**In Academic Essays You Should Avoid The Following**

Always avoid clichés and slang in academic essays. Use more proper language when writing essays.

1. **Some examples of clichés are:**
* Raining like cats and dogs.
* Like a pig in mud.
* Over the hill.
* In the dog house.
* Back against the wall.
* Under the gun.
* My two cents.
* Stubborn as a mule.
* Bite your tongue.
* Dyed in the wool.
* Wrong side of the bed.
* The calm before the storm.
* Hair of the dog,
* On thin ice.
* Eye for an eye.
* Tongue-in-cheek.
* The third time is the charm.
1. **SLANG:**
* Kids = Children
* Guys = Men
* Cops =  Police Officers
* Gals = women
* Plus = additionally
* Ok = acceptable/well or good
* A buck/bucks = dollars
* Cram = study
* Crash = to fall asleep
* Hyped = excited
* Piece of cake = easy
* Screw up = made a mistake or made an error
1. **Never use text lingo in a paper**
* U = you
* Lol = laughed out loud