

AMERICAN PSYCHOLOGICAL ASSOCIATION (APA) LEVELS OF HEAD
Regis Writing Center

Levels of head indicate the major subdivisions of a paper. Similar to an outline, they show the organizational plan chosen by the writer. Most undergraduate essays have one or two levels of head, but APA format allows up to five. For further information, see pages 62-63 in the 6th edition of the *Publication Manual of the American Psychological Association* or come to the Writing Center.

NOTE: An introduction is not separated by a heading.

The First Level:

First Level Goes Here

If there is only one level, the heading is centered on a separate line. Letters are in upper and lower case and are bolded. For an experimental research paper, this first level is usually headings like "Method," "Results," and "Discussion."

The Second Level:

The Second Level Goes Here

The second level of head is flush left on a separate line. Letters are in both capitals and lowercase and are bolded. This second level may be subheadings such as "Participants" or "Materials."

The Third Level:

Third level goes here. The third level is indented but is not on a separate line: The text starts on the same line as the heading. A period separates the heading from the text. Letters are bolded, and only the first word and any proper nouns are capitalized.

The Fourth Level:

Fourth level goes here. The fourth level is bolded, italicized, and indented but not on a separate line: The text starts on the same line as the heading. A period separates the heading from the text. Only the first word and any proper nouns are capitalized.

The Fifth Level:

Fifth level goes here. This heading is italicized and indented but not on a separate line: The text starts on the same line as the heading. A period separates the heading from the text. Only the first word and any proper nouns are capitalized.