

# Learning Commons



## APA Levels of Headings

Headings and subheadings are important because they help your reader easily understand and locate all the brilliant points you make. It also shows which points are a parallel to one another and which are subordinate. APA format requires a specific format for headings – the following table outlines the five levels of headings in APA.

Level	Format
1	Centered, Boldface, Uppercase and Lowercase Heading
2	Aligned left, boldface, Uppercase and Lowercase Heading
3	Indented, boldface, lowercase paragraph heading (first letter of first word is uppercase, subsequent first letters lowercase) ending with a period. Begin text after period.
4	<i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i> Begin text after period.
5	Indented, italicized, lowercase paragraph heading ending with a period. Begin text after period.

### Example

Method
Participants
Site one.
<i>group one.</i>
<i>participant one.</i>

#### Important Notes:

- Follow the levels from the top down – do not skip levels
- Do not label the headings with numbers or letters (done above for identification purposes)
- For articles the title is NOT the first level. Instead, the first level will begin somewhere in the body of your paper.

#### Further Resources:

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: American Psychological Association.

Lee, C. (2009, July 9). General format. Retrieved from [http://blog.apastyle.org/apastyle/2009/07/five-essential-tips-for-apa-style-headings.html?\\_ga=2.174073506.1408784022.1495551260-2072349486.1471985021](http://blog.apastyle.org/apastyle/2009/07/five-essential-tips-for-apa-style-headings.html?_ga=2.174073506.1408784022.1495551260-2072349486.1471985021)

Paiz, J.M., Angeli, E., Wagner, J., Lawrick, E., Moore, K., Anderson, M., Soderlund, L., Brizee, A., & Keck, R. (2013, Apr. 3). General format. Retrieved from <https://owl.english.purdue.edu/owl/resource/560/16/>

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