Besides the title of the paper, which is not considered a heading and is centered and not bolded or underlined, there are five (5) levels of headings in the APA style, numbered from 1 to 5 in the table below:

<table>
<thead>
<tr>
<th>Level</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Centered, Boldface, Uppercase and Lowercase Heading</strong>&lt;br&gt;Then your paragraph begins below, indented like a regular paragraph.(^1)</td>
</tr>
<tr>
<td>2</td>
<td><strong>Flush Left, Boldface, Uppercase and Lowercase Heading</strong>&lt;br&gt;Then your paragraph begins below, indented like a regular paragraph.(^1)</td>
</tr>
<tr>
<td>3</td>
<td><strong>Indented, boldface, lowercase paragraph heading ending with a period.</strong> Your paragraph begins right here, in line with the heading.(^1)</td>
</tr>
<tr>
<td>4</td>
<td><strong>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</strong> Your paragraph begins right here, in line with the heading.(^1)</td>
</tr>
<tr>
<td>5</td>
<td><strong>Indented, italicized, lowercase paragraph heading ending with a period.</strong> Your paragraph begins right here, in line with the heading.(^1)</td>
</tr>
</tbody>
</table>

\(^1\)“For headings at Levels 3-5, the first letter of the first word in the heading is uppercase, and the remaining words are lowercase (except for proper nouns and the first word to follow a colon)” http://blog.apastyle.org/apastyle/2009/07/five-essential-tips-for-apa-style-headings.html

- “Regardless of the number of levels of headings within a section, the heading structure for all sections follows the same top-down progression. Each section starts with the highest level of heading, even if one section may have fewer levels of subheading than another section.” In a paper, “**do not label headings with numbers or letters.**”

- “The number of levels of heading needed for your article [or paper] will depend on its length and complexity. If only one level of heading is needed, use Level 1; for a paper with two levels of heading, use Levels 1 and 2; if three levels are needed, use Levels 1, 2, and 3; and so forth.”

- This information comes from the *Publication Manual of the American Psychological Association* (Sixth Edition), pages 62-3.
Sample APA outline using five headings

Methods (Level 1)

Participants (Level 2)

Faculty. (Level 3)

Staff. (Level 3)

Students. (Level 3)

Undergraduates. (Level 4)

Freshmen. (Level 5)

Sophomores. (Level 5)

Juniors. (Level 5)

Seniors. (Level 5)

Graduates. (Level 4)

Research Design (Level 2)

Procedure (Level 2)

Results (Level 1)

Discussion (Level 1)

- Please note: “Avoid having only one subsection heading and subsection within a section, just as you would in an outline. Use at least two subsection headings within any given section, or use none” (Publication Manual of the American Psychological Association, page 62).

- More information about APA headings can be found at the
  - UNLV Writing Center website at http://writingcenter.unlv.edu/writing/apa.html
  - University of Purdue OWL at http://owl.english.purdue.edu/owl/resource/560/16/