

# APA PAPER TEMPLATE (7th Edition)

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## TITLE PAGE

**Running head (top left):** Page number only (right-aligned)

[Center all information vertically on page]

**Paper Title: Bold, Centered** Write Your Paper Title Here in Title Case Capitalize All Major Words

**Author Information:** Your Full Name Department Name, Institution Name Course Number: Course Name Instructor Name Assignment Due Date

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## PAGE 2: ABSTRACT

**Running head:** Abstract [Page 2]

**Abstract** (centered, bold)

[Single paragraph, 150-250 words, no indent]

Write your abstract here. An abstract is a brief summary of your paper that allows readers to quickly understand the main points. Include your research topic, research questions, participants, methods, results, data analysis, and conclusions. Do not indent the abstract paragraph. Use concise language and be specific. The abstract should be self-contained and make sense by itself, without needing to read the entire paper.

**Keywords:** keyword one, keyword two, keyword three, keyword four

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## PAGE 3+: MAIN BODY

**Running head:** Short Title [Page 3]

**Paper Title Repeated** (centered, bold)

[Begin your introduction without an "Introduction" heading]

Start your introduction here. The introduction presents your research question, explains why it matters, and previews your paper's organization. Use double-spacing throughout. Indent the first line of each paragraph by 0.5 inches. Do not add extra spacing between paragraphs.

Continue your introduction with background information on your topic. Explain what is already known about this subject and what gap your paper addresses. End your introduction with your thesis statement or the purpose of your paper.

## Level 1 Heading: Centered, Bold, Title Case

Begin the text for this section here. Level 1 headings are used for major sections of your paper such as Method, Results, or Discussion. These headings should be centered, bold, and use title case capitalization.

Continue developing your ideas in well-organized paragraphs. Each paragraph should focus on one main idea and connect logically to the paragraphs before and after it.

## **Level 2 Heading: Flush Left, Bold, Title Case**

Start the text for this subsection here. Level 2 headings are used for subsections within major sections. They should be flush left (not centered), bold, and use title case capitalization.

Use Level 2 headings to organize related information within a major section. For example, under a “Method” section, you might have Level 2 headings for “Participants,” “Materials,” and “Procedure.”

## **Level 3 Heading: Flush Left, Bold Italic, Title Case**

Begin text for this sub-subsection here. Level 3 headings are used for subsections within Level 2 sections. They should be flush left, bold and italic, and use title case.

**Level 4 Heading: Indented, Bold, Title Case, Ending With Period.** The text begins on the same line as the heading. Level 4 headings are indented like a paragraph, bold, use title case, and end with a period. The text continues immediately after the period.

*Level 5 Heading: Indented, Bold Italic, Title Case, Ending With Period.* The text begins on the same line as the heading. Level 5 headings are indented, bold and italic, use title case, and end with a period. The text continues immediately after the period.

## **Method**

The Method section describes how you conducted your research. This section typically includes subsections for Participants, Materials, and Procedure.

### **Participants**

Describe who participated in your study. Include relevant demographic information such as age, gender, and any other characteristics relevant to your research.

### **Materials**

Describe any materials, measures, or equipment used in your study. If you used published measures, cite them properly.

### **Procedure**

Explain step-by-step what happened in your study. Write clearly enough that another researcher could replicate your study.

## **Results**

Present your findings in the Results section. Report what you discovered without interpretation (save interpretation for Discussion). Use tables and figures when they help present data clearly.

## **Discussion**

Interpret your results in the Discussion section. Explain what your findings mean, how they relate to previous research, and what implications they have. Discuss limitations of your study and suggest directions for future research.

## **Conclusion**

Summarize your main points and restate the significance of your research. The conclusion

brings closure to your paper by connecting back to your introduction and thesis.

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## REFERENCES PAGE

**References** (centered, bold, new page)

[Alphabetical order, hanging indent]

Author, A. A., & Author, B. B. (Year). Title of article in sentence case. *Title of Periodical in Title Case and Italics*, Volume(Issue), page range. <https://doi.org/xxxxx>

Author, C. C. (Year). *Title of book in sentence case and italics*. Publisher Name.

Author, D. D., Author, E. E., & Author, F. F. (Year). Title of chapter in sentence case. In E. E. Editor & F. F. Editor (Eds.), *Title of book in sentence case and italics* (pp. xxx-xxx). Publisher Name.

Organization Name. (Year, Month Day). *Title of webpage in sentence case and italics*. Site Name. URL

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## FORMATTING REQUIREMENTS

**Font:** 12-point Times New Roman (or 11-point Arial, Calibri, Georgia, or similar)

**Line Spacing:** Double-space entire paper (no extra spacing between paragraphs)

**Margins:** 1 inch on all sides (top, bottom, left, right)

**Paragraph Indent:** 0.5 inches (use Tab key, not multiple spaces)

**Page Numbers:** Top right corner of every page, starting with title page as page 1

**Running Head:** Student papers no longer require running head (optional); professional papers include shortened title in header

**Alignment:** Left-aligned (not justified)

**Title Page Elements:** All centered vertically and horizontally

**Headings:** Five levels available (see examples above)

**Citations:** Author-date format in text: (Smith, 2023) or Smith (2023)

**References:** Alphabetical order, hanging indent (0.5 inches)

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## IN-TEXT CITATION EXAMPLES

**One author:** (Smith, 2023) or Smith (2023)

**Two authors:** (Smith & Johnson, 2023) or Smith and Johnson (2023)

**Three or more authors:** (Smith et al., 2023) or Smith et al. (2023)

**Direct quote:** (Smith, 2023, p. 45) or Smith (2023) stated, "quote here" (p. 45)

**No author:** ("Article Title," 2023) or use first few words of title

**No date:** (Smith, n.d.)

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## REFERENCE EXAMPLES

**Journal article:** Author, A. A., & Author, B. B. (Year). Article title in sentence case. *Journal Name in Title Case*, Volume(Issue), page-page. <https://doi.org/xxxx>

**Book:** Author, A. A. (Year). *Book title in sentence case*. Publisher Name.

**Website:** Author, A. A. (Year, Month Day). *Page title in sentence case*. Site Name. URL

**Chapter in edited book:** Author, A. A. (Year). Chapter title. In E. E. Editor (Ed.), *Book title* (pp. xxx-xxx). Publisher.

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**NOTES:** - Remove all placeholder text before using - Replace [bracketed instructions] with your content - Check your assignment for specific requirements - Use spell check and grammar check before submitting - Consult APA Publication Manual (7th ed.) or Purdue OWL for detailed guidance