research papers typically require you to report statistical results, which often make use of Greek letters and/or superscript numbers (e.g., χ^2 for Chi-Square). Greek letters can be selected from the Symbols dialogue box, which is accessed by clicking selecting **Moor Symbols...**, from the **Symbols** tool, in the **Symbols** group, of the **Insert** tab. You will have to change the symbol type to **Greek and Coptic**. You can insert the desired symbol by either double clicking the desired symbol or clicking it once and then clicking insert.



Superscript or subscript text can be added by opening the **Font** dialogue box (click the expansion button in the **Font** group on the **Home** tab). You can also type the text to made super script, select that text, and then right click the selected text and click **Font...** from the pop-up menu which will also open the **Font** dialogue box.

lalogue box.	
Font Character Spacing	
Font: Font style: Siz	B:
Times New Roman Bold 11	
Sylfaen 🔺 Regular 🔺 8	
Symbol Italic 9 Tahoma Bold 10	V ct
Tempus Sans ITC Bold Italic	
Times New Roman	Сору
Font <u>color</u> : <u>Underline style</u> : Underline color	Paste
Automatic 💌 (none) 💌 Automati	
Effects	A Eont
Strikethrough Shadow Shadow Small caps	Paragraph
Double strikethrough Qutline All caps	E Bulletr
IV Superscripti I Emboss I Hidden	
i Subscript i Engrave	= <u>N</u> umbering
Preview	Hyperlink
Home	in Look Up.
This is a TrueType font. This font will be used on both printer and	screen.
	S <u>v</u> nonyms
	Tr <u>a</u> nslate
Default OK	Cancel Styles

10. Tables: APA tables have some very specific formatting rules, but you can use the Word 2007 tables function to create APA tables. However, you will have to modify the Word table to make it fit.

<u>Creating the Table</u>: **Insert** tab, **Tables** group, click and drag the number of rows and columns desired. Be sure to turn off the double spacing for the table and double space manually or you will have trouble making the table look right.



<u>Removing unwanted cell borders</u>: APA tables do not have any vertical line and only certain rows have horizontal borders. It is best to remove all borders as the first step, then add in borders you want as a second step. Remove border with the **Borders** tool, in the **Table Styles** group of the **Design** tab (which is only available when a table cell(s) is selected. Select all cells in the table and then click the <u>No Border</u> icon

Image: Stable Styles Bottom Border Tog Border Tog Border Left Border Bight Border Image: Styles Outgide Borders Image: Styles Image: Styles Image: Styles Outgide Borders Image: Styles Image: Styles Ima	ut Reference	s Mailings	Review	View	Add-Ins	Design	Layout
Table Styles Tog Border Tog Border Left Border Right Border No Border Image: Second step. Remove border with the B All Borders Image: Second Step. Remove border with the B Draw Table View Gridlines Dorder Second Step. Remove border with the B							Shading ~
Inset Table All Borders Uray Table Outgide Borders Uray Table Inside Borders Uray Table Inside Horizontal Border Uray Tables Inside Horizontal Border Duigonal Down Border Diagonal Up Border Horizontal borders. It is best to remove all border with the B Inside Vertical Society					e Styles	· 3 · · ·	<u>B</u> ottom Border To <u>p</u> Border Left Border <u>R</u> ight Border
Conject text to table Inside Horizontal Border Excel Spreadsheet Inside Vertical Border Quick Tables Diagonal Down Border Diagonal Down Border Diagonal Up Border Horizontal borders. It is best to remove all border with the B Draw Table Want as a second step. Remove border with the B Diagoral Line		Inset Table.					No Border All Borders Outside Borders Inside Borders
have horizontal borders. It is best to remove all bo want as a second step. Remove border with the B		Conjert Text Excel Spread Quick Tables	to Table sheet	,	War ADA to	Har da Z	Inside <u>H</u> orizontal Border Inside <u>V</u> ertical Border Diagonal Do <u>w</u> n Border Diagonal <u>U</u> p Border
want as a second step. Remove border with the B		have horizon	tal border	s. It is b	est to remov	ve all bo	Horizontal Line
		want as a sec	ond step.	Remove	border wit	h the B	View <u>G</u> ridlines Borders and Shading

After removing the borders, the table becomes quite invisible, which makes it difficult to work with. You can make the non-bordered gridlines visible by clicking the View Gridlines tool, in the Table group of the Layout tab (which is only visible when a table cell is selected). This will allow you to see the cell on you the computer, but they will not show up when you print.

