

APA Headings (Sixth Edition)

The idea of headings is to organize your ideas and highlight important ideas within sections of writing. Headings prove to be important by helping the reader to anticipate the main points and focus on the progression of the argument within a written work. When using the various headings, there are different levels that determine the hierarchy of the section. The headings that have the same level of importance throughout the written work share the same heading level.

Example:

Hispanic Society and Culture (Level 1)

The History of Hispanic Culture (Level 2)

The very first Hispanic peoples. (Level 3)

The History of Hispanic Society. (Level 4)

Many Hispanic colonies began through colonization. (Level 5)

<u>LEVEL OF HEADING</u>	<u>FORMAT</u>
1	Centered, Boldface, Upper and Lowercase Heading
2	Flush Left, Boldface, Upper and Lowercase Heading
3	Indented, boldface, lowercase paragraph heading ending with a period.
4	<i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i>
5	<i>Indented, italicized, lowercase paragraph heading ending with a period.</i>

It is important to avoid labeling the headings with numbers and letters. The heading levels depend on the complexity and length of the written work. Use level one if only one heading is needed. Use Levels 1 and 2 if you need two levels, and so on. In most situations you will not need to use more than 3 levels of headings.