

# How to... Set up Quotations

## Quote Integration:

1. Signal Phrase: A short phrase or verb that indicates to the reader that you are going to introduce a word-for-word passage from a source.
2. Quotations: Short quotations are less than four lines and can be integrated into the actual body of your essay. Quotations over four lines typically should be formatted as a block.
3. Citation: Placed at the end of the sentence, usually in parentheses (varying based on citation style).

## Example MLA:

Citing the islands of Fiji as an example, Bordo notes that “until television was introduced in 1995, the islands had no reported cases of eating disorders. In 1998, three years after programs from the United States and Britain began broadcasting there, 62 percent of the girls surveyed reported dieting” (149-50). Bordo’s point is that the Western cult of dieting is spreading even to remote places across the globe.

## Example APA:

Current research indicates that exercise is beneficial for long-term health as it “can help control blood lipid abnormalities, diabetes, and obesity” (Fletcher et al., 1996, p. 40).

## Signal and Lead-in Phrases for Quotations:

- Indicated
- Asserted
- Acknowledged
- Claimed
- Stated
- Has drawn attention
- Pointed out
- Rejected
- Declares
- Argues
- Believes
- Implies
- Addresses
- Refutes
- Disputes
- Supports
- Contends

## Common Mistakes to Avoid:

### What NOT to do:

There are numerous health benefits to working out. “Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits” (CDC).

### What TO do:

There are numerous health benefits to working. According to the CDC (2019), “adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits”(para. 3)

## Resources:

- <https://www.lib.sfu.ca/about/branches-depts/slc/writing/sources/quoting>
- <https://www.unr.edu/writing-speaking-center/writing-speaking-resources/quote-integration>