

## Successful Homework Habits

As educators, we spend a great deal of time talking with students and their parents about homework. Parents often ask, “What’s the best way for me to help my child with homework?” Our students often come to us for help and advice on how to organize their homework time, how to balance homework with their other activities and what to do if they find themselves stuck on a homework assignment. Here are some homework tips we have gathered over the years:

1. **Study in the same place** – Find a quiet place away from distractions with ample room to work and create your own study space.
2. **Study at the same time** – Figure out what time of day you can concentrate best and what works into your schedule. Try to use that time every day to study. Many kids find that they are too tired to complete homework later in the evening.
3. **Use a homework box** – Keep all your homework supplies in one place, ready to be used. You will save time and effort if you don’t need to hunt around every time you need something.
4. **Cut out all distractions** – Try to concentrate on your homework and nothing else. This means the TV should be off, other people’s conversations should be in the other room and phone calls should wait until you’ve finished studying. Not only will you find it easier to concentrate on your work but it will take you less time to complete your assignments, too!
5. **Do the hardest stuff first** – If you are dreading an assignment or know it will require a lot of extra work, do it first. Your brain will be fresh and you won’t worry about it while you do your other work.
6. **Schedule long term projects** – Larger projects need to be broken down into smaller parts to make them manageable. Ask your teacher to help you plan this.
7. **Make a weekly homework schedule** – Take a look at your week and what activities or commitments you may already have. If you know you have soccer practice Thursday afternoon, try to finish the weekly spelling assignment on Wednesday. Spread out your assignments so you are doing a reasonable amount of work each day.
8. **Ask for help when needed** – If you are stuck on an assignment, ask your parents for help. Find a homework buddy in your class that you can call if you are not certain about an assignment. Ask your teacher for help if you had difficulty completing an assignment.
9. **Take a break, if needed** – If you feel tired while doing your homework or are having trouble concentrating, take a short break. Have a healthy snack, stand up and stretch, get some fresh air, do 10 jumping jacks – whatever keeps you going!
10. **Pack up your backpack before going to bed** – You have worked hard to complete your homework, so you don’t want to end up leaving it at home! Put your homework and any books or folders you need for school in your backpack the night before. Many kids find that they forget their homework in the morning rush to get out of the house on time.