



Homework Self-Evaluation

Developing good homework habits early on should be a goal for every child. Being successful with homework means being able to manage time effectively, staying focused, and working neatly and accurately.

The tool will help you and your child to understand all the small things that go into “doing homework.” It breaks the process into eight specific tasks, which help the child to see that homework success depends on managing and organizing several connected parts.

This tool will help children to develop a greater awareness of the work habits that lead to homework success.

WHO SHOULD USE THIS TOOL?

Parents and children should use this tool together. Your child should complete one column of the self-evaluation every day, after their homework assignments are finished. You and your child should review the self-evaluation together each time it’s completed.

HOW SHOULD IT BE USED?

Step 1: When using the tool for the first time, make sure that your child understands what each task means. It may help to repeat this review each time your child uses the tool, for several days. Help your child understand what the task means for someone their age, and set your expectations accordingly.

Step 2: Make an agreement with your child to complete a rating (one column) each day that homework is done. Offer your child a chance to earn a reward for completing the form. Many parents decide to reward their children each time five days of ratings have been completed. The reward should not be connected to the numerical ratings but rather to the child’s having done them and discussed them with you.

Step 3: Before beginning each day of homework, ask your child to review the eight tasks. Tell your child to keep the task list nearby while working as a reminder of how to stay focused.

Step 4: After homework is finished, ask your child to think carefully about how well each of the eight tasks was done. You may have to help a younger child with this. Have your child rate the effort, using a scale of 1 to 5 for each task. A rating of 3 means that your child did the task correctly; a rating of 4, that the child went above and beyond what was expected; and a rating of 5, that the child made an outstanding, extra-special effort. Ratings of 1 and 2 mean that the child’s effort was less than satisfactory.

Step 5: After your child has finished all of the ratings for one day, review the effort together. Discuss what worked well and what can be improved next time. Don’t place that much emphasis on the numerical ratings; instead, praise your child for having completed the self-evaluation form and for sharing their thoughts on how they did on each specific task.

HOW IS IT WORKING?

Write to us and tell us how this tool has worked or not worked for you.

Our email: insideadhd@inflexion.com

Homework Self-Evaluation

Task	Date									
Organize study materials (Have all the books, papers, and other things I need to do my work.)										
Prioritize assignments (Rank the importance of each assignment.)										
Check work for accuracy (Make as few errors as possible.)										
Ensure that work is neat (Make the work have "eye appeal.")										
Make sure work is complete (Finish all parts of my assignments.)										
Maintain focus (Keep my attention on my work.)										
Avoid distraction (Don't let things around me take my attention away from my work)										
Make good use of time (Plan my study time well; don't take too long or rush to finish.)										

Rating				
1	2	3	4	5
Poor	Fair	Good	Excellent	Outstanding