Using Figures in APA Format

1. Place figures (photographs, charts, diagrams, and so on) centered below the text that addresses them. Maintain double spacing.
2. Write (See Figure 1.) or a similar expression in the text before the figure, but do not italicize.
3. Label Figure 1 as Figure 1.
4. Give the figure a caption, or phrase that describes what it is.
5. Follow the caption with an explanation of the figure, enough so that someone looking at visuals but not reading your paper can understand the figure.
6. Follow the explanation with the citation information for the figure in APA format. Write to the margins on both sides of the paper.
7. Alternatively, place figures at the end of your paper in Appendix A. Label as Figure A1, etc.

BRAIN CELLS

Here the paragraph from page 3 continues to page 4, and this part of the paper is where a figure is needed (see Figure 1).

![Figure 1](http://www.bartelby.com/107/illus623.html)


Here the paper continues its content placing the figure in context. . .