

Ladies and gentlemen of the committee,
Thank you for giving me the opportunity to speak today. I am here to address the serious concern of plagiarism associated with my recent assignment. First and foremost, I want to express my deepest regret for my actions. I did not fully understand the impact and severity of my decision to incorporate others' work without proper attribution. I take full responsibility for not adhering to academic integrity. In hindsight, I realize that instead of seeking help or managing my time better, I made a choice that does not reflect my values or the standards of this institution. I am truly sorry for this lapse in judgment. Moving forward, I am committed to learning from this experience. I have already begun attending workshops on academic honesty and proper citation methods to ensure that this situation does not happen again. I am determined to restore your trust in me as a student. I hope you will consider my appeal with the understanding of my sincere regret and my commitment to make amends. Thank you for your time and consideration.

Sincerely,
[Your Name]