<u>Adding Borders to Desired Rows</u>: To add the horizontal borders used in APA tables simply select the cells a given row and then choose either the <u>Bottom Border</u> or To<u>p</u> Border options from the Borders tool. The Border tool is also available in the Paragraph group of the Home tab.

<u>Merging Cells</u>: Sometimes you need to add label to column labels. For example, below I have added the label Sex to the columns Male and Female. I did this by merging the cells directly above the cells for Males and Females and added a border.

_____Sex_____Males Females

You can merge cells by selecting the desired cells and selecting the **Merge Cells** tool from the **Merge** group on the **Layout** tab (only visible when a table cell is selected). Or you can select the cells, right click on the selection and then choose **Merge Cells** from the pop up window. <u>Cell Alignment</u>: You can align your text within cells by highlighting the desired cells (right, left, top or bottom), right clicking and choosing the desired from of alignment from the **Cell Alignment** tool. Also, you can adjust the alignment in the **Alignment** group of the **Layout** tab (only visible when a table cell is selected).

9. Short Cut Keys: Learning these keys can really make life easier for you. To use the shortcut, just push control (Crtl) and the corresponding key together (press control, hold it down, and then press the second key without releasing control key).

Copy (Ctrl C)	Save (Crtl S)
Paste (Crtl V)	Bold (Crtl B)
Cut (Crtl X)	Underline (Crtl U)
Undo (Crtl Z)	Italics (Crtl I)
Page Break (Crtl Enter)	Print (Crtl P)

USING MICROSOFT WORD 2007® FOR APA TASKS

This booklet is not formatted in APA style.

TABLE OF CONTENTS

General Tips	2
APA References	2
Backspace and Delete	2
Dashes and Hyphens	2
Center	3
Grammar Check	3
Page Breaks	3
Show/Hide	4
Undo	4
Initial Setup of APA Papers	4
Typeface (fonts)	5
Margins	6
Alignment	7
Indents	7
Line Spacing	7
Page Numbers	8
Page Headers	8
Keep Page Number Off Title Page	8

9
9
9
10
16
10
11
12
13
15
16

USING MICROSOFT WORD 2007® FOR APA TASKS

Screen shots reprinted by permission of Microsoft® Corporation.

THE MS WORD® 2007 "DASHBOARD"		
OFFICE ICON opens a menu QUICK ACCESS TOOLBAR (can be customized)	RIBBON BAR TABS (there are 7 of them: from the left, <i>Home, Insert, Page Layout, References, Mailings, Re</i>	view, View)
🕞 🖌 🍯 🖉 Para Keep With Next 🥥 후	Document1 - Microsoft Word -	□ X
Home Insert Page Layout References	Mailings Review View	1d ~
RIBBON BAR Paste B / U abe x x ² Aa ⁻	AaBbCcDc AaBbCcDc AaBbCc AaBbC	place BAR
Clipboard 🕫 Font	Paragraph G Styles G Edition	ect ~
	· · · 1 · · · 3 · · · 1 · · · 4 · · · 1 · · · 5 · · · 1 · · · 6 · · · △ · · · 7 · ·	i p
RULE	R BAR (can be turned on and off in View tab or here)	l

GENERAL TIPS

The diagram above is to assist you with terminology in this section. For more word processing information, the University Library has Word 2007 manuals for student use. The Writing Center also offers assistance. Beginners should enroll in a word processing course or workshop.

The feature that most distinguishes MS Word 2007 from earlier versions of Word is the *Ribbon Bar*. The Ribbon Bar is loaded with features, many of which you will never use, but the features cannot be changed or customized. However, Word 2007 also has a *Quick Access Toolbar* that *can* be customized and moved to a more convenient location.

The directions throughout this booklet are based upon use of the Ribbon Bar because that is what all Word 2007 users have in common. In a special section of this book, however, you will find directions for customizing and using the Quick Access Toolbar, which can make your work faster and easier. Refer to the table of contents at the beginning of the booklet.

