

APA HEADINGS

Level	Format
1	Centered, Boldface, and Title Case Heading Then your paragraph begins below, indented like a regular paragraph.
2	Flush Left, Boldface, Title Case Heading Then your paragraph begins below, indented like a regular paragraph.
3	<i>Flush Left, Boldface, Italicized Title Case Heading</i> Then your paragraph begins below, indented like a regular paragraph.
4	Indented, Boldface, Title Case Heading Ending with a Period. Your paragraph begins right here, in line with the heading.
5	<i>Indented, Italicized, Boldface, Title Case Heading Ending with a Period.</i> Your paragraph begins right here, in line with the heading.

Examples of headings hierarchy

Methods (Level 1)

Participants (Level 2)

Faculty (Level 3)

Staff (Level 3)

Students (Level 3)

Undergraduates (Level 4)

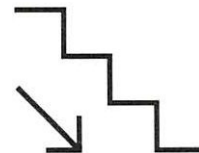
Graduates (Level 4)

Research Design (Level 2)

Procedure (Level 2)

Results (Level 1)

Discussion (Level 1)



- Headings should follow the same top-down progression regardless of the number of headings.
- Paper length and intricacy will dictate the appropriate amount/level of headings.
- **Do not** label headings with letters or numbers.

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