



Prifysgol Cymru
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Trinity Saint David



Harvard Referencing

Olivia Edmonds

Academic Liaison Librarian –
UWTSD Birmingham



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Why should you reference?

- To **acknowledge** when someone else's ideas, theories or research have influenced your work
- To demonstrate the **breadth of the research** you have undertaken
- To add **academic credibility** to your arguments by providing the evidence behind them
- To enable your audience to **find the sources** you have used
- To avoid accidental **plagiarism**

What is the difference
between these two terms?

In text citation

Reference List



What is a...

In text citation: brief details of the sources being used, within the text of the assignment. The purpose is to refer the reader to a full reference at the end of the work

Reference List: full details of the sources used directly within the assignment, compiled as an alphabetical list at the end

In-text citations look like this:

(Bell, 2018, p.30).

Chakraborti (2010, p.129)

(Schindler, 2008, p.620)

The Reference List may look like this:

Bell, J. (2018) *Doing your research project*. 7th edn. London: Open University Press.

Chakraborti, R. (2010) 'Constructing character', in Cavanagh, D., Gillis, A., Keown, M., Loxley, J. and Stevenson, R. (eds.) *The Edinburgh introduction to studying English literature*. Edinburgh: Edinburgh University Press, pp. 129-138.

Schindler, S. (2008) 'Model, theory, and evidence in the discovery of the DNA structure', *The British Journal for the Philosophy of Science*, 59(4), pp. 619-658.

In text citations – what is included?

Books.

- Author surname, year of publication (Page number if a direct quote)
- [Barnard, 2021 \(p.43\)](#)

Articles

- Author surname, year of publication, page number (Page number if a direct quote)
- [Khan, 2024 \(p. 159\)](#)

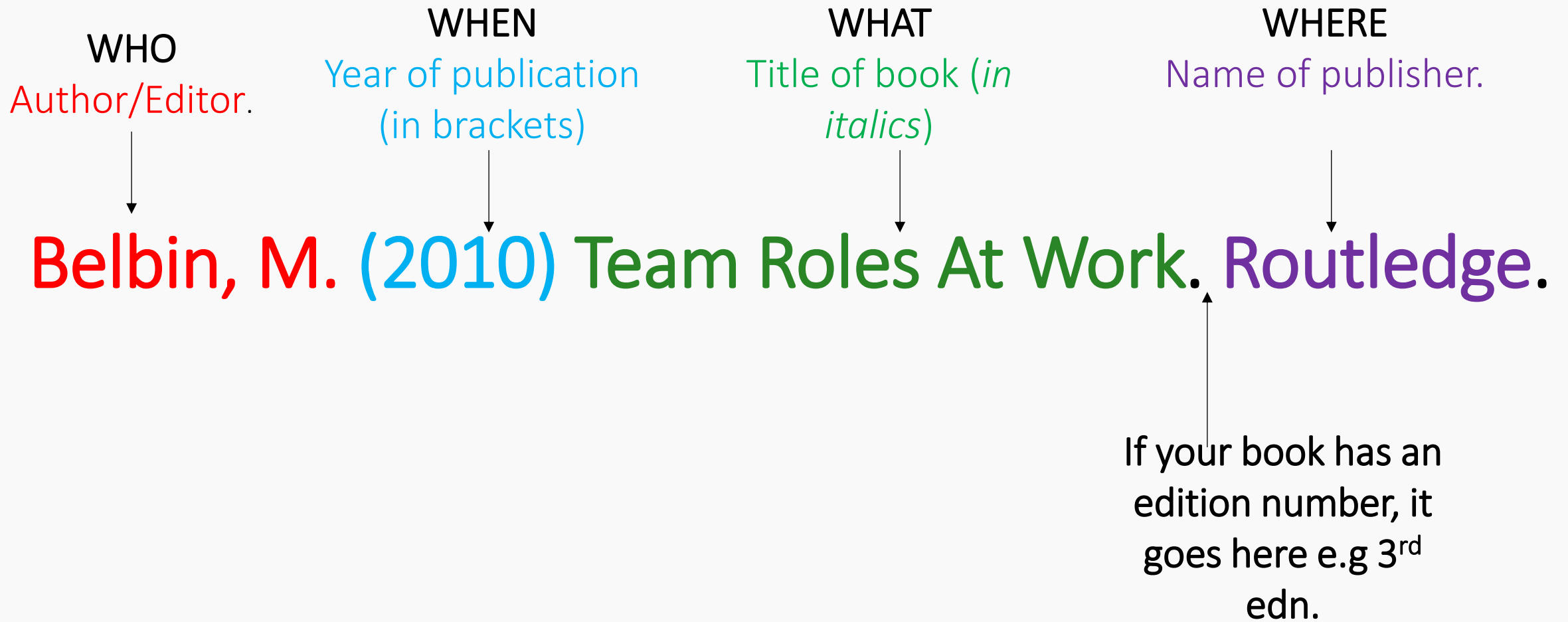
Websites

- Author surname/organisation name, year of publication.
- [Smith, 2021](#)
- [BBC, 2024](#)

