

# What is APA Style?

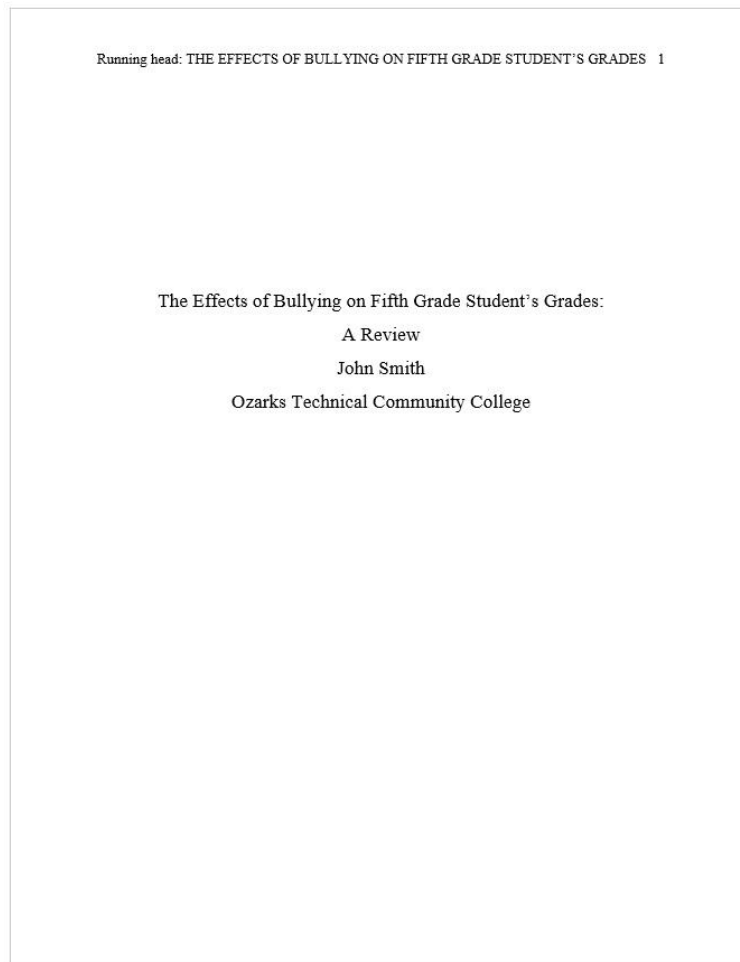
APA Style is the formatting style of the *American Psychological Association*. This type of format is generally used in the social science fields. This guide is based on APA's 6<sup>th</sup> Edition manual.

## 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 MLA?

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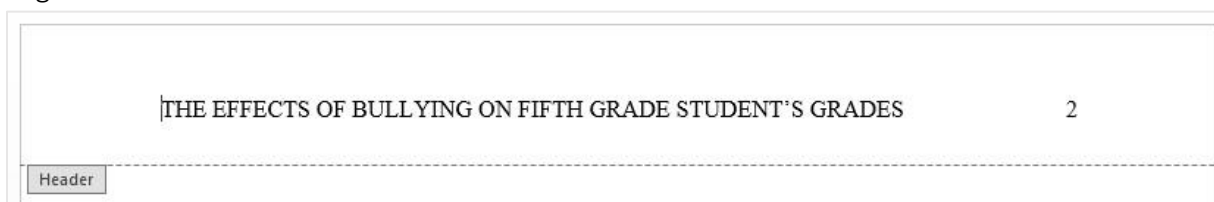
## What is a running head?

- The **running head** and **page number** go in the **header** of the title page, and every page after that, with 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 running head on **your first page** should have the words **"Running head"** before the title, but the running head on every page after that should have *just* the title.

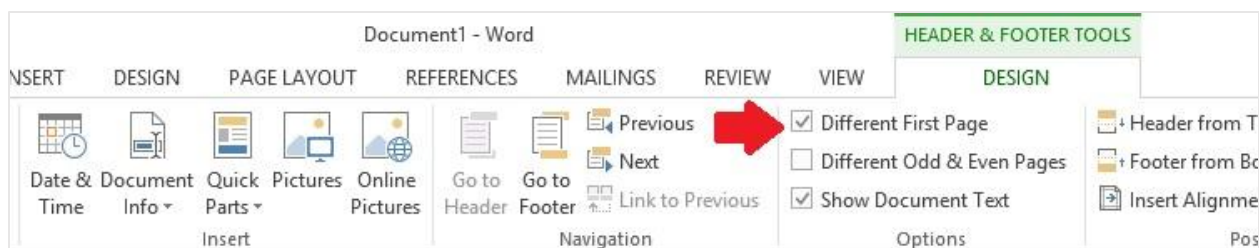
Page 1:



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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