

Homework Plan

If your child's study habits could use some first-aid, a Homework Plan can get you both focused on realistic strategies, goals, and rewards that can help get the job done.

Determine what prevents homework from getting done (e.g., delay tactics such as arguing with parents or being easily distracted by phone, TV, video games, or siblings).

Brainstorm strategies with your child that will help stop the delay tactics and distractions.

Draw up a contract with your child that implements the agreed-upon strategy.

Award points each time the strategy is used.

Teach your child how to use this contract as a self-evaluation tool.

Other information parents should consider: Don't overload! Address one to three issues at a time.

Homework Tips

Homework should be viewed as a reinforcement and review of material learned in school, an opportunity for teachers to prepare students for upcoming lessons, and an excellent way for students to develop positive study habits. Here are some suggestions to make homework easier for both parents and students!

Students must have a well-lit, quiet area to do homework.

It is also a good idea to have a "set" study time.

Understand that homework is the student's responsibility.

Make suggestions to students about ways to make completing assignments less stressful.

Suggest doing the easier assignments first and the hardest last.

Suggest calling a friend when help is needed.

Motivate children with small treats and short breaks.

Suggest asking an adult or older sibling for help when all other choices have been used.

Have the necessary supplies for completing homework on hand in a special area.

Set up an area for study time.

Write a study contract with your child on your expectations for completing homework assignments. It should include specific homework goals that should be met each night.

Remember to include a reward system in your contract. For completed homework assignments students can receive rewards, such as stickers, erasers, or pencils.

Set aside a certain time each night during which you expect your child to complete the homework.

Always give your child help when needed, but don't do the homework for them.

Remember that homework should be a learning experience for the child and should be their responsibility.