



APA Headings

APA Style makes use of 5 levels of headings to separate and organize sections of the paper. These headings also act as an outline for the reader. Regardless of how many levels of subheadings you have in a section, the heading structure follows the same top-down structure, and each major section (Method, Results, Discussion, for example) begins with the highest level of heading. Please remember, your introduction does not have its own heading, because the first part of the paper is assumed to be the introduction. Rather, it falls under the Level 1 heading, which is the title of the paper.

Centered, Boldface, Uppercase and Lowercase Heading (level 1)

Flush Left Boldface, Uppercase and Lowercase Heading (level 2)

Indented, boldface, lowercase paragraph heading ending with a period. (level 3)

Indented, boldface, italicized lowercase paragraph heading ending with a period. (level 4)

Indented, italicized, lowercase paragraph heading ending with a period. (level 5)

EXAMPLE: FOUR LEVELS USED

Experiment 2 (level 1)

Methods in Initial Research (level 2)

Stimulus materials. (level 3)

Auditory Stimuli. (level 4)

APA Publication Manual of the American Psychological Association. (2010). Washington, DC: American Psychological Association.