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The running head should be a shortened version of your paper's title and cannot be over 50 characters including spacing and punctuation. If you are wondering about a footnote , APA dose not recommend you using a footnote because they are often expensive for publishers to reproduce. However, if explanatory notes still prove necessary to your document, APA details the use of two types of footnotes: content and copyright. Your essay should have four major sections: the Title Page, Abstract, Main Body, and References.

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