The page number should be positioned in the top right corner of the header. The title page is page 1.

Centre the title and use bold font. Capitalize all key words. The title should concisely summarize the key variables to be discussed.

**The Importance of Sleep to University Students’ Resilience and Coping Mechanisms**

Insert 2 double spaced lines after the title

Jasmine Mankad

Department of Psychology, Trent University

PSYC 2600: Introduction to Learning

Dr. Hugo Lehmann

October 19, 2020