**Title of Your Paper: Subtitle of Your Paper**

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Department of Psychology, University of Illinois Springfield

PSY 226: Adolescent Brain Development

Dr. Aaron Taylor Johnson

October 14, 2020

**Commented [CSL2]:** Depending on your instructor's preferences, you may need to provide different information here. You may not even need to include a title page for shorter assignments. Always check with your instructor to learn what they expect for your APA style.

Student papers' title pages require this information, about three or four lines down from the top of the page:

Title of the paper (in bold and "title case")
[extra line]
Student Name
Student Affiliation (department and university)
Course number
Instructor name
Assignment due date ("month day, year" format)
.

**Commented [SC3]:** APA papers should have 1-inch margins on all sides of the page. This is typically the default in most word processors, but you can check this in Word by going to the "Layout" tab and selecting the "Margins" option in the ribbon.

# Abstract

**Introduction:** Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis hendrerit, velit et ornare commodo, mauris odio vulputate lacus, sodales convallis lorem eros et dui. Aliquam venenatis eros id velit lacinia, vitae consectetur nibh dignissim.

**Methods:** Vestibulum gravida felis et lorem dictum, eu porttitor nibh porta. In ultrices semper leo, quis molestie justo ultricies vitae. Pellentesque tincidunt vestibulum tincidunt. Maecenas quis lacus et turpis dignissim faucibus sit amet sed lacus.

**Results:** Maecenas vehicula mollis leo. Ut tempor ex nibh, id pretium lacus interdum eu. Fusce finibus finibus velit, ut interdum nunc finibus ac. Sed gravida arcu nec condimentum ultricies.

**Discussion:** Vivamus sed malesuada urna. Sed nec fermentum neque. Suspendisse potenti. Sed pulvinar sapien nec lacus volutpat, et bibendum nisl congue. Integer auctor elit lacinia justo viverra cursus. Vivamus hendrerit felis justo.

**Commented [CSL4]:** If an abstract is required, it belongs on the second page of your paper. The word "Abstract" should be listed at the top of the page, centered, bolded, and capitalized.

**Commented [CSL5]:** No first line indent for abstracts. They can be formatted one of two ways, depending on the structure of your paper:

1.A small paragraph that outlines the major talking points, arguments, and conclusions of your work. Keep it simple, and keep it brief (250 words, max)

2.A structured set of paragraphs with bolded labels for each part of your IMRaD report: Introduction, Methods, Results, and Discussion (or others as needed/ required).

This is the second version, for illustration.

**Commented [CSL6]:** Please note that we have used dummy text for all paragraphing in this sample paper. It is only there to provide a "look and feel" of a paper.

**Commented [SC7]:** For a full video tutorial on how to build your APA formatted paper in Microsoft Word, please see our video walkthrough!

**Title of Your Paper: Subtitle of Your Paper**

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis hendrerit, velit et ornare commodo, mauris odio vulputate lacus, sodales convallis lorem eros et dui. Aliquam venenatis eros id velit lacinia, vitae consectetur nibh dignissim. Vestibulum gravida felis et lorem dictum, eu porttitor nibh porta. In ultrices semper leo, quis molestie justo ultricies vitae. Pellentesque tincidunt vestibulum tincidunt. Maecenas quis lacus et turpis dignissim faucibus sit amet sed lacus. Maecenas vehicula mollis leo. Ut tempor ex nibh, id pretium lacus interdum eu. Fusce finibus finibus velit, ut interdum nunc finibus ac. Sed gravida arcu nec condimentum ultricies. Vivamus sed malesuada urna. Sed nec fermentum neque. Suspendisse potenti. Sed pulvinar sapien nec lacus volutpat, et bibendum nisl congue. Integer auctor elit lacinia justo viverra cursus. Vivamus hendrerit felis justo.

**Level One Heading 1**

Nulla facilisi. Nam nec tellus ultrices, interdum lectus vitae, malesuada orci. Sed sapien velit, sagittis sit amet felis a, sodales egestas quam. Pellentesque venenatis ligula nec felis tristique sodales. Mauris quam lectus, euismod luctus vulputate ut, venenatis et ex. Cras tempor turpis a metus vulputate tristique. Fusce eu placerat velit. Etiam ut risus eget magna dignissim vestibulum finibus imperdiet mi. Fusce pretium vehicula nisi, varius vehicula dolor condimentum ac. Proin sollicitudin condimentum tellus ut gravida.

Integer auctor ex sit amet sapien rutrum, maximus auctor ex sagittis. Nam a magna ac nulla lobortis ultrices a ullamcorper nisl. Nulla facilisi. Aenean sed velit id lacus commodo lobortis. In nec aliquet mauris. Duis auctor ligula a nisl rutrum imperdiet. Nullam pellentesque diam sit amet arcu malesuada, non posuere neque consequat.

