

How to format

In APA, there are **two elements** involved in formatting titles: **CASE** and **TYPE STYLE**.

- **CASE** refers to whether a letter is *upper case* (a capital letter) or *lower case*.
- **Title case** means to capitalize something the way most of us learn to write titles: capitalize all major words
- **Sentence case** means to capitalize like you would a sentence: Just the first word, the first word after a colon, and all proper nouns.

2 TYPE STYLE used for titles in APA is either **in ITALICS** or **NOT!**

Be sure to check a handbook for whether / when the title needs to be followed by a period or a comma, etc.

Title of ...	Case	Type style	Example
...a book	SENTENCE case	ITALICIZED	<i>Trails: Toward a new western history</i>
...a journal, magazine, or newspaper	TITLE case	ITALICIZED	<i>European Journal of Contemporary Education</i>
...an article in a journal, magazine, or newspaper	SENTENCE case	NOT italicized	Stereotypes of teenagers' images in audiovisual media texts about schools and universities
... an entire website	TITLE case	NOT italicized	Natural Resources Defense Council
... a page from a website	SENTENCE case	NOT italicized	Unchecked fracking threatens health, water supplies