

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 support with getting started on your essay, check out our [Writing Skills](#) resources
- For subject-specific questions, speak to your teacher
- If you'd prefer, speak to someone you're close to like a friend, a parent/carer, or another student
- For issues impacting your wellbeing, your school or college will have a person who is there to support students' wellbeing

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 teacher
- To ensure you know what is expected of you, you can download your assessment criteria from your exam board's website
- To get a greater understanding of how academic writing might look, 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.

- To understand the stages of writing an essay, take a look at [this resource](#)
- If you need some support with planning your essay, speak to your teacher
- To plan your time more effectively, check out our [essay planner](#)

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, check out our [Procrastination Quiz](#)

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](#)
- To check you've done what you set out to do, return to your plan and the assessment criteria
- If you have any worries about your essay, speak to your teacher