Table 1

*Sample Table with My Variables Named Up Here*

|  |
| --- |
|  Social Learning and Help Seeking Behaviors |
|  | *r* | N | Sig. (2-tailed) |
|  |
| Extroversion | .414 | 81 | .001 |
| Neuroticism | -.350 | 81 | .001 |

* Title Table #
* Label describing table in italics
* Borders go on top and bottom of table, plus a middle line separating the labels from your data
* None of the table should be in bold
* Center your data values under the variables
* Left align data labels
* It’s better to give full names in labels (Extroversion instead of E)

Table 2

*Correlations Between Personality Dimensions and Help Seeking*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Extroversion | Neuroticism | Openness |  |
|  | Social Learning Help Seeking |
| Extroversion | 1 |  |  |  |
| Neuroticism | -.465 | 1 |  |  |
| Openness | .346 | -.042 | 1 |  |
| Social Learning Help Seeking | .414\* | -.350\* | .445\* | 1 |

\**p* = .001