Confidence is key! Remember, this is all a learning process. Perfection doesn't exist, but believing in yourself does!

START WRITING!
Start writing! Set intentions for this paper, and try to get a few pages down. Remember to break in between.

CHECK IN WITH YOURSELF
Don’t be too hard on yourself! Your first draft never has to be perfect. Finish a rough draft and reward yourself!

BRAINSTORM!
CHECK YOUR BASES.
Do you have all you need to start your paper? What questions are you answering? Do you understand the prompt? Deep breaths! See where the holes are.