APA 7th Edition: Formatting Highlights

The American Psychological Association (2020) makes the following recommendations for formatting your paper. Remember that your instructor may have specific requests beyond these. The book includes more details and examples.

General Standards
- Typed, doubled-spaced, 1" margins on all sides of the page
- Use standard, letter-sized paper (8.5" x 11")
- Use a standard font (options include Times New Roman, 12-point; Arial, 11-point; see the book for more). Use the same font throughout your paper (p. 44).
- Indent the first line of each paragraph 0.5 inch; your word processer should do that.
- Left-align your text. Leave the right margin "ragged" (p. 45).

Title
- Check with your instructor if they want a title page. See example on back of this page.
- Include the paper title, the author name(s), the institutional affiliation (the college), and anything else requested (date, class number and name, instructor's name, etc).

Page Numbers
- Include a page number in the top right of each page, starting with 1 on the title page

Page Head
- The 7th (2020) ed. of the *Publication Manual of the APA* does **not** require a running head for student papers, only articles for publication. Your instructor might still request one.

Abstract
- If required by your instructor, include an abstract on the second page by itself
- Centre the header "Abstract" at the top of the page in bold (p. 38).
- Up to 250 words, double-spaced, if in paragraph form.

Long Quotations
- For quotations longer than 40 words, indent the entire quote 0.5 inch from the left margin**.** Double-space the quotation; do not use quotation marks (p. 46).

Visuals
- Visuals include graphs, charts, drawings, and photographs.
- Label each visual with a number (Table 1, Table 2, Figure 1, Figure 2, etc), bolded, and double-spaced. Align left (p. 60).
- Below that, write a title, italicized and double-spaced. Align left and use title case.
- If you have additional information about the graphic, italicize the word "Note" below the table, then include the information. Double space and use sentence case.

For a sample paper with annotated format notes, go to **Purdue University's Online Writing Lab (OWL)**: http://owl.english.purdue.edu/media/pdf/20090212013008_560.pdf

See the ***Publication Manual of the American Psychological Association***, 7th ed. (2020) for the complete guide to APA format. There is a sample student paper on pages 61-67.

The Impact of Homelessness on the Health of Adolescents: A Review of the Literature

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PSYC 1234: Community Mental Health

Dr. Madeup Example

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