Backspace and Delete

The keyboard has two delete keys: Backspace and Delete. What's the difference?

- The *Backspace* key deletes characters and spaces to the *left* of the cursor (see the arrow pointing to the left?).
- The Delete key deletes characters and spaces to the right of the cursor .

For example, in the sentence below—where the cursor has been placed after the *n* in *frustration*—pressing the Backspace key twice will erase the *n* and the *o*, whereas pressing the Delete key twice will erase the space and the *b*.

Save yourself some time and frustration by using the keys correctly:

Dashes and Hyphens

- Hyphens are used to connect words and parts of words. The hyphen key is located next to the 0 on the keyboard. Type hyphens with *no space before or after* (for example, "a rags-to-riches story").
- Dashes are intended to separate words and phrases. To create a dash, type two hyphens with no space before, after, or between them. Use dashes to indicate an interruption (e.g., "Students in Group 2—those who received no training—were least successful at accomplishing the task.")

Center

Never center text by tabbing or spacing. If you do, any revisions will throw the text off center. Use the Centering function of the word processor. It will automatically adjust centering as you revise. You can center text before or after it is typed. If you center after typing, you'll need to highlight the text, then center it. To center text,

Click the Centering icon Eon the Ribbon Bar "Home" tab, Paragraph section)



Grammar Check

A word of caution about grammar check ...

The grammar checker can be a useful tool, but it cannot think the way a human does. If you type something that doesn't fit one of the grammatical patterns stored in the grammar checker's memory, it will give you an "alert," meaning it can't find a matching pattern. Think of the alert as a question rather than a command. It is asking, *Is this the pattern you really want?* For example, the grammar check usually alerts writers to use of the *passive voice*,* because passive voice is usually best avoided. However, it is not necessarily wrong, and on occasion it may even be preferred to active voice. You must decide to keep, discard, or modify text that sets off the grammar alert. Don't change something just because the grammar check highlighted it.

*Passive voice is explained in the Writing Center's Introduction to the APA and Other Writing Tips and in the APA manual.

APA References and Word 2007

The 4th tab on the Word 2007 Ribbon Bar is *References*. If you click on it, you will see a listing for APA style. Alas, the style is not correct. Word 2007 does not (1) format titles, volumes, or issues correctly, (2) does not space lines correctly, and (3) does not create hanging indents. Aside from that, you may find Word's *References* useful. Just be sure to make the corrections after you use it. Throughout this booklet you will find other ways Word 2007 can make APA formatting much easier.

Page Breaks

Generally, the word processor autmatically creates page breaks as your typing spills over from one page to another. However, at times you need to *force* a page break: for example, at the end of the title page or abstract, or before starting the reference page.

Do not force a page break by pressing the Enter key repeatedly. This will cause text to move down the page every time you revise, leading to unsightly gaps between sections.

Instead, use the Page Break function of MS Word as follows

- 1. On the Ribbon Bar, click the Page Layout tab.
- 2. In the *Page Setup* section of the Page Layout tab, click the *Breaks* icon as shown at in the diagram below
- 3. When the Page Breaks menu opens, click the Page option.



• SHORTCUT • SHORTCUT • SHORTCUT • SHORTCUT •

There is a shortcut keyboard option for forcing a page break: Ctrl+Enter (Hold down the Control key while you press Enter).

To view the page breaks you have entered, see Show/Hide in the section below.

Show/Hide

The Show/Hide function allows you to see hidden formatting codes—a helpful tool when you need to correct or modify formatting. To find the Show/Hide icon,

- 1. On the Ribbon Bar, click the Home tab.
- In the Paragraph section of the Home tab, find the Show/Hide icon:
 The Show/Hide icon is a toggle switch: Click once to turn it *on*, and click again to turn it off.

Document2 - Microsoft V						oft Word	
Hor	me Insert	Page Layout	References	Mailings	Review	View	
R &	Times New Rom	an • 12	· A * 🖉	[E •]E	* ¹ • <u>-</u> *	ŧ≓ <u>2</u> ↓ ¶	AaBb
Paste 🥩	BIU·	abe X ₂ X ² A	a* ^{ab} / * A			2 H ·	1 No
Clipboard 🗔		Font	G	-(Paragraph	Ģ	

The Show/Hide icon reveals the following codes:

Symbol	Meaning
ſ	Manual line feed (Enter button pressed)
→	Tab space
•	Space inserted (space bar)
Page Break	Manual page break inserted (Ctrl+Enter).

