**Title (Arial Narrow, 14, Bold)**

Author or Authors names only (Arial Narrow, 12)

**Sub Headings (Arial Narrow 12 Bold)**

Regular text, Arial Narrow, 12, Left Aligned, Single Column, Justified, A4 Paper Size, Line Spacing1

For Example:

The regular teaching is syllabus based; yes, another tangent this time, time defined and is very conventional in its method of teaching. It is neutral and harmless, allowing the learner to be in his/her comfort zone. It in no way imaginable, challenges his/her values and beliefs on which he has come to depend on heavily and unconsciously.

**References: (Arial Narrow 12 Bold)**

Regular text, Arial Narrow, 12, Left Aligned, Single Column, Justified, A4 Paper Size, Line Spacing1

Do not number the references, Please follow MLA style sheet. For Example:

Fanon, Frantz. (1991), The Wretched of the Earth. Preface Jean-Paul Sartre. Tr. Constance Farrington. New York: Grove Weidenfeld.