Title – use Paper Title style

abstract

Abstract of 150 to 250 words. Abstract of 150 to 250 words. Abstract of 150 to 250 words. Abstract of 150 to 250 words.

Use Abstract style.

keywords

[Keywords]

# Heading Level 1 – Use Heading 1 style

This template show samples of the layout and which Word styles to use. Modify the content as necessary to create your article.

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# Heading Level 1. Use Heading 1 style

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## Heading Level 2 - Use Heading 2 style

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### Heading Level 3 – Use Heading 3 style

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Centre any diagrams, tables or figures

Figure 1: Figures should have a caption immediately below them. Use Caption style

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Table - Tables should have a caption immediately below them. Use Caption style for the caption and Waypoint Journal Table Style for the journal (ensure that the Header Row and Total Row checkboxes are checked in the Table Design ribbon Table Style Options)

Footnotes[[1]](#footnote-1) should use Footnote style

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## References

References should be provided in alphabetical order using APA 7 format. Authors citing themselves should simply indicate Author, YEAR. Use References style.

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1. A footnote [↑](#footnote-ref-1)