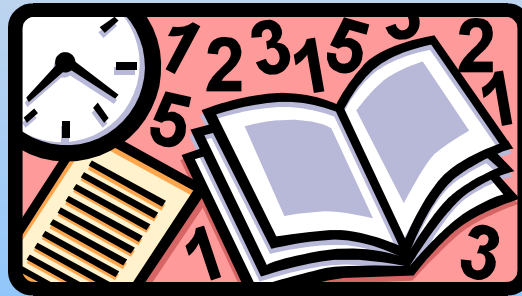


# Promoting Effective Homework Habits



Joan Williams  
School Psychologist  
North Branford Public Schools  
January 16, 2007

“But I am doing my homework, Mom. Haven’t you heard of multitasking?”



“ I just know that my homework is somewhere here in my backpack!”



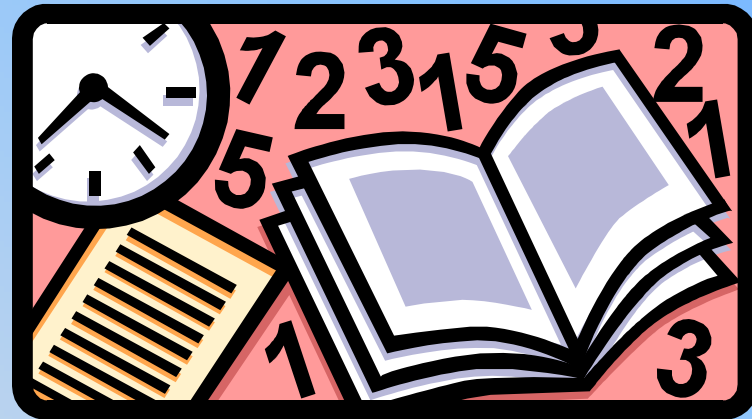
# Purpose of Homework

- Additional Learning Time
- Strengthen Study and Organizational Skills
- Reinforces Skills
- Keeps Parents Informed



# Purpose of Homework

- Self Esteem
- Time Management Skills
- Independence
- Responsibility
- Accomplishment



# Key Research Findings

Impact of homework on achievement increases as students move through the grades. At the high school level for every 30 minutes of homework completed daily a student's GPA can increase up to half a point.



# Key Research Findings

Homework assignments provide the time and experience students need to develop habits that support learning and help them cope with mistakes and difficulty.

# Key Research Findings

Mastery requires focused practice over days or weeks. After only 4 practice sessions students reach a halfway point to mastery. It takes more than 24 more practice sessions before students reach 80 percent mastery. This practice must occur over a span of days or weeks and cannot be rushed!



# Key Research Findings

Studies indicate that it takes longer to complete homework at night and students may benefit by completing homework in the daylight hours.



# Homework Policy

Students shouldn't spend more than 90 minutes per night on homework and should be as follows:

- 5 minutes looking for the assignment
- 11 minutes calling a friend for the assignment
- 23 minutes explaining how the teacher is mean
- 8 minutes in the bathroom

# Homework Policy

- 10 minutes getting a snack
- 7 minutes checking the TV guide
- 6 minutes telling parents that the teacher never explained the assignment
- 10 minutes sitting at the kitchen table waiting for Mom or Dad to do the assignment

# The Real Homework Policy

## Suggested Time Allotments:

- Grades 1-2: 15-20 minutes
- Grades 3-4: 30-45 minutes
- Grades 5-6: 45-60 minutes
- Grades 7-12: 75-120 minutes

# General Strategies

## SPACE

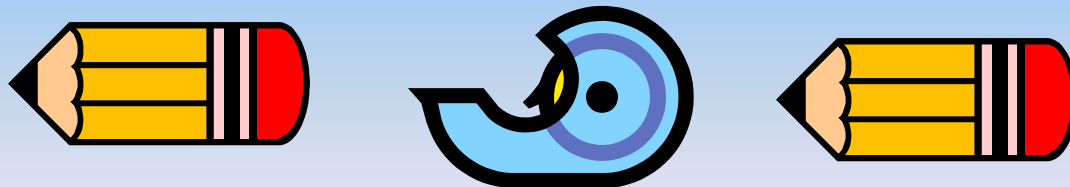
Make sure your child has a quiet, well lit place to do homework.



# General Strategies

## MATERIALS

Have all the necessary materials all set.  
Paper, pencils, erasers, pens, reference  
books and material for special projects.



# General Strategies

## TIME MANAGEMENT

Establish a set time each day for doing homework.

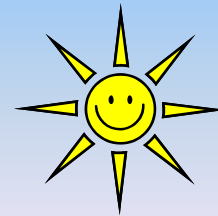


# General Strategies

## ATTITUDE

Tell your child how important school is.

The attitude you express about homework will be the attitude your child acquires.





# General Strategies

## SUPPORT

When your child asks for help, provide guidance, not answers.



# General Strategies

## MODEL

Show your child that the skills they are learning are related to things you do as an adult. If your child is reading, do the same. If your child is doing math, balance your checkbook.

# General Strategies

## INVOLVEMENT

Stay informed and involved in what your child needs to do.



