

Homework & Time Management

How many of us dread homework time in our homes? Some children dutifully attend to homework, others need to be prompted and monitored. At some point, usually as middle school approaches, the homework behavior changes. Teen social lives become more important, athletic, performing arts and extracurriculars demand more of our children's time. And ... if they are using the computer for homework, social media and web browsing can easily divert attention from the task at hand.

Is homework a source of ongoing stress in your house? If so, how do you deal with it (coping strategies, relaxation techniques, ideas for keeping it all in perspective, etc.)?

Do you monitor your child's homework assignments? Make sure they are getting their work done and turned in on time?

Do you restrict distractions?

Do you set guidelines for when homework is done?

What time management or monitoring strategies work in your household (bulletin board, calendar, notebook, planner, etc.)?

How do you/your child balance their extracurricular activities and school work? Has your child had to make choices about how many sports or performances or clubs they can join?

Resources to share before or after the meeting

Five Ways to Reduce Test Stress <http://www.greatschools.org/parenting/teaching-values/46-checklist-for-test-de-stress.gs>

Managing Kids' Stress <http://www.greatschools.org/Managing-Kids-Stress.topic?content=4888>

10 Time Management Tips for Students <https://gradelearning.com/10-time-management-tips-students/>