

First page of paper

The student version of APA format does not require an abstract.

The title should be given again as the first line of the paper on the second page. It should be capitalized and in bold.

You may use subject headings to separate the sections within the paper. Generally, subject headings should be bold and capitalized like the title but left justified. There are further guidelines for headings in APA style, but most undergraduate student work is not complex enough to worry about these. See the Publication Manual 7th ed. or the APA website for further guidelines.

Sample APA style document

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College Students and Nutritional Struggles
Student Name
Northeast Community College
ENGL1020: Composition II
Instructor Name
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College Students and Nutritional Struggles

Many first-year students enter college with a minimal amount of nutritional knowledge. This missing information can pose a struggle as individuals face life independently and form their habits. Kuhlmann and Tigges (2017) studied the predictor of weight gain in the first semester of college. College freshmen were gaining weight at twice the rate of their peers. According to Kuhlmann and Tigges (2017), "In the first semester of college, 43% [of first-year students] gained clinically significant weight (>3.5 pounds) and 15% gained more than 10 pounds" (p. 13). The results of their study showed obesity stemmed from unchecked health conditions, and the data recognized that the two predictors of gaining weight in these students are that they are in the standard BMI group and have a stunted level of Health Responsibility (Kuhlmann & Tigges, 2017, p. 23). Kuhlmann and Tigges (2017) defined health responsibility as "an active sense of accountability for one's own health through education and health promotive actions" (p. 21).

To understand the "Freshman 15," Smith-Jackson and Reel (2012) created a study to better understand women and the exercise, self-image, and nutrition connected to weight gain. According to Smith-Jackson and Reel (2012), 51%-72% of first-year college students gained weight, and men gained less than women at this stage in life (p. 14). Additionally, Smith-Jackson and Reel (2012) said that one of the participants in their study made specific food choices before going to college. In contrast, the others found creating meals a new challenge. This lack of information could be changed with a miniature nutrition course with lessons to help first-year students make more fitting nutritional decisions within their budget or meal preparations (p. 18). Health professionals need to highlight the importance of poor health choices and body imaging

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