

I'm about to write my first essay

Are you feeling overwhelmed about your first essay?

Yes

It's natural to feel overwhelmed when you're facing a new challenge.

- For subject-specific questions, speak to your module leader
- For support with your skills, check out the Academic Skills Kit or arrange a 1:1 with the team
- For issues impacting your wellbeing outside of your studies, speak to your school's Student Wellbeing Adviser

No

It's great that you're feeling ready to take on your first essay.

> Do you understand what's being asked of you?

Yes

Understanding the task is a good starting point, well done.



Are you struggling to get started with planning your essay? No

It can take time to fully understand a new task.

- For subject-specific questions, speak to your module leader
- For support understanding an assignment brief, book a 1:1 with the Academic Skills team
- To understand how extended writing looks at university, take a look at our Features of Academic Writing resource

No

That's great. Effective planning can help you in the long run.

Yes

Getting started can be the hardest part. Everyone plans differently, so make sure you do whatever works for you.

- For support with planning your essay, get in touch with the Academic Skills Team
- To understand the stages of writing an essay, take a look at this resource
- To plan your time more effectively, check out our essay planner
- For issues impacting your wellbeing outside of your studies, speak to your school's <u>Student Wellbeing Adviser</u>

Now that you've planned your essay, are you putting off actually starting it?

Yes

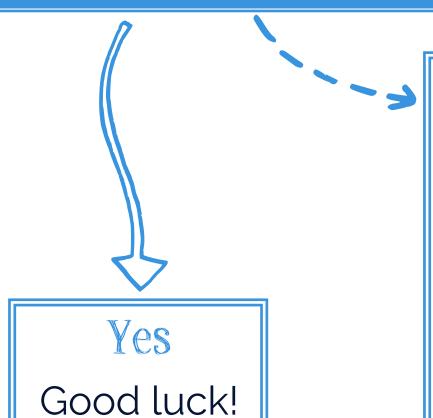
It's normal to procrastinate when you're feeling unsure about a task.

- To focus yourself, <u>find a study space that works</u> best for you
- To get your ideas flowing, take the one-hour writing challenge
- To avoid distractions, try using Flora
- For support with procrastination or a lack of motivation, speak to your school's <u>Student</u> Wellbeing Adviser

No

You can do this!

Now that you've written your essay, are you ready to hand it in?



No

That's okay. Try to work out what's preventing you from submitting your work.

- For support with fixing your spelling, grammar and
- punctuation, take a look at our proofreading video • If you have time before your deadline, book a 1:1 with the
- Academic Skills team to talk through editing strategies If you have been impacted by personal extenuating circumstances, seek support