# General Strategies

## PRAISE



Use praise on a daily basis. When your child has been successful completing homework and is working hard, celebrate that success with a special event.

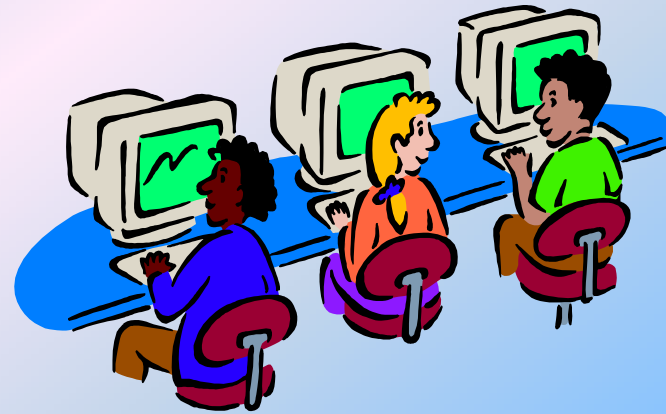
# Specific Strategies

- Checklists/Assignments Books
- Help Prioritize Assignments
- Homework Calendar
- Timers
- Make a game out of homework completion
- Keep a list of homework buddies

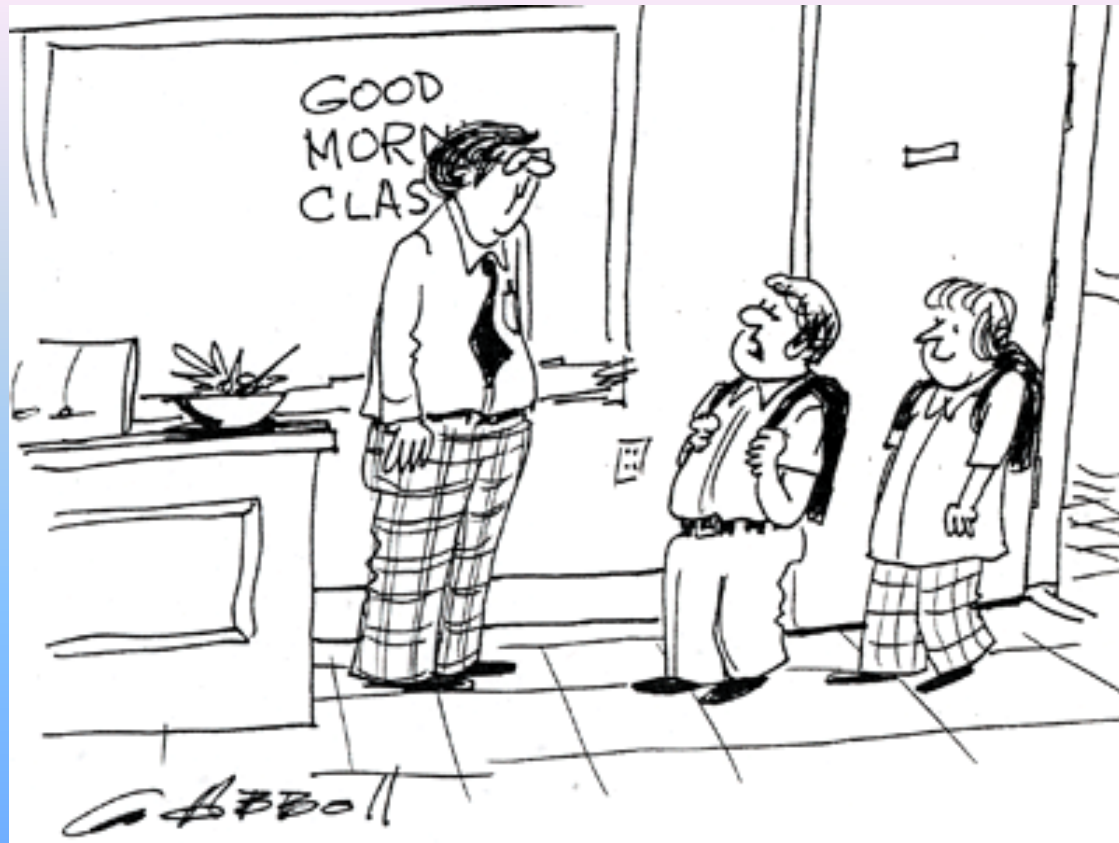


# Specific Strategies

- Homework Contract
- Reminder Notices
- Homework Club
- Study Halls
- Study Groups



“You said that imagination is very important. So let’s all pretend that I did my homework.”



# Websites

- [www.kidsource.com](http://www.kidsource.com) (general tips)
- [www.scholastic.com/kids/homework/calendar](http://www.scholastic.com/kids/homework/calendar) (homework calendar)
- [www.homeworkelephant.co.uk](http://www.homeworkelephant.co.uk) (hints and tips for students to do well with homework)
- <http://www.ed.gov/index> (homework strategies)
- <http://interventioncentral.org> (sample homework contracts)
- [www.askanexpert.com](http://www.askanexpert.com) (homework questions)