



LIGHTHOUSE PSYCHOLOGY SERVICES

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7 Successful Homework Strategies

1) Plan a consistent time for homework.

An after-school routine might include having a snack and taking a short exercise break or play break before starting homework.



2) Choose the same location for homework.

Decide if the computer, tablet, music, toys, people, or other things will be a help or a distraction. Ideally, you will be close to an adult who can supervise from a distance and offer help if needed.

3) **Make sure that you have all necessary materials** to start homework (e.g., books, pencil, paper, calculator). Store all supplies and study materials in a desk, a bin, or storage container that you can quickly take out, use, and easily put away.



4) Review homework instructions.

Carefully review any instructions. Read every word so you don't miss anything important.



5) Break work into manageable chunks.

(i.e., 15- to 30-minute blocks). Use highlighters to section off work, or cut pages into sections if necessary. Complete each section before moving on.

6) Take breaks.

Plan to work for a set period of time then take a short break (5-10 minutes). The break should be both rewarding and refreshing (a mental change). During your break, do something more active and fun, such as dancing to music, using the treadmill, bouncing a ball, drawing, playing with building blocks or action figures, or playing computer games that can be interrupted.



7) Get back to work!

Set the timer for both recreation breaks and work breaks. The timer will be important in making sure that breaks do not go on for too long and will help to ensure that the work actually gets done.