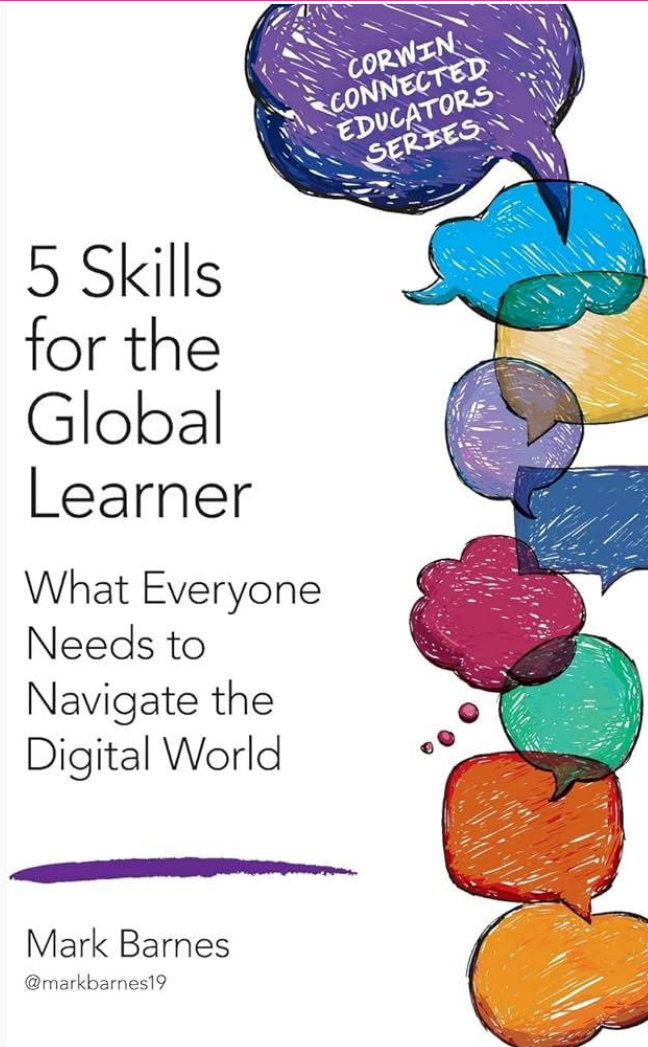
WHO
WHEN
WHAT
WHERE



Books



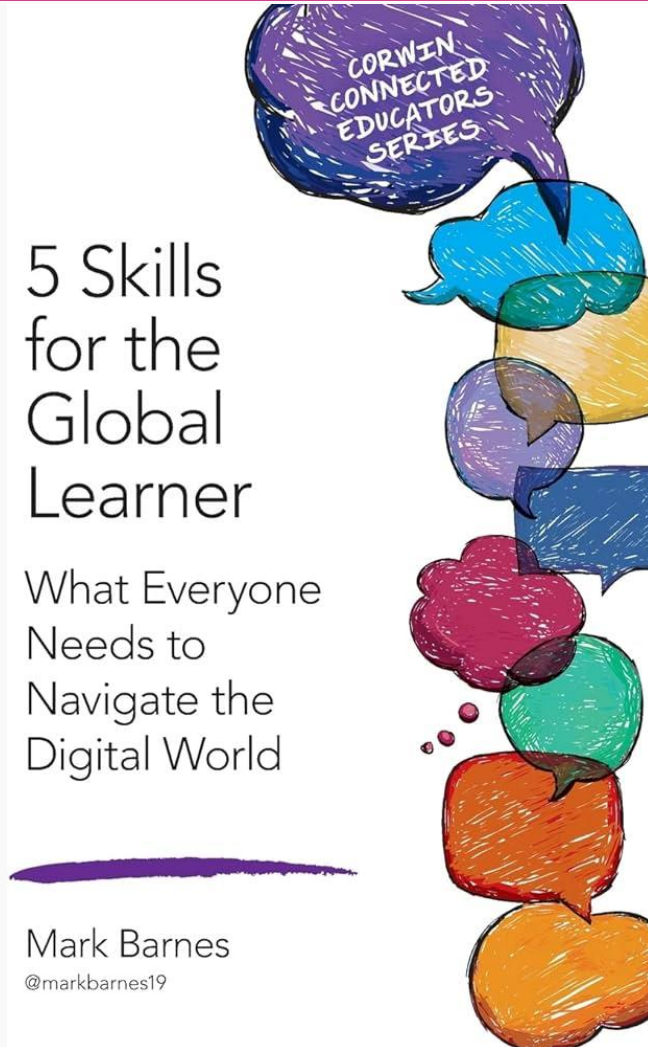
Put it into practice



- 2018
- Corwin – A SAGE Company
- Mark Barnes
- 5 Skills for the Global Learner: What Everyone Needs to Navigate the Digital World



