**Two ways you must cite sources in MLA:**

1. **In the** **Works Cited** list on a separate page at the end of your essay: this is where you put the whole citation with all the information about it
2. **In the sentence** where you quote or paraphrase it: this is called “**in-text citation**” because it is in your text, or “**parenthetical citation**” because you can put the author and/or page # in parentheses): put the author’s last name (or if there isn’t an author named, whatever comes first in the Works Cited entry) and page #

…Dogs can also help people cope with stress during crisis situations such as floods, earthquakes, and shootings. According to Jan Shubert, LCSW, animals have been used by emergency workers and therapists off and on since the 1800s, and this practice has increasingly been seen as an essential component of disaster response (75)

…Therapy dogs can actually provide real, measureable relief from physical pain and stress. In a study conducted in 2013, researchers provided short visits with therapy dogs for a group of fibromyalgia patients visiting a pain clinic. They report that "significant improvements were reported for pain, mood, and other measures of distress among patients after the therapy dog visit, but not the waiting room control” (Marcus et. al 43).

Works Cited

Marcus, Dawn A., et al. "Impact Of Animal-Assisted Therapy For Outpatients With Fibromyalgia." *Pain Medicine* 14.1 (2013): 43-51. *Academic Search Complete*. Web. 21 Feb. 2014.

Shubert, Jan. "Therapy Dogs And Stress Management Assistance During Disasters." *U.S. Army Medical Department Journal* (2012): 74-78. *Academic Search Complete*. Web. 21 Feb. 2014.