

What is APA Style?

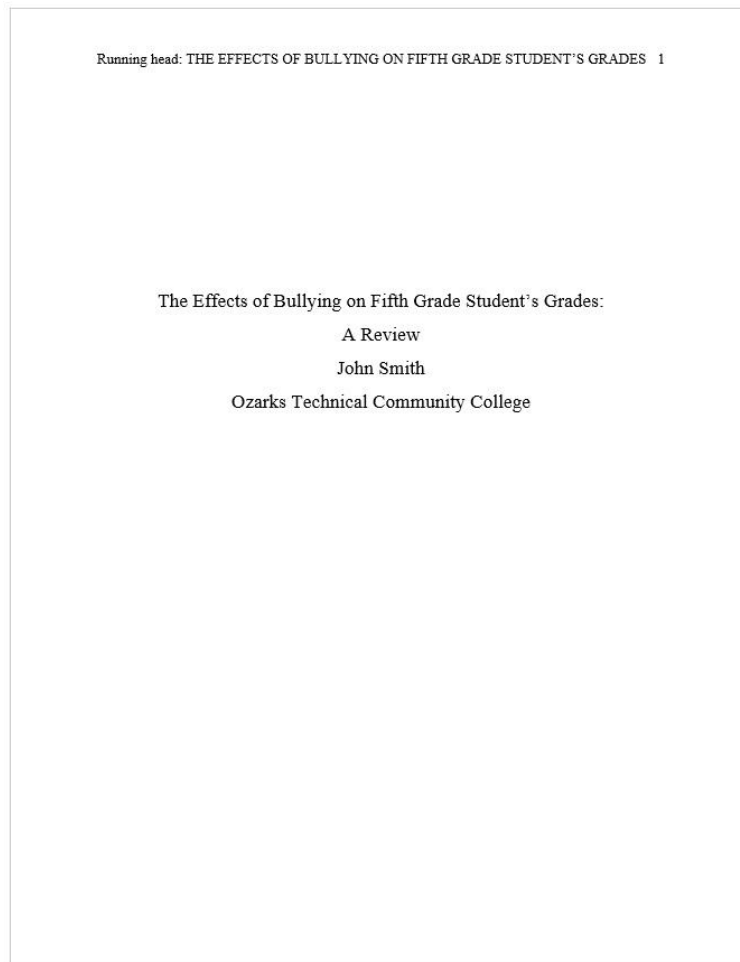
APA Style is the formatting style of the *American Psychological Association*. This type of format is generally used in the social science fields. This guide is based on APA's 6th Edition manual.

What is the format of APA Style?

- APA Style papers include a **title page**, **running head**, **reference** page, and sometimes an abstract. APA Style is double spaced, 12pt Times New Roman font, with 1" margins.

What is a title page?

- Unlike MLA, APA papers require a **title page**. Like the title page in a book, this lists the information about you, and who you're writing for, centered in the paper: **Title, Author, and University**. It also includes a **running head** and **page number** at the top.



Need some help with APA?

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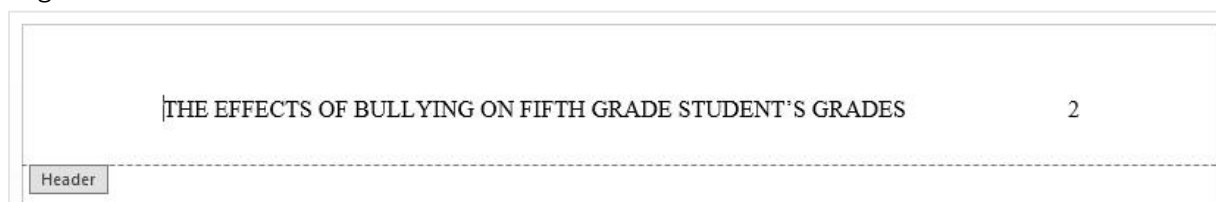
What is a running head?

- The **running head** goes in the **header** of the title page, and every page after that has the **running head** *and* the **page number** at the top *right* of the page and the **running head** at the top *left* of the page.
- A **running head** is the title of your paper, carried over to each page. The running head is in **all caps**, and should contain **no more than 50 characters** including spaces and punctuation. The header on **your title page/first page** should have “**Running head**” before the title. After the title page(s), the header should have *just* the title and page number.

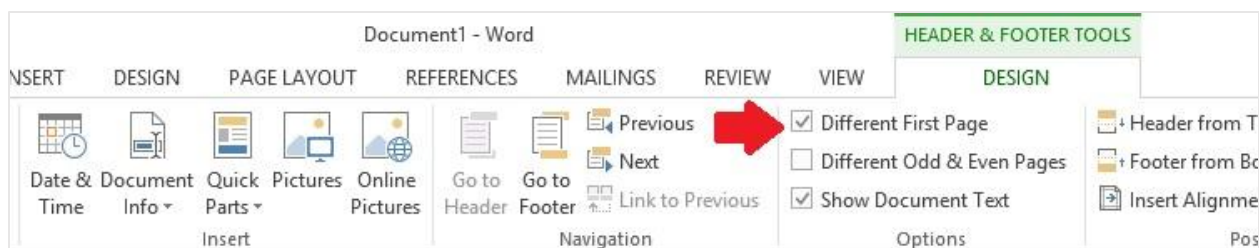
Title Page/Page 1:



Page 2 onwards:



- The running head on the first page is different from the rest of the paper. **To set this up in Microsoft Word, you can double-click on the Header of your paper, select the Design tab, and check the box marked Different First Page.** Then you can edit the header of your first page separate from the rest of the paper.



Do I title my source page “Works Cited”, “References” or “Bibliography”?

- **References.** For more info, check out our **APA Citation Guide**.

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