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Abstract [english – 200 words max – no italics or bold]

Aximusanihiti rerrunt dolor sit, sus asit vel ius adit qui bea quam, explit quisit quidictem rerum fuga. Aque core quibus es nos qui nobitia tiumquam, tem fugia quat. Iqui qui blanistibus, ut autata exeriandam, quia et et, illique litate nate ime vene quae odi occust quid quodi quuntio consere, quiam idenis iducienimint ut aut aut maximus niti des porenet est, velit dolores dolenecus.

**Keywords:** aximusanihiti, rerrunt, dolor, explit quisit, quidictem rerum fuga

Résumé [français – 200 mots maximum – pas d’italique ni de gras]

Aximusanihiti rerrunt dolor sit, sus asit vel ius adit qui bea quam, explit quisit quidictem rerum fuga. Aque core quibus es nos qui nobitia tiumquam, tem fugia quat. Iqui qui blanistibus, ut autata exeriandam, quia et et, illique litate nate ime vene quae odi occust quid quodi quuntio consere, quiam idenis iducienimint ut aut aut maximus niti des porenet est, velit dolores dolenecus.

**Mots-clés :** aximusanihiti, rerrunt, dolor, explit quisit, quidictem rerum fuga

resumen [Español – 200 PALABRAS COMO MÁXIMO – SIN CURSIVA NI NEGRITA]

Aximusanihiti rerrunt dolor sit, sus asit vel ius adit qui bea quam, explit quisit quidictem rerum fuga. Aque core quibus es nos qui nobitia tiumquam, tem fugia quat. Iqui qui blanistibus, ut autata exeriandam, quia et et, illique litate nate ime vene quae odi occust quid quodi quuntio consere, quiam idenis iducienimint ut aut aut maximus niti des porenet est, velit dolores dolenecus.

**Palabras clave:** aximusanihiti, rerrunt, dolor, explit quisit, quidictem rerum fuga

resumo [Português – MÁXIMO DE 200 PALAVRAS – sem itálico ou negrito]

Aximusanihiti rerrunt dolor sit, sus asit vel ius adit qui bea quam, explit quisit quidictem rerum fuga. Aque core quibus es nos qui nobitia tiumquam, tem fugia quat. Iqui qui blanistibus, ut autata exeriandam, quia et et, illique litate nate ime vene quae odi occust quid quodi quuntio consere, quiam idenis iducienimint ut aut aut maximus niti des porenet est, velit dolores dolenecus.

**Palavras-chave:** aximusanihiti, rerrunt, dolor, explit quisit, quidictem rerum fuga

[The article must not exceed the [word limit for each type](https://revue-mediations.teluq.ca/index.php/Distances/information/authors#types_formats) of publication (excluding titles, abstracts, list of references and appendices). Appendices, if any, should not exceed 3 pages]

**Section level 1 (Titre 1)**

Xerferum rent fuga. Nequae lam eium fugia cum quias quam exersped magnatium ad ut ute volorep udaniet lamusamus volupid essimus, ulpa quo tet aut ex exeribus, cumquatia sequateni denihit, ut et dem volorru mquisciae volore nulparias et, nobitae duntorepuda vent molupiet reped quaerem doluptat exerum fugitatem volupitis que pro et occabore volore conseniat reiur maionsequos dolest, ut ea etum facerup tatus, sunt ipieniae volores equae. Ique mos nonecatet latiatiistis at.

Section level 2 (Titre 2)

Xerferum rent fuga. Nequae lam eium fugia cum quias quam exersped magnatium ad ut ute volorep udaniet lamusamus volupid essimus, ulpa quo tet aut ex exeribus, cumquatia sequateni denihit, ut et dem volorru mquisciae volore nulparias et, nobitae duntorepuda vent molupiet reped quaerem doluptat exerum fugitatem volupitis que pro et occabore volore conseniat reiur maionsequos dolest, ut ea etum facerup tatus, sunt ipieniae volores equae. Ique mos nonecatet latiatiistis at.

### Section level 3 (Titre 3)

Xerferum rent fuga. Nequae lam eium fugia cum quias quam exersped magnatium ad ut ute volorep udaniet lamusamus volupid essimus, ulpa quo tet aut ex exeribus, cumquatia sequateni denihit, ut et dem volorru mquisciae volore nulparias et, nobitae duntorepuda vent molupiet reped quaerem doluptat exerum fugitatem volupitis que pro et occabore volore conseniat reiur maionsequos dolest, ut ea etum facerup tatus, sunt ipieniae volores equae. Ique mos nonecatet latiatiistis at.

