MLA Internal Citation Guidelines:

The way you attribute sources changes depending on how you construct your sentence, but two things never change:

1- You must always cite your source.
2- Your citation will always go at the end of the sentence in which it belongs.

In general your internal citations should look like this, attributing both the author and page number at the end of the sentence in which the quote exists:

Smith states “the best way to use a source is by integrating it into a sentence,” thereby ensuring that your own words are used to make an argument rather than relying on those belonging to someone else (Smith 42).

However, the following are different rules for different circumstances:

<table>
<thead>
<tr>
<th>Multiple pages</th>
<th>You must attribute the source to all the pages that the quote is on, even if only one word is on the next page.</th>
<th>(Smith 6-7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pages</td>
<td>Sometimes the source doesn’t have pages, especially for websites.</td>
<td>(Smith)</td>
</tr>
<tr>
<td>When using a signal phrase</td>
<td>If you introduce a quote with a signal phrase that makes it clear what source the quote is coming from, only the page number is necessary.</td>
<td>(6)</td>
</tr>
<tr>
<td>Source has no author</td>
<td>Use the first unique words of the works cited entry, usually the title. The title must still be formatted properly.</td>
<td>(“The Great Citation” 7)</td>
</tr>
<tr>
<td>Multiple sources by the same author</td>
<td>Attribute the author and then specify which source by including the first unique word of the works cited entry, usually the title.</td>
<td>(Smith “The Great” 7)</td>
</tr>
</tbody>
</table>
Block Quotes
When taking longer passages to use as a direct quote, you must change the formatting if the quote is over four lines of text in your normally formatted paper (make sure they understand that this doesn’t mean 4 sentences).
Example:

Boats built from planks with overlapping edges in the bottom and sides of the hull—constructed in the lapstrake technique—have been widely used in northern Europe and North America in recent centuries. Within Scandinavia this technique has been practiced for more than a millennium, as documented by a large number of archaeological finds of Iron Age and medieval ships and boats, in combination with historic records and information from boatbuilders of the nineteenth centuries, illustrating a striking continuity in this tradition for boat building. (Ole Crumlin-Pedersen 2004:37)

Making References
Making references is useful with longer research papers because it removes much of the tedious introductions necessary when it is necessary to introduce a text or groups of texts as in a literature review section of a paper. That said, references can also occur in the normal flow of a paper.
To make a reference, include parenthetical source material directly after the reference even if it is made in the middle of the sentence.

“Research has been conducted at length by theorists suggesting that stories are evolutionarily useful due to their ability to influence others (Sugiyama 1996), to attract mates, and explore virtual representations of the real world (Boyd 2009, Dunbar 2005).”