

*This is an Example  
APA Student Paper*

From the top of your page,  
you will need to skip 5 lines.  
Your title will need to be in  
Bold font. If you do not have  
a subtitle, skip the following  
line after your title.

1  
I am your header. I  
am a plain font  
number, flush right.

## **The Behavioral Influence of Religion, Spirituality, and Folklore**

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PS/SO 499: Thinking, Writing, and Speaking in the Behavioral Sciences

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You will insert your name,  
followed by the details of your  
institution and course. My font  
is simple and legible to all  
readers: Calibri (MS), 11 point



Stop! Is your line spacing  
set to double spaced?



On page 2, you will repeat your title in Bold font, center alignment.

## The Behavioral Influence of Religion, Spirituality, and Folklore

Humans are natural social beings, and beginning from birth, we are exposed to influential factors – family, friends, teachers, coaches, politicians, etc. Because we are social beings, “our choices are made in the context of social connections, personal relationships, and physical environments – all of which will have been influenced by other people” (Baker-Brooker, 2017, para. 3).

Social influence can take many forms by which people adjust their behavior to meet the expectations of their social environment, religious practices, or personal morals; this influence is a fundamental aspect of human behavior and socialization and plays an important role in shaping individual identity. Conformity, a form of social influence, is “the tendency to adjust one’s behavior, beliefs, or attitudes to match those of a group” and is often driven by the desire to be accepted by others (Power of Social Influence, n.d., para. 3).

### ***Influence Introduction 1***

Flush left your subheading title. When introducing more than one subject, italicize in Bold as seen.

Religion, a personal commitment to religious faith, may include the service and worship of a God or supernatural figure, and is confined to a set system of religious beliefs and practices (Merriam-Webster, 2019). There are many religions that can be found intertwined within society and may influence the behavior of specific groups through religious practice, including but not limited to Buddhism, Christianity, Hinduism, or Judaism. Many people turn to religion during times of personal loss for comfort, and for gratitude of gains.

### ***Influence Introduction 2***

Spirituality is like religion, but they are not the same thing. Like religion, spirituality is open to followers of faith, prayer, and the idea of deity; however, spirituality is not strict on organizational practice. People often explore spirituality in times of crisis or mental unwellness, and may aim to deepen

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their personal relationships, find purpose in life, or process and understanding of what may come after this human-body experience, upon death (Understanding Spirituality and Mental Health | McLean Hospital, 2023).

Some content has been deleted for presentation purposes.

### **Religion: Three Major Religions of The World**

Judaism, Christianity, and Islam are three of the world's major religions conditioned upon different religious beliefs and practices, all born in the Middle East and undeniably intertwined by a rich cultural interchange between Jews, Christians, and Muslims, that has developed over centuries. Judaism serves as the oldest surviving monotheistic religion and is also known as an Abrahamic religion due to their first recognized prophet being a Jew named Abraham, the first Jew to have been considered to have made a covenant with God, their divine entity (Three Religions, One God, 2024) Jews believe in and worship one almighty, or powerful essence: God, and the Jewish practice focuses on an individual's practice of religious law, not necessarily on one's beliefs alone. Jewish law, or religious doctrine, covers "rituals, diet, marriage, and inheritance" (Three Religions, One God, 2024, para. 5).

Notice: This subheading further develops a category/subject; the title is center aligned and Bold.