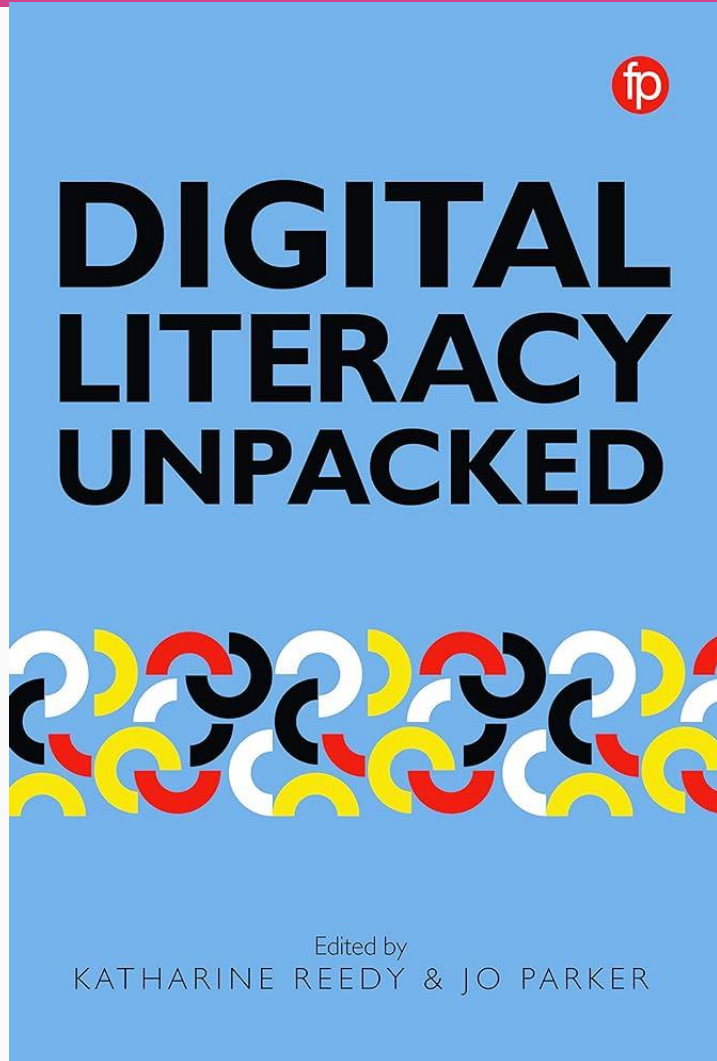
Put it into practice



Barnes, M. (2018) *5 Skills for the Global Learner: What Everyone Needs to Navigate the Digital World*. Corwin – A SAGE Company.



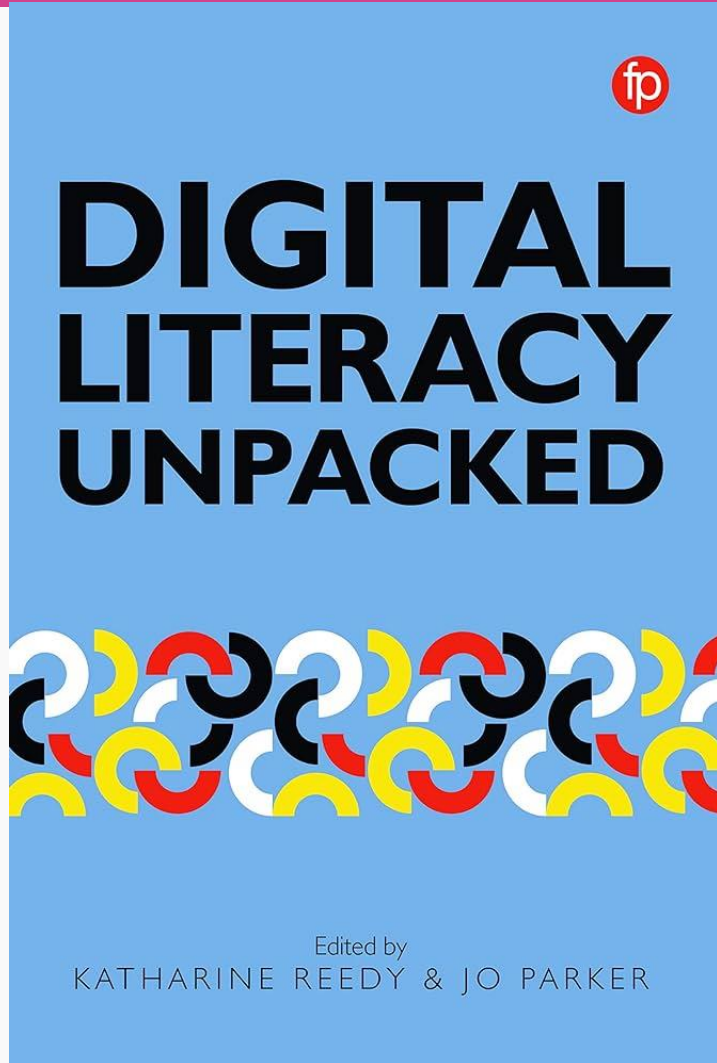
Put it into practice



- Facet
- 2018
- Digital Literacy Unpacked
- Katherine Reedy and Jo Parker



Put it into practice



Reedy, K and
Parker, J. (eds.)
(2018) *Digital
Literacy Unpacked*
Facet.

