

APA 5th Edition Heading Pattern

Heading Patterns

There are two patterns used in Headings. Pattern One uses all 5 levels of headings while Pattern Two only uses 4 levels. Level 2 is not used in Pattern Two but is used in Pattern One. Either pattern is acceptable. To know which pattern to use, look at how many sub-headings your longest chapter has, then select the pattern that suits your number of subheadings. The key is to use the same pattern consistently in all your chapters with no exception. See the COE Template on the Thesis Office web site for detailed examples.

| | Pattern One | Pattern Two | Example |
|----------------|-------------|-------------|---|
| Chapter Title | 5 | 5 | CHAPTER I: CENTERED, ALL CAPITAL LETTERS |
| Sections/Theme | 1 | 1 | Centered Title Case With Three Blank Lines Before Heading |
| Subheadings | 2 | | <i>Centered, Italic, Title Case</i> |
| Subheadings | 3 | 3 | <i>Left Justified, Italic, Title Case</i> |
| Subheadings | 4 | 4 | <i>Indented 0.5", italicized and sentence case ending with period. Typically it is the first sentence of the paragraph.</i> |

APA 6th Edition Heading Pattern

There is one pattern used in headings. Do not skip headings, but rather use them in sequence.

| Level | Example |
|----------------|--|
| Chapter Title | Chapter I Centered, Bold, Headline Style With Three Blank Spaces Before Heading Unless it Resides at the Top of Page |
| Sections/Theme | Left Justified, Bold, Headline Style With Three Blank Lines Before Heading |
| Subheadings | Indented 0.5" (1.27 cm), bold, and sentence case ending with a period. Typically it is the first sentence of the paragraph. |
| Subheadings | <i>Indented 0.5" (1.27 cm), bold, italicized, and sentence case ending with a period. Typically it is the first sentence of the paragraph.</i> |
| Subheadings | <i>Indented 0.5" (1.27 cm), italicized, and sentence case ending with a period. Typically it is the first sentence of the paragraph.</i> |

Note. Headline style capitalizes all words that are four-letters or more and also proper nouns. Sentence case capitalizes the first word of the sentence and proper nouns.