#### **Liberal Judaism**

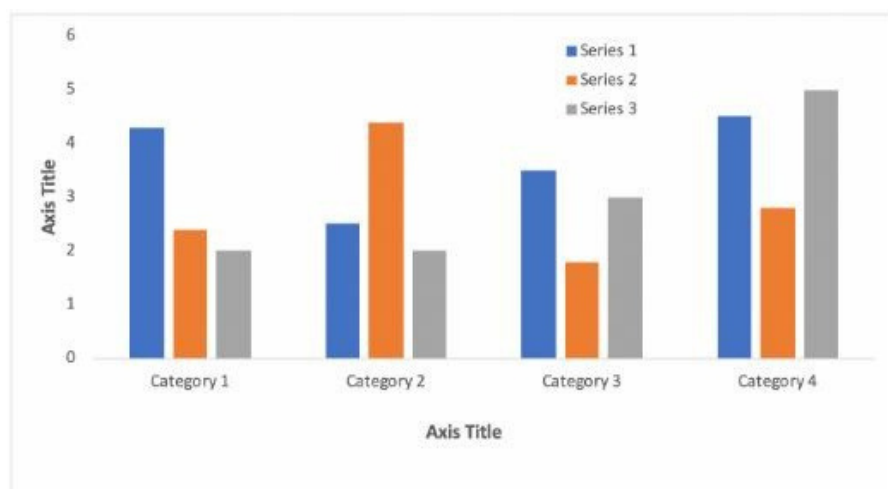
Judaism, and the process of converting to Judaism, is becoming a more popular religion in within the American modern society due advanced technological access. Judaism, also known as the religion of the pure hearted, serves as the oldest surviving monotheistic religion. Judaism is considered an Abrahamic religion because of their first prophet, Abraham, was the first prophet to have accepted a covenant with God – a divine spiritual being (Three Religions, One God, 2024). Living a Jewish life is to live and behave in opposition of mainstream American culture, and individuals outside of the Jewish religion are called non-Jews by Jewish religious members – the Jewish community.

*Hail, Holy Queen*

Author of *Hail, Holy Queen: The Mother of God in the Word of God* (2001), Scott Hahn, emphasizes the importance of understanding the true value behind the Virgin Mary, and why believers or followers of Catholicism should love, respect, and worship her essence. Hahn is a “firm believer in the principle of Saint Augustine that the New Testament is concealed in the Old, and the Old revealed in the New”, and “he finds Mary foreshadowed in the Old Testament, especially in Eve, the mother of all the living, in the ark of the covenant, and in the queen mother of the Davidic reign” (Hahn, 2001, p. ix & x). Hahn provides details on his interpersonal experience of religious journey finding Mary, mother and queen, and the revealed truths that lead to his appreciation of her loving being. Please refer to *Figure 1* for a full table of necessary data to support this content.

**Figure 1**

*Sample Figure Title*



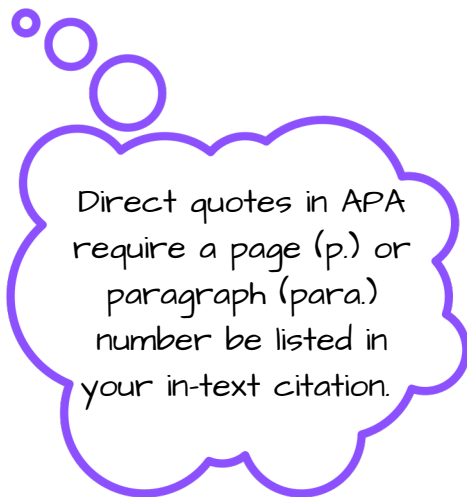
When you insert a chart or table, be sure to italicize your sample title. Follow-up with a Note as displayed.

*Note:* This is where you would further describe what can be found on the table and why the reference is important or how it adds value to your paper.

### Old Order Amish

The Old Order Amish are another sect that fall under the umbrella of Christianity. The Older Order Amish, a society that views themselves as distinct from American society, “are the fastest growing

religious subpopulation in the United States”, estimating at approximately 340,000 missionaries, expect “to double in size during the next 20 years” (Conlin, 2020, para. 1). Many Amish beliefs and practices come from a set of oral rules for living and practice of worship called an Ordnung. The Amish practice the livelihood of humility and dignify their distinct separation from the rest of society – as their own, private society. Being as sect descended from Christianity, “the Amish believe Jesus Christ is the Son of God, that he was born of a virgin, died for humanity’s sins and was bodily resurrected from the dead” (Zavada, 2022, para. 9).



Direct quotes in APA  
require a page (p.) or  
paragraph (para.)  
number be listed in  
your in-text citation.

## References

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For further APA guidance,  
refer to

Purdue University  
Online Writing Lab

## Reference List Tips

- When listing your reference citations, you will need to use a hanging indent.
- All words will need to begin with a capitalized letter.
- If you italicize in your reference list, you will need to italicize the same source with the in-text citation (if used).
- Your reference citations should be listed in alphabetical order.
- APA uses the "author, date" format and required elements are determined by the type of source (book, journal article, YouTube, etc.)