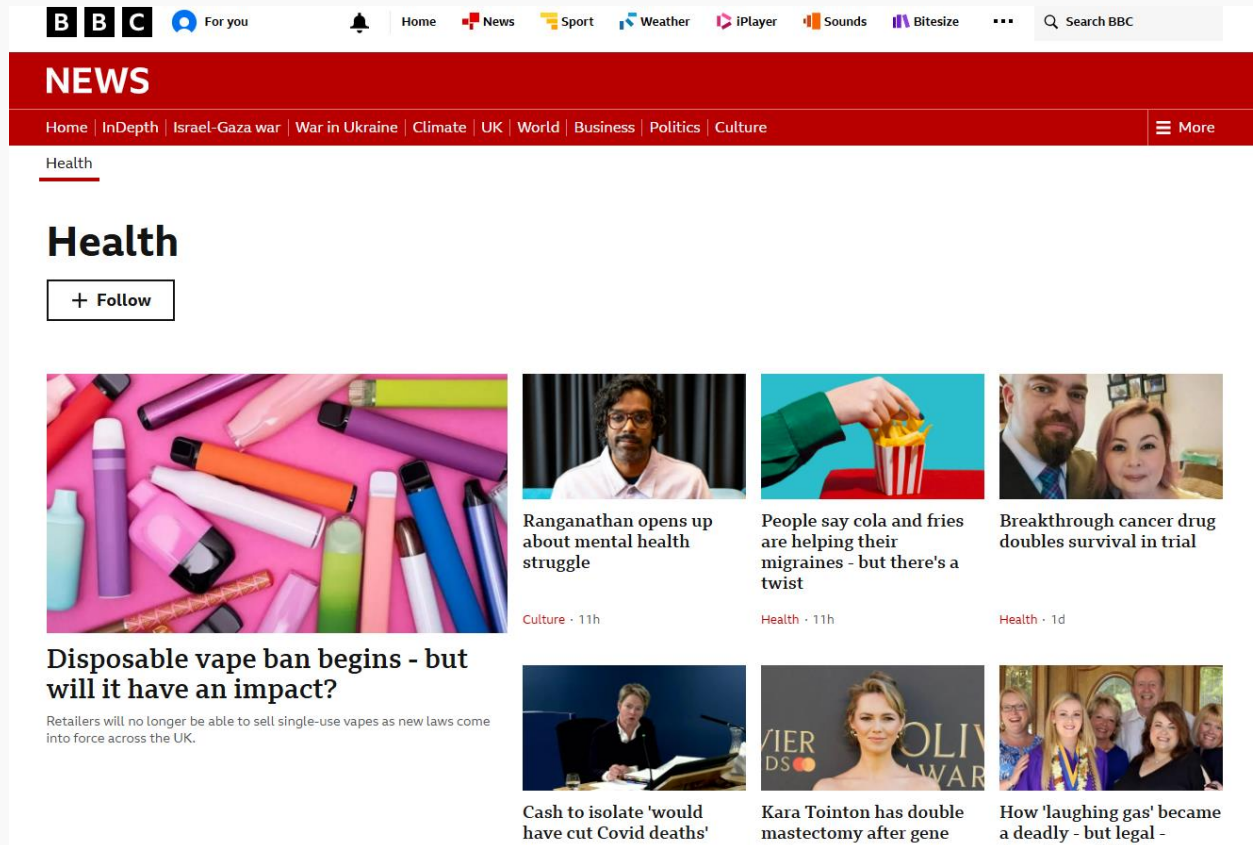


Websites

WHO Author/Organisation	WHEN Year of publication (in brackets)	WHAT website title (in italics)	<u>WHERE</u> Available at	Accessed date
<u>SkillsYouNeed</u>	(2017)	<i>Barriers to Effective Communication.</i>	Available at: https://www.skillsyouneed.com/ips/barriers-communication.html	(Accessed: 13 October 2020)

