At Cummings, two situations often present the need to cite your previous work or even your own discussion posts.

1) **Acknowledging Previously Written Work.** If you have research and ideas from previous research papers that you wish to use and expand upon in a current assignment, you will need to cite your previous work. Treat yourself as the author of an unpublished paper.


   An in-text citation would be formatted as follows:

   Barnum (2015) challenged the idea that circus performers’ risk-taking behaviors aligned with specific personality traits or emotional disorders (p. 6).

   If you referred to the work of others in your previous writing and you mention that work in your new piece of writing, do not cite yourself for that source. Instead, include in-text citations and listings in your bibliography for the original source.

2) **Discussion Posts.** You may be asked to comment or reflect upon discussion posts. When referring to previously-written messages posted to a discussion group, use the following format:

In-text citations of previously-written discussion posts would be formatted as follows:

At the start of the week, I definitely held the opinion that circus performers were not born, but were made thanks to experiences that encouraged risky behaviors, such as a lack of supervision in the home or experimentation with drugs (Barnum, 2015).

If you directly quote your own words from a discussion post, you should give your reader more specific information in the in-text citation.

After digesting the week’s readings and considering the opinions of my peers, it is clear that my statement, “All circus performers have a death wish” has no foundation (Barnum, 2015, para 1).

Note: the format of the in-text citations and listings in your bibliography would be the same if you were citing someone else’s discussion post.

For more information, please consult the APA Publication Manual, Sixth Edition:

p. 14 “Acknowledging and Citing Previous Work”
pp. 211–212 “Unpublished and Informally Published Works”
pp. 214–215 “Internet Message Boards, Electronic Mailing Lists, and Other Online Communities”