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**Commented [CSL8]:** Once you're ready to actually begin your paper, it belongs on a new page, with the title bolded, in title case, and centered on its own line at the very top.

**Commented [CSL9]:** Unless your professor states otherwise, papers should be written in 12pt Times New Roman or Calibri font, double-spaced, left-aligned.

First line indents should be used for all paragraphs of text in your paragraph (with the exception of abstracts, covered above, and block quotes, covered below).

**Commented [CSL10]:** If you use headings in your paper, keep in mind that APA has specific formatting guidelines that break headings down into levels. A Level One heading is bolded, in Title Case, and centered on the page on its own line.

**NOTE:** You do not need the heading "Introduction" before your first paragraph. That is understood without the label. The title of the paper should serve as a heading for the entire paper; adding another heading under it would be confusing.

**Level One Heading 2**

Cras consequat augue id neque euismod pharetra. Nunc hendrerit neque in bibendum vulputate. Phasellus et diam ut ex lacinia scelerisque ut eu felis. In a augue non ex semper maximus. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Quisque laoreet libero venenatis finibus lacinia. Aliquam venenatis eros a lectus tincidunt sollicitudin. Ut tempus libero sit amet metus malesuada sollicitudin. Phasellus tellus risus, vehicula nec risus et, facilisis auctor nibh. Suspendisse ut accumsan augue. According to Baker (2012),

> Nulla facilisi. Nam nec tellus ultrices, interdum lectus vitae, malesuada orci. Sed sapien velit, sagittis sit amet felis a, sodales egestas quam. Pellentesque venenatis ligula nec felis tristique sodales. Mauris quam lectus, euismod luctus vulputate ut, venenatis et ex. Cras tempor turpis a metus vulputate tristique. Fusce eu placerat velit. Etiam ut risus eget magna dignissim vestibulum finibus imperdiet mi. (p. 206)

Phasellus ex elit, hendrerit tempus ante sodales, laoreet placerat mi. Nulla cursus massa eget nibh maximus ornare. Vivamus mattis ullamcorper vulputate. Nullam ut eros tempus eros imperdiet pulvinar quis id urna. Orci varius natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus.

**Level Two Heading 1**

In aliquam molestie augue in mollis. Sed in nulla diam. Nunc eget imperdiet purus. Phasellus in urna id odio venenatis fringilla. Morbi felis lorem, vehicula sed urna nec, porttitor viverra justo. Maecenas at gravida mauris. Johnson (2010) stated, "Vestibulum consequat efficitur nisl, cursus elementum felis congue et" (p. 117). Phasellus rutrum sapien ac urna imperdiet, vel ultricies ipsum suscipit (Johnson, 2010, p. 118). Vestibulum tristique mi euismod nisi pellentesque ullamcorper. According to the Centers for Disease Control and Prevention

**Commented [CSL11]:** Block quotes are any direct quote from a source that are 40 words or longer in length. To format them in APA style, follow these guidelines:
- Always offer a running acknowledgement to help it "gel" with the previous sentence – typically an "According to Author (Year)," will suffice.
- Place the quote in the paper and indent the entire thing ½ inch (to match the first-line indent of your paragraphs).
- The period goes before the parenthetical in block quotes.
- The parenthetical should only include information you didn't already provide. Because we already gave a running acknowledgement with the author and the year above, we only need the page number here.
- Lastly, you should never end a paragraph on a block quote, so you should always continue the paragraph with some explanation and offer closure before moving on to the next point. Thus, the next line after your block quote should be flush with the left margin, as you see here.

**Commented [CSL12]:** If you have a subsection of information within your first heading's contents, you will want to label it with a Level Two heading. Its formatting is as follows: Bold, Title Case, left-aligned, and on its own line.

(CDC, 2015), sit amet luctus justo commodo nec. Suspendisse nec mauris posuere, sollicitudin erat venenatis, ornare elit. Suspendisse mattis tempus enim, ut molestie metus tincidunt dignissim (CDC, 2015). Nam dictum magna urna, in venenatis erat sollicitudin ut.

**Level Two Heading 2**

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis hendrerit, velit et ornare commodo, mauris odio vulputate lacus, sodales convallis lorem eros et dui. Aliquam venenatis eros id velit lacinia, vitae consectetur nibh dignissim. Vestibulum gravida felis et lorem dictum, eu porttitor nibh porta. In ultrices semper leo, quis molestie justo ultricies vitae.

*Level Three Heading 1*

Pellentesque tincidunt vestibulum tincidunt. Maecenas quis lacus et turpis dignissim faucibus sit amet sed lacus. Maecenas vehicula mollis leo. Ut tempor ex nibh, id pretium lacus interdum eu. Fusce finibus finibus velit, ut interdum nunc finibus ac.