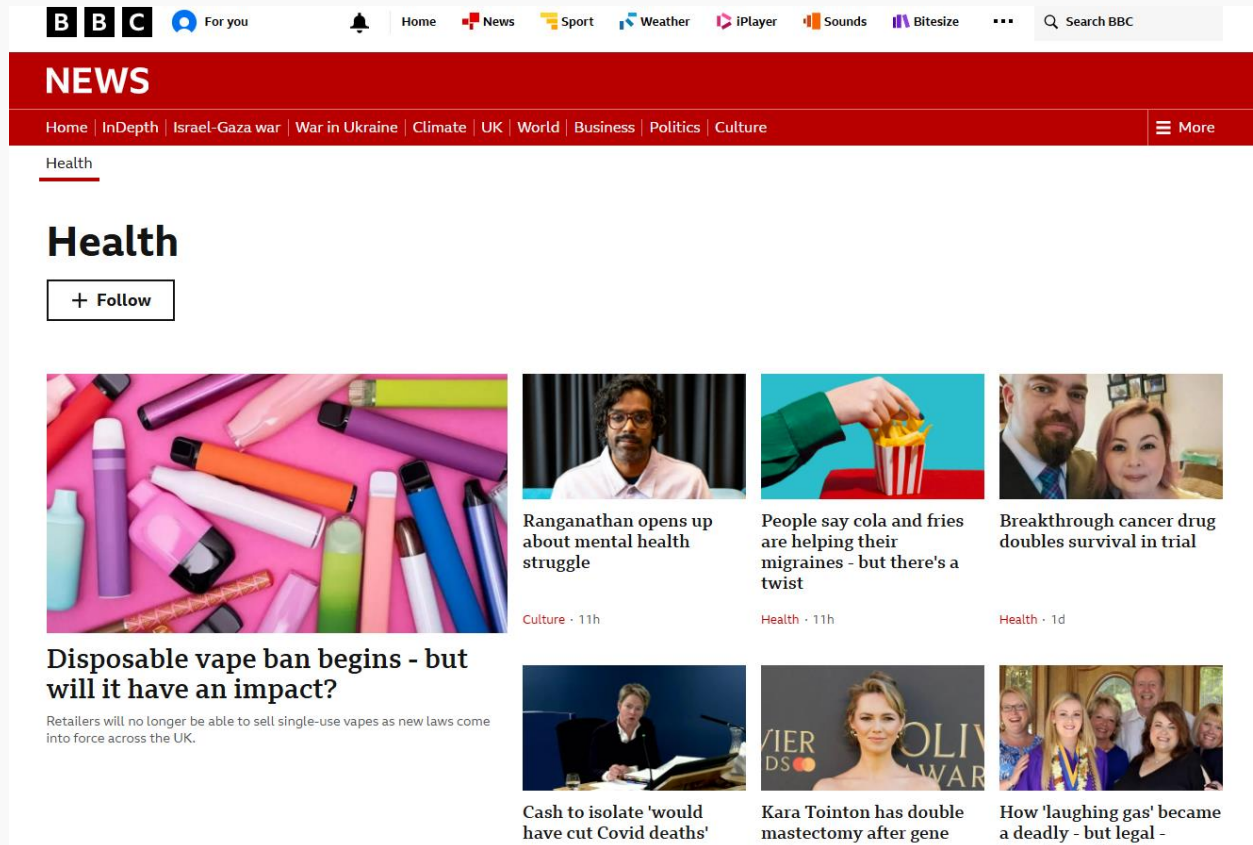


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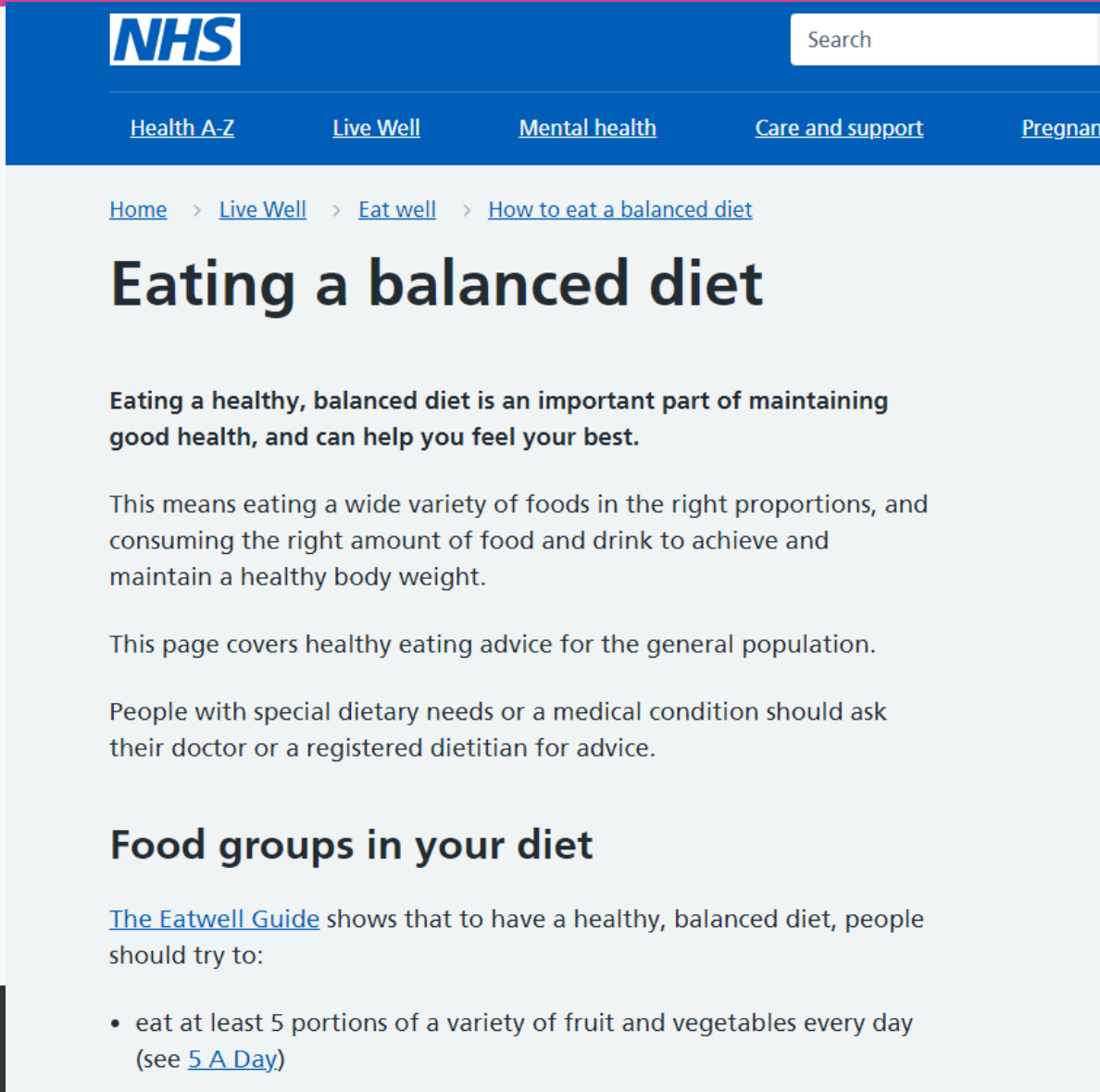
- 2025
- BBC
- 2nd September 2025
- www.bbc.co.uk/news/health
- BBC News – Health Homepage

Put it into practice



BBC (2025) *BBC News – Health Home Page.*
Available at:
www.bbc.co.uk/news/health (Accessed
2nd September 2025)

Put it into practice



The screenshot shows the NHS website header with the NHS logo and a search bar. Below the header is a navigation bar with links: Health A-Z, Live Well, Mental health, Care and support, and Pregnant. The main content area has a breadcrumb trail: Home > Live Well > Eat well > How to eat a balanced diet. The title 'Eating a balanced diet' is prominently displayed. Below the title, there is a paragraph stating that eating a healthy, balanced diet is important for maintaining good health. This is followed by a paragraph explaining that it means eating a wide variety of foods in the right proportions. Another paragraph states that the page covers healthy eating advice for the general population. A paragraph mentions that people with special dietary needs should ask their doctor or a registered dietitian for advice. The section 'Food groups in your diet' is introduced, followed by a paragraph stating that 'The Eatwell Guide' shows that to have a healthy, balanced diet, people should try to: eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day).

