

All headings follow the APA 7 style [Click here for [explanations](#) and [samples](#)], which details the following:

APA 7 th : Headings	
Level	Format
1	Centered, Boldface, Title Case Heading Text starts a new paragraph.
2	Flush Left, Boldface, Title Case Heading Text starts a new paragraph.
3	<i>Flush Left, Boldface Italic, Title Case Heading</i> Text starts a new paragraph.

Notes:

- Start every paragraph with indentation (1 tab).
- Leave 1 line after the title and the first paragraph.
- Leave no line for the subsequent paragraphs in the same section
- No more than three levels of subheadings should be used.
- No numbering is necessary for headings.

For **block quotes** (40 words or more):

- No quotation marks to enclose block quotations.
- Add extra space before and after a block quote.
- Begin a block quotation on a new line and indent each block about ½ inch (1 tab) from the left margin.
- If a block quote comprises more than one paragraph, indent the first line of each an additional ½ inch.
- Place a period at the end of the quote, not after the citation.
- For more information, see this [webpage](#).

For **tables and figures**:

- Number all tables and figures sequentially. They are bolded and left-aligned (e.g. **Table 1**, **Table 2**).
- Give a clear and concise title to each table/figure in italicized title case, below the table/figure number, with extra space between the number and the title)
- For more information about tables and figures, see this [webpage](#).

For **references**:

- Begin the reference list on a new page.
- Label the section “References” and place it at the top of the page in bold.
- Follow the APA Style (7th edition).
- For more information, see these [guidelines](#).
