

APA Style 7th Guide - Titles
APSU Writing Center Handout

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.

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.

Reference

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