# Capitalization: Title and Sentence case

## Title Case

Title case is used to capitalize the following types of titles and headings in APA Style:

- Titles of references (e.g., book titles, article titles) when they appear in the text of a paper,
- The title of your own paper and of named sections within it (e.g., the Discussion section), and
- Titles of periodicals—journals, magazines, or newspapers—which are also italicized (e.g., *Journal of Counseling Psychology*, *The New York Times*).

**Here are directions for implementing APA's title case:**

1. Capitalize the first word of the title/heading and of any subtitle/subheading;
2. Capitalize all "major" words (nouns, verbs, adjectives, adverbs, and pronouns) in the title/heading, including the second part of hyphenated major words (e.g., *Self-Report* not *Self-report*); and
3. Capitalize all words of four letters or more.

This boils down to using lowercase only for "minor" words of three letters or fewer, namely, for conjunctions (words like *and*, *or*, *nor*, and *but*), articles (the words *a*, *an*, and *the*), and prepositions (words like *as*, *at*, *by*, *for*, *in*, *of*, *on*, *per*, and *to*), as long as they aren't the first word in a title or subtitle.

## Sentence Case

Sentence case, on the other hand, is a capitalization style that mainly uses lowercase letters.

**Here are directions for implementing sentence case in APA Style:**

1. Capitalize the first word of the title/heading and of any subtitle/subheading;
2. Capitalize any proper nouns and certain other types of words; and
3. Use lowercase for everything else.

Additionally, as you might suspect given its name, sentence case is used in regular sentences in the text of a paper. In a typical sentence, the first word is always capitalized, and the first word after a colon is also capitalized when what follows the colon is an independent clause.

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*Source*:
https://apastyle.apa.org/style-grammar-guidelines/capitalization/sentence-case

https://apastyle.apa.org/style-grammar-guidelines/capitalization/title-case