

APA Headings

Headings provide an outline of your writing to the reader. Not all papers should include headings. Check with your professor before including headings in your papers to make sure that headings are appropriate for the specific paper you are writing.

The main thing to remember about headings is that if you have one heading at a specific level, you must have at least one more. For instance, you would not label a part of your experiment Part I if there is no Part II. Make sense?

Level of Heading	How to Format
Level 1	Centered, Boldface, Upper & Lowercase Paragraph begins here.
Level 2	Flush Left, Boldface, Upper & Lowercase Paragraph begins here.
Level 3	Indented, boldface, lowercase paragraph heading that ends with a period. Paragraph begins here.
Level 4	<i>Indented, boldface, italicized, lowercase paragraph heading that ends with a period.</i> Paragraph begins here.
Level 5	<i>Indented, italicized, lowercase paragraph heading that ends with a period.</i> Paragraph begins here.

An example of this can be found on pg 63 of the APA Publication Manual, 6th ed.