



Guide to APA Headings

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Example of Level One Heading

First level headings separate major sections of the paper. They are centered, with capitals and lower case.

Example of Level Three Heading

Level three headings are flush left, italics, with capitals and lower case.

Example of level four heading. Level four headings are subordinate to level three headings. They are indented and italics. They use capitals and lower case followed by a period. The text follows on the same line.

Subordinate headings. It is important that you have more than one subheading of the same level in each section where it is used. If you have only one subheading, then perhaps the section does not need to be subdivided.

Guidelines for Headings

You should avoid “stacking” headings one of top of the other with no intervening text. You should use at least one heading every two to three manuscript pages to help guide the reader through changes in topic.

You should use the minimum number of heading levels needed. You will generally use only two or three levels. Level Two headings, which are in italics and centered, are rarely used.