*Level Three Heading 2*

Sed gravida arcu nec condimentum ultricies. Vivamus sed malesuada urna. Sed nec fermentum neque. Suspendisse potenti. Sed pulvinar sapien nec lacus volutpat, et bibendum nisl congue. Integer auctor elit lacinia justo viverra cursus. Vivamus hendrerit felis justo.

**Level One Heading 3**

Nulla facilisi. Nam nec tellus ultrices, interdum lectus vitae, malesuada orci. Sed sapien velit, sagittis sit amet felis a, sodales egestas quam. Pellentesque venenatis ligula nec felis tristique sodales. Mauris quam lectus, euismod luctus vulputate ut, venenatis et ex. Cras tempor turpis a metus vulputate tristique. Fusce eu placerat velit. Etiam ut risus eget magna dignissim vestibulum finibus imperdiet mi. Fusce pretium vehicula nisi, varius vehicula dolor condimentum ac. Proin sollicitudin condimentum tellus ut gravida.

**Commented [CSL13]:** If you need to dip into a Level Three heading, to further parse information within the Level Two subsection, the formatting is as follows: Bold and Italics, Title Case, left-aligned, and on its own line.

**Level Two Heading 1**

      Integer auctor ex sit amet sapien rutrum, maximus auctor ex sagittis. Nam a magna ac nulla lobortis ultrices a ullamcorper nisl. Nulla facilisi. Aenean sed velit id lacus commodo lobortis. In nec aliquet mauris. Duis auctor ligula a nisl rutrum imperdiet. Nullam pellentesque diam sit amet arcu malesuada, non posuere neque consequat.

**Level Two Heading 2**

      Cras consequat augue id neque euismod pharetra. Nunc hendrerit neque in bibendum vulputate. Phasellus et diam ut ex lacinia scelerisque ut eu felis. In a augue non ex semper maximus. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Quisque laoreet libero venenatis finibus lacinia. Aliquam venenatis eros a lectus tincidunt sollicitudin. Ut tempus libero sit amet metus malesuada sollicitudin.

*Level Three Heading 3*

      Phasellus tellus risus, vehicula nec risus et, facilisis auctor nibh. Suspendisse ut accumsan augue. Phasellus ex elit, hendrerit tempus ante sodales, laoreet placerat mi. Nulla cursus massa eget nibh maximus ornare. Vivamus mattis ullamcorper vulputate. Nullam ut eros tempus eros imperdiet pulvinar quis id urna. Orci varius natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus.

<div align="center"><b>Level One Heading 4</b></div>

      In aliquam molestie augue in mollis. Sed in nulla diam. Nunc eget imperdiet purus. Phasellus in urna id odio venenatis fringilla. Morbi felis lorem, vehicula sed urna nec, porttitor viverra justo. Maecenas at gravida mauris. Vestibulum consequat efficitur nisl, cursus elementum felis congue et. Phasellus rutrum sapien ac urna imperdiet, vel ultricies ipsum suscipit. Vestibulum tristique mi euismod nisi pellentesque ullamcorper. Fusce cursus convallis

**Commented [SC14]:** Most student papers should not need to organize further than Level Three headings. If you need a Level Four or Five style heading, please review the guidelines outlined by the Purdue OWL here.

arcu, sit amet luctus justo commodo nec. Suspendisse nec mauris posuere, sollicitudin erat venenatis, ornare elit. Suspendisse mattis tempus enim, ut molestie metus tincidunt dignissim. Nam dictum magna urna, in venenatis erat sollicitudin ut.

# References

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Baker, B. TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT
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Collins, C. TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT
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Deacon, D. TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT TEXT
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Elia, I. E. (2013). A foxy view of human beauty: Implications of the farm fox experiment for
understanding the origins of structural and experiential aspects of facial attractiveness.
*The Quarterly Review of Biology*, *88*(3), 163-183. https://doi.org/10.1086/671486

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**Commented [CSL15]:** Your References page should always start on a new page. The word "References" should appear on the first line of the page, centered and bolded.

   **NOTE:** If you only have one source, you should use "Reference" instead.

**Commented [CSL16]:** References are listed in alphabetical order by whatever comes first in each citation (for any that start with A, An, or The, list by the first *relevant* word).

**Commented [CSL17]:** References should have a hanging indent, meaning that the first line should be flush with the left margin, and any subsequent lines should be indented half an inch.

Check out our recorded video showing you the various ways you can create a hanging indent in Word (PC only): Creating a Hanging Indent in Word

   **NOTE:** APA requires you to create a hanging indent using your word processor's paragraph functionality, not by manually hitting 'enter' between each line and tabbing over. Do it right!

**Commented [SC18]:** Here is an example of a citation for a scholarly journal article. For examples of other kinds of citations, please see our handout: APA Style 7th