NHS Search

[Health A-Z](#) [Live Well](#) [Mental health](#) [Care and support](#) [Pregnant](#)

[Home](#) > [Live Well](#) > [Eat well](#) > [How to eat a balanced diet](#)

Eating a balanced diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This page covers healthy eating advice for the general population.

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Food groups in your diet

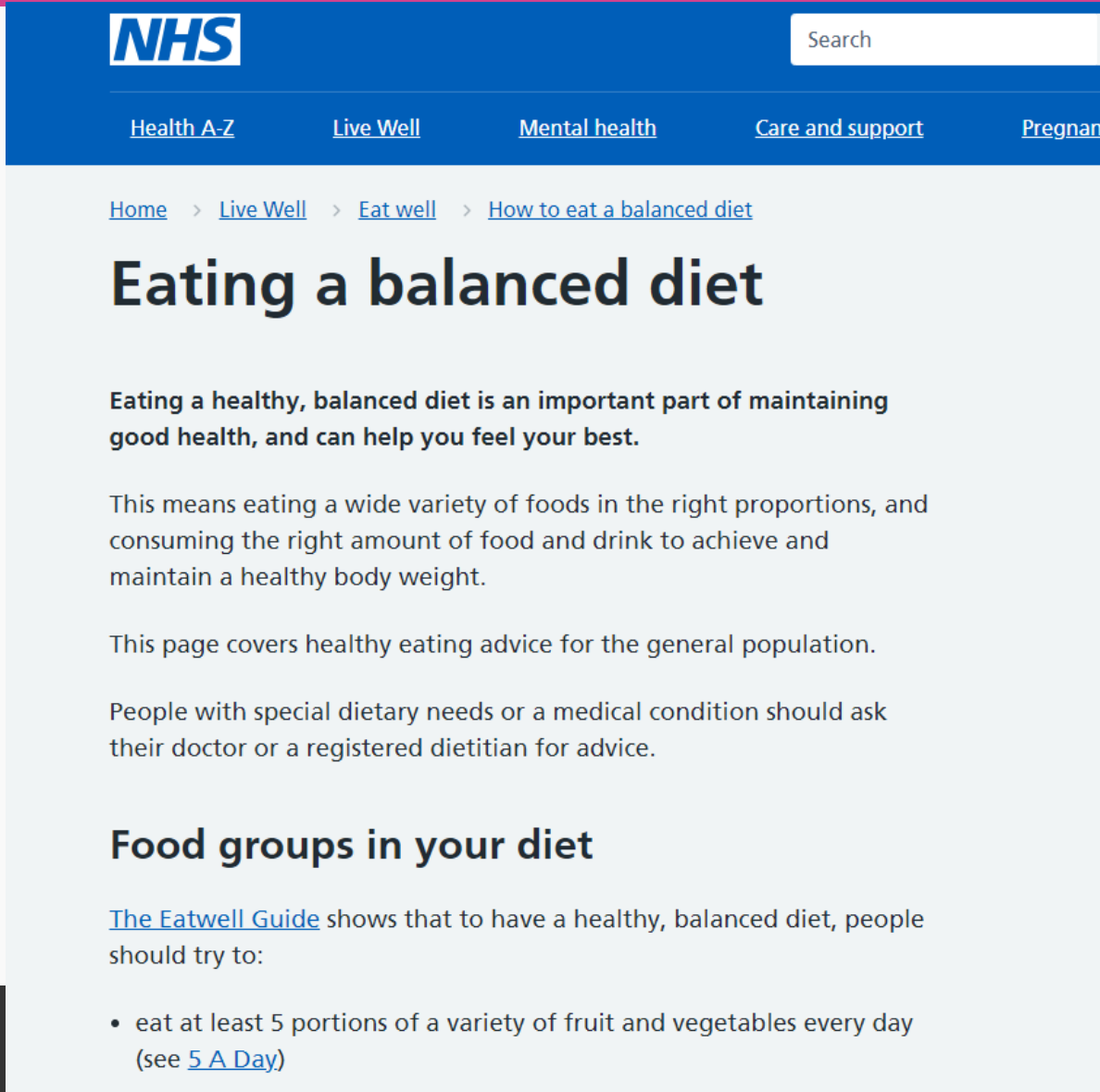
[The Eatwell Guide](#) shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see [5 A Day](#))

- 2024
- NHS
- 31st August 2025
- www.nhs.co.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet
- Eating a Balanced Diet



Put it into practice



The screenshot shows the NHS website header with the NHS logo and a search bar. Below the header is a navigation bar with links: Health A-Z, Live Well, Mental health, Care and support, and Pregnant. The main content area has a breadcrumb trail: Home > Live Well > Eat well > How to eat a balanced diet. The title 'Eating a balanced diet' is prominently displayed. The text explains that eating a healthy, balanced diet is important for maintaining good health and feeling your best. It defines a balanced diet as eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. It notes that the page covers healthy eating advice for the general population and that people with special dietary needs or medical conditions should ask their doctor or a registered dietitian for advice. A section titled 'Food groups in your diet' begins with a link to 'The Eatwell Guide', stating that it shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see [5 A Day](#))

The NHS (2024) *Eating a Balanced Diet*.

