

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

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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 6<sup>th</sup> edition of the *Publication Manual of the American Psychological Association* or come to the Writing Center.

The Title of the Essay

Center the title of the essay and use upper and lower case letters. NOTE: Do not use the word "Introduction" to separate this section from the rest of the essay.

**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 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."

**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.

***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.

***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.