**The Title is Centred On The Page and is Set in Boldface**

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The author's name is provided below the title, followed by the author's affiliation. They should state the given name and family name clearly. If more than one author wrote the article, append their name to the first author. If the authors have different affiliations, assign a sequential superscript number (beginning with "1") immediately after the author's name and precede the author's affiliation. However, authors with the same affiliation will bear the same number.

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**Abstract**

A concise and factual abstract is required (150 to 200 words) in one (1) paragraph. The abstract should briefly state the research's purpose, methodology, major findings, and conclusions (including implications). The abstract must be able to stand alone with no citations. (Font size: 11 pt)

**Keywords**

Immediately after the abstract, provide between 3 to 5 keywords to clearly describe the subject matter, avoiding general and plural terms and multiple concepts. The keywords are listed in the lower case, alphabetical order, separated by commas, and the left and right margins are justified (font size 10 pt).

**1.** **INTRODUCTION**

Heading 1 (Section heading): Cambria; Size - 11; Bold. Double-spaced before and single-spaced after

**1.1 Research Methods**

Heading 2 (Subheading): Cambria; Size - 11; Bold; capitalise each word, single-spaced before and after

***1.1.1 Analysis of Results***

Heading 3 (Sub-subheading): Cambria; Size – 1 Bold, Italicized; Centered, Capitalise the first word, single-spaced before and after.

**2.0 LITERATURE REVIEW**

**3.0 METHODS**

**4.0 RESULTS AND DISCUSSION**

**5.0 LIMITATION**

**6.0 CONCLUSION**

Sections and subsections should be formatted as heading levels 1, 2 and 3. Any subsection, ideally, should not be more than 700 words. Authors are encouraged to write as concisely as possible but not at the expense of clarity.

**Figures and Tables**

Figures are numbered consecutively, and the caption is placed centred below the figure. Similarly, tables are numbered consecutively in order of appearance in the text. However, put the caption above the table body. Avoid vertical rules. Be sparing in using tables and ensure that the data presented do not duplicate results described elsewhere in the article. Present figures and tables after the text, referenced as "Figure 1" or "Table 1". The text size of formulas should be 10 points.

**Equation/Formula**

Equations are displayed separately from the paragraphs of text. They should be embedded to the left of the page. The equation should be numbered consecutively. All equation numbers must appear in parentheses and on the right-hand side of the equation. Refer to equations in the text as "(1)". The text size of formulas should be 10 points.

**Conclusion**

A conclusion section is required and should reiterate the key findings while discussing advantages, limitations, possible applications and recommendations for future research.

**Acknowledgements**

Authors should acknowledge any organisations that have sponsored or supported this research. Individuals other than the authors who have given direct assistance could be recognised.

**References**

Responsibility for the accuracy of bibliographic citations lies entirely with the authors. They should ensure that every reference cited in the text is also in the reference list (and vice versa). Citations in the text and reference list should follow the **APA 7th** referencing style. See the [Reference Examples](https://apastyle.apa.org/style-grammar-guidelines/references/examples) pages on the APA Style website (https://apastyle.apa.org/style-grammar-guidelines/references/examples).

**Examples:**

**Journal Article**

Edwards, A. A., Steacy, L. M., Siegelman, N., Rigobon, V. M., Kearns, D. M., Rueckl, J. G., & Compton, D. L. (2022). Unpacking the unique relationship between set for variability and word reading development: Examining word- and child-level predictors of performance. *Journal of Educational Psychology*, *114*(6), 1242–1256. <https://doi.org/10.1037/edu0000696>

**Online Magazine Article**

Thomson, J. (2022, September 8). Massive, strange white structures appear on Utah's Great Salt Lake. *Newsweek*. https:/[/w](http://www.newsweek.com/mysterious-mounds-great-salt-lake-utah-explained-)w[w.newsweek.com/mysterious-mounds-great-salt-lake-utah-explained-](http://www.newsweek.com/mysterious-mounds-great-salt-lake-utah-explained-) mirabilite-1741151

**Print Magazine Article**

Nicholl, K. (2020, May). A royal spark. *Vanity Fair*, *62*(5), 56–65, 100.

**Online Newspaper Article**

Bernstein, J. (2024, June 3). The man who couldn't stop going to college. *The New York Times*. https:/[/w](http://www.nytimes.com/2024/06/03/magazine/benjamin-bolger-college-harvard-yale.html)w[w.nytimes.com/2024/06/03/magazine/benjamin-bolger-college-harvard-yale.html](http://www.nytimes.com/2024/06/03/magazine/benjamin-bolger-college-harvard-yale.html)

**Print Newspaper Article**

Reynolds, G. (2019, April 9). Different strokes for athletic hearts. *The New York Times*, D4.

**Authored Book**

Kaufman, K. A., Glass, C. R., & Pineau, T. R. (2018). *Mindful sport performance enhancement: Mental training for athletes and coaches.* American Psychological Association. [https://doi.org/10.1037/0000048-000](https://psycnet.apa.org/PsycBOOKS/toc/16020)

**Edited Book Chapter**

Zeleke, W. A., Hughes, T. L., & Drozda, N. (2020). Home–school collaboration to promote mind– body health. In C. Maykel & M. A. Bray (Eds.), *Promoting mind–body health in schools: Interventions for mental health professionals* (pp. 11–26). American Psychological Association. <https://doi.org/10.1037/0000157-002>

**Online Dictionary Entry**

American Psychological Association. (2018). Internet addiction. In *APA dictionary of psychology*. [https://](https://dictionary.apa.org/internet-addiction) [dictionary.apa.org/internet-addiction](https://dictionary.apa.org/internet-addiction)