Available at:

www.nhs.co.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet (Accessed 31st August 2025)



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Websites – Referencing Online pictures.

Referencing via PowerPoint Online Images

Still follows WHO, WHEN, WHAT, WHERE

Bing (n.d.) PowerPoint image of a large number of hot air balloons. (Accessed 2nd October 2025)

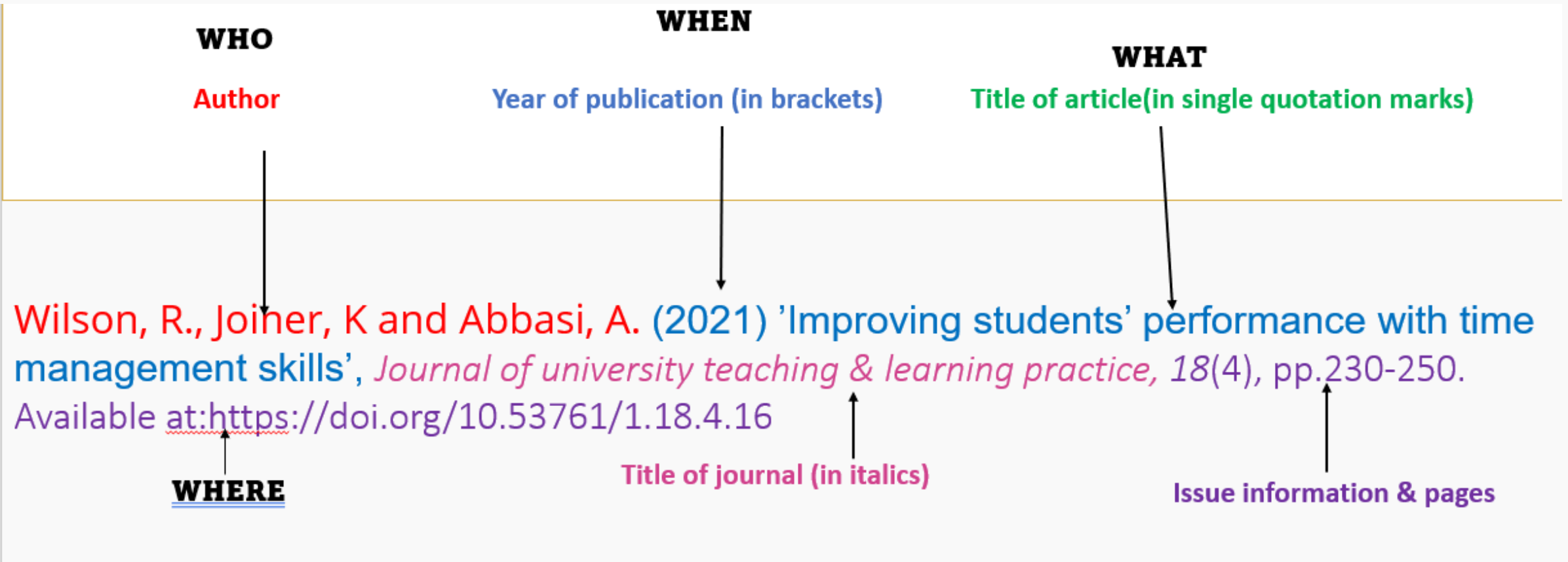
Referencing via Google images/Other online sources.

Still follows WHO (could be individual name or company name), WHEN, WHAT, WHERE

Jarvis, C. (2022) Image of a diver in a diving suit. Available at: <https://www.chasejarvis.com/photos/deep-dive/> (Accessed: 18 August 2023).



Journal Articles



Put it into practice



- 'What is my experience of what I am in relation to people who I have shared my life with for the last 34 years?': exploring care relationships at the end of life in two life-sharing communities for people with a learning disability.'
- 2023
- <https://doi.org/10.1332/175795923X16749917135261> (Accessed 19th August 2025)
- Paula Jacobs, Ethel Quayle and Heather Wilkinson
- *International Journal of Care and Caring* 7 (4), pp.583-600,

