APA-7 Page Formatting

Page formatting for APA Style papers requires some specific elements to be present. These suggestions do not outweigh any suggestions made by your professor but are recommendations for if and when your professor does not provide specific requirements to the contrary. Although APA 7th edition no longer requires Running headers for certain scholastic pieces, we recommend using them at the college level.

- All margins should be set to 1”.
- Make sure to use an easy-to-read serif or sans serif font in a standard size (11-12 point).
- You should double-space the entire paper.
- The title of the paper should be in title case, bold, centered, and positioned in the upper half of the title page, about 3-4 lines down. This should be followed by your name and university.
- All pages should have a running head of no more than 50 characters (including spaces and punctuation) on every page. Student papers are not required to have this, but consult your instructor for their preference.
- Every page, including the cover page, should be numbered.
- Indent .5” at the beginning of every paragraph.
Reference Page Formatting

Formatting Papers for APA 7th Edition

References


Headings

APA Style headings are divided into five levels of subordination. The headings in a paper, if used, always start with a level one heading and are subdivided, if needed, into subsequent levels. Do not label your headings with number or letters. The title and Reference Page now serve as level one headings. All headings start on the line above the paragraph/section that they begin.

A Level One Heading is Centered, Boldface, Title Case Heading

A Level Two Heading is Flush Left, Boldface, Title Case Heading

A Level Three Heading is Indented, Boldface Italic, Title Case Heading

A Level Four Heading is Indented, Boldface, Title Case Heading ending with a period.

A Level Five Heading is Indented, Boldface Italic, Title Case Heading ending with a period.

Tables & Figures

- Label all columns in tables and all elements in figure images. In figures, use labels next to the elements that are being labeled.
- Items that are to be compared should be placed next to one another.
- Figures should use a Sans Serif font that is large enough to read without being magnified.
- Tables and figures should be designed in a way that they could be understood without the text.
- Avoid including flourishes that are distracting or take away from the overall understanding of the table or figure.

Table 1

*Results from Pearson Correlations of LPFS and SCS*

<table>
<thead>
<tr>
<th></th>
<th>Self-Kindness</th>
<th>Common Humanity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MTurk</td>
<td>PerP</td>
</tr>
<tr>
<td>LPFS Identity</td>
<td>-.61</td>
<td>.55</td>
</tr>
<tr>
<td>LPFS Self-Direction</td>
<td>-.47</td>
<td>.40</td>
</tr>
<tr>
<td>LPFS Empathy</td>
<td>-.36</td>
<td>.27</td>
</tr>
<tr>
<td>LPFS Intimacy</td>
<td>-.40</td>
<td>.35</td>
</tr>
</tbody>
</table>