• SHORTCUT • SHORTCUT • SHORTCUT • SHORTCUT •

The Show/Hide icon also appear s on the Quick Access toolbar, which is visible no matter what tab is open.

		3 9 (¶ ¥ 🖨) =
	Hon	ne Insert Page Layout Refe
B	8	Times New Roman • 12 • A
Paste	1	B I ∐ × abe x₂ x² Aa× aby

Undo

The *Undo* icon is located on the Quick Access Toolbar (see diagram page 2). Clicking the Undo icon allows you to cancel your last command (if you click Undo once) or your last several commands (if you click repeatedly). Make a mistake? Just click Undo!

	-		
	Hom	e Insert Page Layout R	Refer
Ê	×	Times New Roman • 12 •	A [^]
Paste	3	B I <u>U</u> $$ abe $x_2 \times^2 Aa^{}$	aby

INITIAL SETUP OF APA PAPERS

(Numbers in brackets indicate corresponding sections of the APA manual)

Get started off right! Set up APA format before you begin typing. You can set formatting just for your current APA paper, or you can change the *default* so that the formatting stays set for future APA papers. (You can set the default back to MS Word's original settings at any time.) As you become more familiar with Word 2007 for APA, you will find shortcuts for some of the tasks described in this section. The directions below allow the option of changing your default settings so you won't have to keep reformatting each time you start an APA paper.



(Initial Setup, Typeface)



(Initial Setup, Margins)



(Initial Setup: Alignment, Indents, Line Spacing)

PAGE NUMBERS AND PAGE HEADERS [5.06 and 6.03]

The APA manual calls for page numbers and page headers on every page, including the title page. However, your program may want a variation on that style. The directions here are for APA style.

🔒 🛃 🤊 - ¶ 🖑 🔒 🗦

nsert

0.

Insert Page Numbers

- 1. On the Ribbon Bar, click the Insert tab.
- 2. In the Header & Footer section of the Insert tab tab, click the Page Number Icon.
- 3. Click arrow to right of Top of Page selection
- 4. In the new menu (not shown in diagram), click the illustration showing page number at top right of page.
- 5. Page number will insert automatically

Insert Header

1. After page number is inserted, type the header in front of it, followed by 5 spaces.

(The header can be the first word or two of your title, or any short phrase that identifies the paper.)

2. Make sure header and page number are set to Times New Roman 12 to match font of paper.

Keep Page Number and Header off First Page

To keep page number and header off title page (if instructor requests),

- 1. Insert page number and header as described above.
- 2. On the Ribbon Bar select the Page Layout tab.
- 3. In the Page Setup section of the Page Layout table, click the arrow in the right corner.
- 4. When the Page Setup menu appears, select Layout tab.
- 5. Click the *Different first page* tab to insert a check.
- 6. Click OK at the bottom of the Page Setup box to close and return to document





Document1 - Microsoft Word

(Page Number and Page Headers)

Footer:

.

.

۲

۲

INDENTATION: HANGING INDENTS AND BLOCKED QUOTES

Paste

Clipboa

Do not create hanging indents "manually" by inserting line breaks and tabs or spaces. If you do, you will not be able to revise your reference page. Instead, follow the directions below to allow MS Word to insert automatic hanging indents that self-adjust as you revise.

Hanging Indents for the Reference Page

You can set hanging indents before or after typing the text. If you format hanging indents *after* typing the text, you'll need to highlight the text before formatting. You will also need to remove all Tabs, if you inserted any, from the Reference list. (See Show/Hide in this section.)

To set hanging indents before typing the first reference entry (but after typing the page heading):

- 1. On the Ribbon Bar, click the Home tab.
- **2.** In the Paragraph section of the Home tab, click the arrow in the right corner.
- 3. When the Paragraph setting box opens, click the arrow next to "Special:"
- 4. Select Hanging . The settings will look like this:

<u>S</u> pecial:	<u>B</u> y:
Hanging	0.5"

5. Click OK to close.

When you type reference entries, just allow the lines to wrap and indent automatically. Don't press the Enter button until you are ready to type the next entry.

