Professor [Last Name],

I hope this message finds you well. I am writing to sincerely apologize for submitting my recent assignment on [Assignment Title] with plagiarized content. Upon reflection, I recognize the gravity of my actions and deeply regret the decision I made to compromise my integrity.

I want to express my remorse not only for my mistake but also for the disappointment I have caused you as my professor. I understand that academic honesty is paramount, and I failed to uphold that standard. I take full responsibility for my actions and the consequences that follow.

I assure you that this experience has been a wake-up call for me. I am committed to learning from this mistake and will take proactive steps to ensure that it never happens again. I am seeking guidance on how to better approach my studies and produce original work in the future.

Thank you for your understanding and for the opportunity to learn in your class. I appreciate your dedication to fostering academic integrity and hope to regain your trust.

Sincerely,
[Your Full Name]
[Your Student ID]
[Your Course Name or Number]
[Your Contact Information]