

# APA Headings: The Five Levels

## ❖ What are APA headings?

APA headings are used as an organizational tool in your paper or study, and they establish a hierarchy of sections via format or appearance. Headings help to effectively organize ideas within a paper or study.

## ❖ Why do I need to use headings in my paper?

Headings help make planning a less complicated process for the writer. More concise headings help the reader anticipate key points and track the development of your argument.

Getting Started: The different levels of headings should correspond to specific sections of your paper.

### Format for the Five Levels of Heading in APA

<u>Level of Heading</u>	<u>Format</u>
1	<b>Centered, Boldface, Uppercase and Lowercase Heading</b>
2	<b>Flush Left, Boldface, Uppercase and Lowercase Heading</b>
3	<b>Indented, boldface, lowercase paragraph heading ending with a period.</b>
4	<b><i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i></b>
5	<b><i>Indented, italicized, lowercase paragraph heading ending with a period.</i></b>

Note: Like in an outline, there must be at least two subsections in the same level. So if you have a heading like this (see below), there must be at least two of them.

**Effects of sleep deprivation.** Word words and excellent research.

**Effects of food deprivation.** More words and excellent research.