

Absolute NOs

1. **NO Quotes (except for sample items in method section)**

~~In an article “The influence of parents and peers on alcohol use”, Gagnon (1997)~~

= In a study examining the influence of parents and peers, Gagon (1997)...

2. **No First names of authors.**

3. **No Titles of articles.**

4. **No mention of the university or research institution where authors/researchers work.**

5. **No contractions.**

Don't, isn't etc.,

6. **No “written in the particular year”** The year (1989) refers to the publication date not when the study was conducted.

~~In 1989, Epstein did a study~~ = Epstein (1989) did a study

7. **No “This” as in “this means”.** "This" needs to be followed by a noun. This hypothesis

6. **Do not use the word “proved”**