**What is an abstract?** It’s a summary or the essence of the key points in your research paper once in APA format.

**Three Key Elements for an Abstract**

- **Be Concise** It is important to keep to the word count from 100-120 words. The words must be intentional, brief and create an informative summary.

- **Be Clear** Make sure to use clear language. Do not include acronyms, citations or excessive amount of details. Avoid the use of I, we and you.

- **Use Keywords** Keywords are derived from your research question, your overall argument and should be found frequently in your research paper.

**Follow the Acronym (BMRD) : Bob Must Rinse Dishes!**

1. **Background:** What is the background or context for your research? What is the central question or problem that you are addressing? **Bolded** sentence below.

2. **Method:** To identify the method, did you read literature reviews, studies or articles to obtain your information? **Underlined** sentence below.

3. **Results:** What are the results that you have found? *Italicized* sentence below.

4. **Discussion:** Why are the results and findings significant? What are the implications and should be done to solve the issue? Plain text sentence below.

**Example Abstract:**

Current day embalming standards use high amounts of formaldehyde, which is toxic to the health of funeral workers, medical students and the environment. Research was evaluated through an extensive literature review. The use of formaldehyde can be significantly reduced or eliminated while still producing a high quality preserved cadaver. Conservation or natural burials, where the embalming process is eliminated, must become an option for those planning funerals. With so many alternatives for cadaver preservation, the use of formaldehyde is unjustified.