



**APSU Writing Center**  
APA 7th Edition Style Title Hierarchy

**Heading Levels**

**Level 1**

**Centered, Bold, Title Case Heading**

The text begins as a new paragraph.

**Level 2**

**Flush Left, Bold, Title Case Heading**

The text begins as a new paragraph.

**Level 3**

**Flush Left, Bold Italic, Title Case Heading**

The text begins as a new paragraph.

**Level 4**

**Indented, Bold, Title Case Heading, Ending With a Period.** The text begins on the same line and continues as a regular paragraph.

**Level 5**

***Indented, Bold Italic, Title Case Heading, Ending With a Period.*** The text begins on the same line and continues as a regular paragraph.

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**APA Style Title Hierarchy**

- APA Style includes up to five levels of headings.
- The number of headings you use depends on the length and complexity of your writing.
- Headings help organize your paper into sections and subsections, improving readability.

**Heading Tips**

- Capitalize the first word, last word, and all major words.
- **Formatted:** List Paragraph, Picture bulleted + Level 1 + Aligned at: 0.25" + Tab after: 0.5" + Indent at: 0.5"
  - **Examples:** Home on the Range, Percy Jackson and the Olympians.
- Lowercase minor words such as a, an, the, in, on, and with unless they start or end the heading.
  - **Example:** The Art of Racing in the Rain
- When using heading created by you, keep them concise to communicate to your audience.

**What to Avoid in Titles**

- Numbering headings.
- Adding blank lines above or below headings.
- Double-spacing headings beyond the standard paragraph spacing.

**Example: Technology in Education**

**The Impact of Technology on Education: A Comprehensive Review**

**The Role of Educational Technology**

**Integration of Technology in Classroom Instruction**

**Benefits of Online Learning Platforms.**

*Effectiveness of Gamification Strategies in Education.*

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**Level 1: Centered, Bold, Title Case Heading**

**Level 2: Flush Left, Bold, Title Case Heading**

**Level 3: Flush Left, Bold Italic, Title Case Heading**

**Level 4: Indented, Bold, Title Case Heading, Ending With a Period.**

**Level 5: Indented, Bold Italic, Title Case Heading, Ending With a Period.**



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Reference

APA Style. (2019, September). *Headings*. APA Style. <https://apastyle.apa.org/style-grammar-guidelines/paper-format/headings>