MLA is a style of formatting information from outside sources.

For each piece of information (quotations or paraphrases), you must inform the reader of two things:

1. The author’s name.
2. The page number where you found the information.

There are two ways to do this:

1. You may choose to use the author’s name to introduce the quotation and/or paraphrase. For quotations, this option is usually the best.
   
   Author’s last name
   
   a. **Quotation**: Taylor reported that “three quarters of all athletes expressed satisfaction with their support network” (5).

   Author’s last name
   
   b. **Paraphrase**: Therefore, Taylor claims it was no surprise that at San Jose State, the majority of student athletes felt they had enough resources and support to meet their needs (5).

2. Or, you can choose not to use the author’s name in the sentence or introductory phrase. Instead, include all of the information in parentheses at the end of the selection, followed by a period:

   a. **Quotation**: The report stated that “three quarters of all athletes expressed satisfaction with their support network” (Taylor 5).

   b. **Paraphrase**: Therefore, it was no surprise that at San Jose State, the majority of student athletes felt they had enough resources and support to meet their needs (Taylor 5).

**Practice**: Open the nearest textbook and choose a sentence. Use all or part of the sentence to write an example following the MLA format found in 1a, 1b, 2a, and 2b above. You will write four sentences in all.