Use the source or the title when referring to the information in the document. Do NOT use the word "document" in the narrative of your essay. (Writing "Document A says," "Document B says," and so on results in a laundry list of documents instead of an essay.) You may use the word "document" in parentheses as a reference to a specific document at the end of the information you have included from that document. These notes help you organize your use of the documents throughout your essay. Essential note to remember: Students write the essay; documents don't write the essay.

Source:

http://apcentral.collegeboard.com/apc/members/cours es/teachers_corner/3497.html