Alphabetize Reference Entries Easily

If—and only if—you have created hanging indents automatically as shown above, you can quickly and easily alphabetize the list.

- 1. Remove any extra blank lines after the last entry.
- 2. Highlight the reference list (but not the title).
- 3. On the Ribbon Bar, click the Home tab.
- 4. In the Paragraph section of the Home tab, find and click the "sort" icon:
- 5. When the sort menu opens, make sure settings are as follows:
 - Paragraph . . . text . . . ascending



	<u>ا</u> ۳ - ۳	7 🍙 🕫			Documen	t3 - Microso	oft Word	
Hom	ie Insert	Page Layout	References	Mailings	Review	View		
8 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1 -1	Times New Ro B I U	oman v 12 v abe x₂ x² A Font	<u>A^ ∧</u> [→] ua → ³ → <u>A</u> →		• ^t o _T =• ∰ t		AaBbCcI 1 Normal	Aal 1 No
	1	•••§•••	Paragraph				<u>, ∠</u>) ?⊠	1.1
			Indents and Spa General Alignment: Qutline level: Indentation Left: Right: Mirror inde Spacing Before: After: Don't add : Preview Preview Sangia Ten Sa Sangia Ten Sa Sangia Ten Sa Sangia Ten Sa	Line ar Left Body Text O" O" O" O" O" O" O" O" O" O" O" O" O"	and Page Breaks	al: e) e) 4 inc pacing: de f the same style area to ana forget B area to ana fo	At: por Tese part Te	

(Hanging Indents and Alphabetizing)

Indenting Blocked Quotes

Note: Use direct quotes sparingly, if at all.

Quotes of 40 words or more must be "blocked" rather than placed in guotation marks (see APA pp. 118-119).

To create a block quote,

- 1. Type the quote, double-spaced.
- 2. Highlight the guoted text.
- 3. Locate the Left Indent on the Ruler Bar (right diagram).
- 4. Drag the little box beneath the two triangles to the 1/2 mark (see diagram at right and the Ribbon Bar section of this booklet).
- 5. Release the mouse button.

Word Count

To count words quickly,

- 1. Highlight the text containing the words you want counted.
- 2. Look near the bottom left of your screen. You will see a ratio: on the left is the number of words you higlighted: on the right is the number of words in the entire document .





(Blocked Quotes and Word Count)

©Writing Center, Saint Mary's University of Minnesota Schools of Graduate & Professional Programs (Rev. 6/19/08)

Paste

L

"ORPHAN" HEADINGS

(Numbers in brackets indicate corresponding sections of the APA manual)

For an explanation of APA heading styles and formatting, see the Writing Center's Introduction to the APA and Other Writing Tips as well as the APA manual, pp. 111-115.

Prevent "Orphan" Headings

Headings that stand alone on a line can get separated from their text when they occur at the bottom of a page. (Turning on widow/orphan control won't help with headings.) The following procedure will ensure that headings remain with the text that follows them.

NOTE: Do not use this command with APA style 4 indented headings. Use it only for headings that appears alone on a line.

To prevent heading from separating the their text . . .

- **1.** Place the cursor in front of the first letter of the heading (or before you type the heading).
- 2. On the Ribbon Bar, click either the *Home* tab or the *Page Layout* tab.
- **3.** In the *Paragraph* section of the Home tab or Page Layout tab, click the arrow in the right corner.
- **4.** When the *Paragraph* menu opens, click the *Line and <u>Page</u> Breaks* tab.
- 5. Click to place a check in the Keep with next box.
- 6. Click OK.

It's a good idea to set all headings at *Keep-with-next*, even at the tops of pages, because headings move as you revise.

• SHORTCUT • SHORTCUT • SHORTCUT • SHORTCUT •

To avoid repeating the steps above every time you type a title, you can place an icon on the Quick Access toolbar that completes the steps with a click of a button. See the section called "Customizing the Quick Access Toolbar."



