

# APA Heading Level Guidelines

Heading Level	Format
1	<b>Centered, Bolded, and Title Case Heading</b> *For Abstract and Reference List, however, Heading 1 is NOT bolded.
2	<b>Left aligned, Bolded, and Title Case Heading</b>
3	<b>Indented 1.27 cm from the left margin, bolded, sentence case heading with a full stop.</b> Begin body text immediately after heading.
4	<i>Indented 1.27 cm from the left margin, bolded, italicised, sentence case heading with a full stop.</i> Begin body text immediately after heading.
5	<i>Indented 1.27 cm from the left margin, italicised, sentence case heading with a full stop.</i> Begin body text immediately after heading.

