

# 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.

**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](#)

Are you struggling to get started with planning your essay?

**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 [Student Wellbeing Adviser](#)

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

**No**

You can do this!

**Yes**

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

- To focus yourself, [find a study space that works 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 [Student Wellbeing Adviser](#)

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

**Yes**

Good luck!

**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