("Orphan" Headings)

AUTOFORMAT SETTINGS

Word 97 is installed with autoformat settings that may be inconvenient for you when you are working on APA papers. You can easily changes these autoformat settings to fit your needs. Suggestions are below, but you can customize autoformat as it suits you. (Autoformat changes will be maintained for all documents until you change Autoformat again.)

For example, many people are annoyed by the "check-spelling-asyou-type" autoformat setting because it places red underlines on the screen when the Spell Check doesn't recognize a word such as a cited name. The "check-grammaras-you-type" autoformat setting places green underlines on the screen to indicated "fragments" when you place periods after a reference element.

You can turn off those autoformat settings and still check grammar and spelling after you have finished the paper.

To change an autoformat setting,

- 1. Click the Office Icon at the far top left of the screen .
- 2. When the Office menu opens, click *Word Options* at the bottom of that menu.
- **3.** When the Word Options menu opens, click the *Proofing* button on the menu at left.
- 4. When the menu opens, click off the boxes for Check-spelling-asyou-type and for Mark-grammarerrors-as-you -type.

Note that near the bottom of the menu, you have the option of saving the new autoformatting settings just for the current document (checked box) or for all documents (unchecked box).

5. Click OK to close.



(Autoformat Settings)

USING ELECTRONIC COMMENTS

When you send a paper for review, the reviewer can insert comments into the margins of your text. (Electronic comments are standard procedure when Writing Center staff review papers online.) The comments can be operated a number of ways. These directions will help you manage them. You can also insert comments into your own document.

These instructions are for Microsoft[®] Word 2007. Comments may appear and function differently in another version of Word.

Show Comments in a Document

in the right margin of your text. If not,

Hide Comments in a Document

1. *Right click* inside the comment.

Comment icon as shown below:

Review

Track

Changes

Balloons

Acrobat

2. Click Delete Comment

a string of text.

New

4. Type your comment.

drop-down menu

show.

ARROW CK CommentsExample - Microsoft Word If a reviewer inserted electronic comments, they should appear 1 References Page Layout Review View 🛍 Research [] Original Sh 💫 Reject 1. On the Ribbon Bar, click the Review tab. 2. In the *Tracking* section of the Review tab, select "Final aurus 😒 Previous ٵ Previous hal Showing Markup Spelling & New Track Balloon Compare Show Source Protect Showing Markup" or "Original Showing Markup" from the first Final Comment 🚵 Next 🎲 Next a Translat Grammar Changes Document * Original Showing Markup 2 To hide the comments without deleting them, topic" (p. 143). 1. On the Ribbon Bar, click the *Review* tab. Voice-Over Internet Protocol (VoIP). VoIP. Steve Coffman (as cited in Casey, 2004, p. 2. In the Tracking section of the Riview tab, select either "Final" or "Original" from the first drop-down menu. The comments 15) said that VoIP allows "the librarian and patron to hold a voice conversation on the same line will be hidden. If you print, the hidden comments will not they are using for the Web connection-meaning they [are] able to prove the Web and talk Permanently Delete Comments From a Document back and forth at the same time, just as if they [are] on the phone" (as cited in Casey, 2004, p. 15 16). Burich & Devlin (2004) noted that for distance learners who often "use their telephone lines to connect to their computers" [VoIP "can be very useful" (p. 86). Comment [c2]: Place commas and periods Add Your Own Comments to a Document inside quotes-always. Videoconferencing. Also known as compressed video, videoconferencing, Chakraborty 1. Place the cursor at the insertion point in the text, or highlight and Victor (2004) said, "provides two-way live audio and video even when the participants are 2. On the Ribbon Bar, click the Review tab. 3. In the *Comments* section of the Review tab. click the *New* geographically separated" (p. 99). Its use in reference services had not been very successful, Casey (2004) said, as "the majority of students were accessing the Internet from home or work Final Showing Markup computers with slow dial-in capabilities" (p. 12). Comment [c3]: You are using too many direct Show Markup * quotes in your paper-count them! They are distracting and make your paper sound choopy. Reviewing Pane * Databases. To some librarians, Casey (2004) observed, "making available online Try to paraphrase most of these and blend the ideas into vour own text. databases that students could search themselves was viewed as a type of reference assistance" (p. Page: 1 of 1 Words: 302

(Using Electronic Comments)

🛱 🗟 📨 📄 100% 😑

ELECTRONIC COMMENTS (Continued)

Remove Strikethrough or Double-Underline

Sometimes Writing Center consultants underline words *in your text* to suggest that you omit or replace them, or consultants maydouble-underline words to indicate suggested additions or replacements..