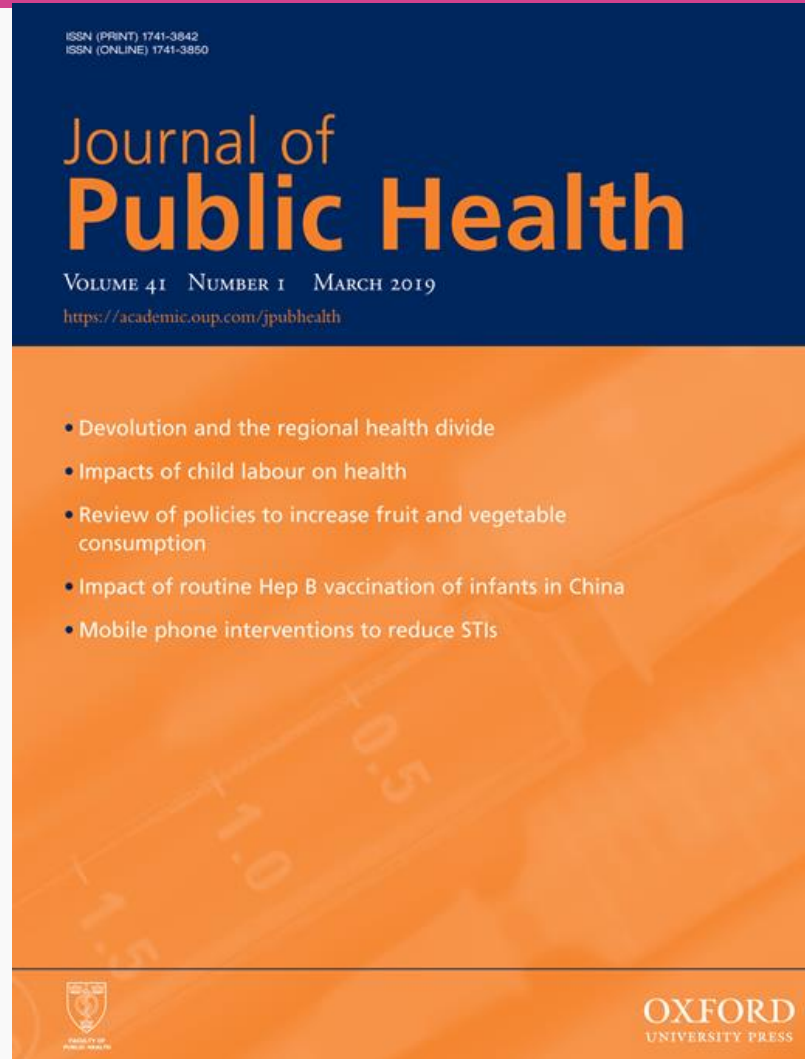


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- Jacobs, P., Quayle, E., and Wilkinson, H. (2023). 'What is my experience of what I am in relation to people who I have shared my life with for the last 34 years?': exploring care relationships at the end of life in two life-sharing communities for people with a learning disability.' *International Journal of Care and Caring* 7 (4) pp. 583-600, available from: <https://doi.org/10.1332/175795923X16749917135261> > (Accessed 19 August 2025)

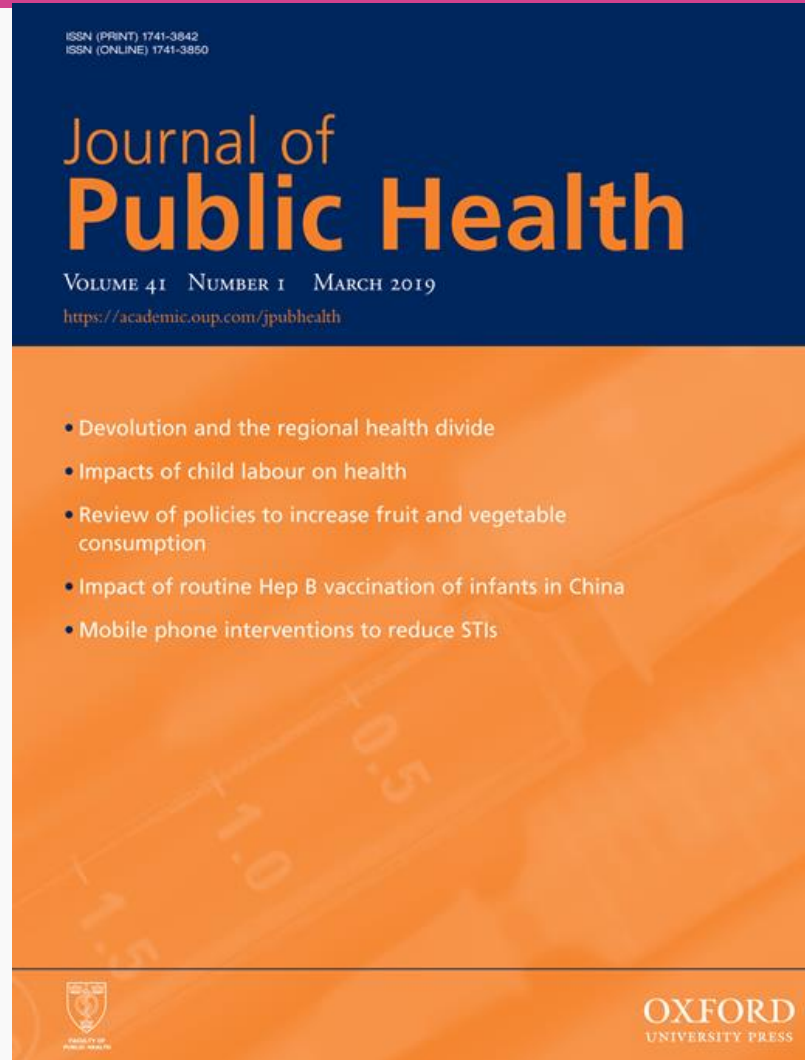
Put it into practice



- <https://doi.org/10.1093/pubmed/fdad244> (Accessed 31st May 2025)
- 2023
- Journal of Public Health
- 45 (1), pp. 1-2
- Annie Harrison and Angela Spencer
- Public Health is Everything!



Put it into practice



Harrison, A and Spencer, A (2023) 'Public Health is Everything!' *Journal of Public Health*, 45 (1), pp. 1-2. Available from <https://doi.org/10.1093/pubmed/fdad244> (Accessed 31st May 2025)



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“

Any
Questions



STUDENTS

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