

Abstract

(An abstract should be one paragraph long, double-spaced and approximately 150 – 250 words. It should include a basic description of your paper, so the reader knows what the paper is about without having to commit to reading the whole thing. This is helpful to researchers who may be looking through dozens of papers and only have the time to commit to fully reading the ones that will be helpful to their research. An abstract stands alone on its own page.)

(Restate Title)

Introduction: Clear introduction of the topic that is being discussed. Why you chose the topic and what questions you plan to answer in your paper.

Body of Paper: This is where you answer your questions and discuss your topic. Make sure to back up all claims you make with an in-text citation. Information should be put in your own words with a citation after the information letting the reader know where you learned the information. For example, Millions of people benefit each year from cognitive behavioral therapy (Smith, 2021). There should be at least one in-text citation for information you have put in your own words, but learned from another source in each paragraph.

Conclusion: Once you have discussed your information and answered your questions. Summarize the main points and make suggestions for future research.

References

(For your last page, list all of the citations you used in your paper. Put them in alphabetical order in APA format. Your Reference list should be on its own page.)

Balkin, R. S., Lenz, A. S., Russo, G. M., Powell, B. W., & Gregory, H. M. (2022).

Effectiveness of EMDR for decreasing symptoms of over-arousal: A meta-analysis.

Journal of Counseling & Development, 100(2), 115–122.

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