

**Table 3.1 Format for Five Levels of Heading in APA Journals**

<b>Level of heading</b>	<b>Format</b>
1	<b>Centered, Boldface, Uppercase and Lowercase Heading<sup>a</sup></b>
2	<b>Flush Left, Boldface, Uppercase and Lowercase Heading</b>
3	<b>Indented, boldface, lowercase paragraph heading ending with a period.<sup>b</sup></b>
4	<b><i>Indented, boldface, italicized, lowercase paragraph heading ending with a period.</i></b>
5	<b><i>Indented, italicized, lowercase paragraph heading ending with a period.</i></b>

<sup>a</sup>This type of capitalization is also referred to as *title case*. <sup>b</sup> In a *lowercase paragraph heading*, the first letter of the first word is uppercase and the remaining words are lowercase.