

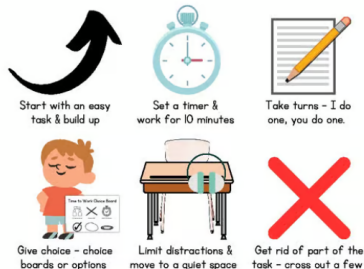
The Counselor's Corner

Each month this school year we will be focusing on fostering different character traits in our students to help them succeed academically, emotionally, and spiritually. This month, we will be focusing on the trait of RESPONSIBILITY. One way to teach responsibility is to help students develop good homework habits. Here are some tips:

- Choose a quiet space for homework, without TV or other noise distractions. Set it up with all the supplies they will need. For older students, in their bedrooms with multiple distractions may not be the most ideal space. It's also a good idea to keep their phone out of the homework space to prevent distractions.
- Remain close by so they can access you if they have questions. While we don't want parents to do the homework for students, we also do not want students to spend a lot of time frustrated and stuck, especially if a parent can help get them over a hurdle quickly.
- Children will often sense other's emotions. If parents are dysregulated during homework time, the child will likely be too.
- Find out your child's optimal homework time. Children often need a small break after school, but waiting until the very end of the night may increase frustration, on everyone's part!
- Keep a monthly calendar in the working space so they can keep an eye on when longer term projects and tests are due. Teach "chunking" their work on these bigger projects; getting a little done each night. This helps teach time management and the concept that working small bits at a time adds up!
- Communicate with the teacher to find out how long homework should be taking, as well as if your child is taking far longer than the teacher anticipates.
- A quick break between tasks or large assignments is often beneficial. A rule of thumb for a child's attention span is 2-5 minutes per year of age. Use a timer to make sure they are getting a break at the end of that timeframe to avoid frustration.
- Give them choices of what they want to start with (i.e. harder homework first or easiest)? Celebrate even small efforts. Here are some other fun tools to increase motivation!

STRATEGIES TO INCREASE TASK INITIATION & COMPLETION

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Read a book about a profession	Read a book about a hobby	Read a book about a sport	Read a book about a country	Read a book about a city
Read a book about a time of day	Read a book about a season	Read a book about a month	Read a book about a year	Read a book about a decade
Read a book about a century	Read a book about a millennium	Read a book about a century	Read a book about a millennium	Read a book about a century
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