To remove strikethough or double-underline,

- 1. Highlight the text that contains strikethrough or doubleunderline.
- 2. *Right click* inside the highlighted text.
- 3. When the new menu opens, click Font.
- 4. When the *Font* menu opens, click off the check in the *Strikethrough* (or *Double Underline*) box.
- 5. Click OK.

The strikethrough or double-underline will be removed, but the words will remain.



(Remove Strikethrough or Double Underline)

DOT LEADERS FOR TABLE OF CONTENTS

What Are Dot Leaders?

APA provides no guidelines for a table of contents; however, some instructors do one. Generally a table of contents calls for *dot leaders*—rows of dots from entries to their page numbers, like this:

Statement of the Problem	3
Research Questions	4
Definition of Terms	5
History of the Charter School Movement	9

You will never make your page numbers line up, and you will wear yourself out typing dots if you don't set up *dot leaders* for your tab stops. Dot leaders automatically insert dots when you press the tab key, and the dots adjust automatically to proportioned characters, giving you a straight column on the right.

The first step for creating a table of contents is to type the Table of Contents heading, centered, at the top of your page. Next, double space and return cursor to left margin. Then follow the procedure below.

To set up dot leaders . . .

- 1. On the Ribbon Bar, click either the Home tab or the Page Layout tab.
- 2. In the *Paragraph* section of the Home tab or Page Layout tab, click the arrow in the right corner.
- 3. When the Paragraph menu opens, click the Indents-and-Spacing tab.
- 4. At the bottom left of the Indents and Spacing menu, click the <u>Tabs</u> button.
- 5. When the Tabs menu opens, first click the Clear <u>All</u> button (it's ok if 0.5" stays in the Default tab stops box at the top right).
- 6. In the *Tab-stop position* box at the top left of the Tabs menu, type 6.2" (you can readjust if necessary).
- 7. Under Alignment, click Left.
- 8. Under Leader, click 2 for dots.
- **9.** Click the <u>Set</u> button. (This step is frequently overlooked, resulting in a loss of the setting.)
- 10. Click OK.

11. Return to your document to begin typing headings. After each heading, press the Tab key to insert dot leaders for page numbers.

NOTE: By setting dot leaders, you have turned the Tab key into a dot leader command. You cannot now use the tab key to indent subheadings in the table of contents. If your table of contents requires indented subheadings, continue to the next page.

(Dot Leaders for Table of Contents)

©Writing Center, Saint Mary's University of Minnesota Schools of Graduate & Professional Programs (Rev. 6/19/08)



Subheadings in the Table of Contents

If your table of contents contains subheadings, you cannot indent them with the Tab key, which now inserts dot leaders. The only way to indent subheadings without dot leaders is to use the Ruler Bar to drag subheading into place.

Statement of the Problem	3
Research Questions	4
Definition of Terms	5
History of the Charter School Movement	9
Urban Changes	10
Inner City Crises	12
Private Initiatives	13
Legislation	15

Use the Ruler Bar, not the Tab key to indent subheadings in the table of contents.

About the Ruler Bar

The ruler bars runs the width of the editing screen and is located beneath the Ribbon Bar.

If the Ruler Bar is not showing on your screen, turn it on as follows:

- **1.** On the Ribbon Bar, click the *View* tab.
- 2. In the *Show/Hide* section of the View tab, click inside the Ruler Bar box.
- **3.** An alternative way to turn the Ruler Bar on and off is to click the icon on the far right of the Ruler Bar.

Indenting with the Ruler Bar

To indent with the toolbar,

- 1. Place the cursor where you want to begin the indent.
- **2.** Drag the indenting "hourglass" on the Ribbon Bar to the appropriate $\frac{1}{2}$ " marker.

Note that the "hourglass" is divided into 3 sections that can be dragged separately. Refer to the drawing at right to select the appropriate segment of the "hourglass" to drag.





(Indent Subheadings on Table of Contents)