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**Abstract**

*An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words. An abstract is a single paragraph, without indentation, that summarizes the key points of the manuscript in 150 to 250 words.*

***Keywords: writing, template, sixth, edition, self-discipline, is, very, good***

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**INTRODUCTION**

This is where the body of your paper begins. Note that the title of your paper appears at the top of your introduction even though other sections begin with headings like “Method”, “Results” and so on. The rest of the text in this template provides hints about properly generating the parts of your APA-formatted paper.

The major components of your paper (abstract, body, references, etc.) each begin on a new page. These components begin with centered headings at the top of the first page. (You can see how major components of text get divided in this freely available sample document: http://www.apastyle.org/manual/related/sample-experiment-paper-1.pdf ). Some papers have multiple studies in them so the body could have multiple sections and subsections within it. Sections can have subsections with headings. For example, a Method section might have Participants, Materials, and Procedure subsections. are examples.

# **Heading Level 1**

**Heading Level 2**

**Heading Level 3 (Note the Indent, Bold and Period).**

***Heading Level 4.***

*Heading Level 5).*

**Table 1**

***Correlations Among and Descriptive Statistics For Key Study Variables***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | *M* (*SD*) | Sex | Age | Income | Educ. | Relig. | Dist. Intol. |
| Sex | 1.53 (.50) |  | .07 | -.09 | .02 |  .14 |  .06 |
| Age | 31.88 (10.29) |  |  |  .08 |  .19\* |  .20\* |  .01 |
| Income | 2.60 (1.57) |  |  |  | .04 | -.14 | -.09 |
| Education | 3.44 (1.06) |  |  |  |  |  -.29\* | -.06 |
| Relig. | 1.21 (.30) |  |  |  |  |  |  -.19\* |
| Dist. Intol. | 3.75 (1.19) |  |  |  |  |  |  |

*Notes. N*’s range from 107 to 109 due to occasional missing data. For sex, 0 = male, 1 = female. BHF = babies hoped for. Dist. Intol. = distress intolerance. Relig. = religiosity.

\* *p* < .05.

**REFERENCES**

1. Ajournalarticle, R. H., & Seabreeze, R. M. (2002). Title of article goes here and I’ll add that only the volume number (22) is recorded after the journal title: Regardless of what some sources say, the edition number and download information is unnecessary in Paul Rose’s classes. *Journal of Research in Personality, 22,* 236-252.
2.

**APPENDIX**

Footnotes

1 Each footnote number must correspond to the same number in the body of the paper. Some professional journals ask authors to avoid using footnotes and in an undergraduate paper they are almost never necessary.

2 As of 2009, I do not recommend using the footnote and endnote features in Word if you want to keep your footnotes in APA format.

Alcohol Consumption

Frugality

Amount that Gets Spent on Alcohol

Figure 1. This simple path model, adapted from results in a *Journal of Consumer Behaviour* paper, is an example of a figure.