[Remember that any table or figure must be called by its number in the text. *This is an example of a figure presented according to the APA style v. 7:*]

**Figure 1**

*Distribution of mothers by status*

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Xerferum rent fuga. Nequae lam eium fugia cum quias quam exersped magnatium ad ut ute volorep udaniet lamusamus volupid essimus, ulpa quo tet aut ex exeribus, cumquatia sequateni denihit, ut et dem volorru mquisciae volore nulparias et, nobitae duntorepuda vent molupiet reped quaerem doluptat exerum fugitatem volupitis que pro et occabore volore conseniat reiur maionsequos dolest, ut ea etum facerup tatus, sunt ipieniae volores equae. Ique mos nonecatet latiatiistis at.

This is an example of text for a long quote. When the quote exceeds 40 words, this style should be used. If you are translating a quote from another language than English, the APA Style[[1]](#footnote-1) (see this detail note) consider this to be a paraphrase and therefore, this quotation does not need to be indented or enclosed in quotation marks.

[*This is an example of a table containing numerical data*:]

**Table 1**

*Distribution of mothers by status*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | | |
|  | Category | | | |
| Group | 1 | 2 | 3 | 4 |
| Experimental |  |  |  |  |
| *M* | 32,45 | 35,89 | 33,78 | 21,67 |
| *ÉT* | 3,6 | 3,8 | 2,8 | 4,1 |
| Control |  |  |  |  |
| *M* | 22,67 | 54,78 | 21,33 | 34,56 |
| *ÉT* | 2,7 | 3,4 | 3,4 | 4,1 |

*Note. © Authors.*

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Xerferum rent fuga. Nequae lam eium fugia cum quias quam exersped magnatium ad ut ute volorep udaniet lamusamus volupid essimus, ulpa quo tet aut ex exeribus, cumquatia sequateni denihit, ut et dem volorru mquisciae volore nulparias et, nobitae duntorepuda vent molupiet reped quaerem doluptat exerum fugitatem volupitis que pro et occabore volore conseniat reiur maionsequos dolest, ut ea etum facerup tatus, sunt ipieniae volores equae. Ique mos nonecatet latiatiistis at.

[*This is an example of how to quote and reproduce the text created by a chabot*]

When prompted with “question wording?” ChatGPT [or Copilot, Gemini, Claude, etc.] indicated that Nequae lam eium fugia cum: “ulpa quo tet aut ex exeribus, cumquatia sequateni denihit” (OpenAI, 2025).

# Reference list

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[Examples][[2]](#footnote-2)

Bélisle, M., Cabana, M., Beaucher, C., Lakhal, S. & Leroux, J. L. (2017). Implantation du portfolio numérique pour soutenir le développement des compétences professionnelles : le cas de quatre programmes de formation à l'enseignement. Dans A. Stockless, I. Lepage et P. Plante (dir.), *Actes du colloque CIRTA 2017. Ouvrir les murs de la classe avec le numérique*. <http://archipel.uqam.ca/11142>

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# Appendices

**APPENDIX A**

**Sample Appendix Title: Guidelines for Constructing Appendices**

|  |
| --- |
| * In APA style, the appendix appears after the list of references. * If you have more than one appendix, you must name the first Appendix A, the second Appendix B and so on in the order you mention them in your article. * Each appendix begins on a new page. * If your appendices include tables or figures, treat them as in the main text. If the appendix includes:   + Only one table or figure with no text: the title under the appendix label will be used as the title of the table or figure.   + More than one table or figure: identify each table or figure with its appendix letter and a number (e.g., Table B3, where Table B3 would be the third table in Appendix B). |

**APPENDIX B**

**Example of an Appendix title if more than one table is attached**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Table B3**  *Mean scores and standard deviations of the four groups (approx.)* | | | | |
| Category | 1 | 2 | 3 | 4 |
| Description 1 | 5,3 | 23,3 | 56,3 | 10,4 |
| Description 2 | 32,45 | 35,89 | 33,78 | 21,67 |
| Description 3 | 3,6 | 3,8 | 2,8 | 4,1 |
|  |  |  |  |  |

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1. See <https://blog.apastyle.org/apastyle/translations/> [↑](#footnote-ref-1)
2. See <https://apastyle.apa.org/style-grammar-guidelines/references/examples> for other examples. [↑](#footnote-ref-2)