

## My Homework Plan

**REFLECT:**

How successful have you been in the past at getting all your homework assignments done well and on time?

10	9	8	7		6	5	4		3	2	1
Always done excellent quality work at home & turned it in on time.			Usually		Off & On				Rarely completed homework.		
						I					

What would you like your homework record **this year** to be?

10	9	8	7		6	5	4		3	2	1
Always done excellent quality work at home & turned it in on time.			Usually		Off & On				Rarely completed homework.		
						I					

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**PLAN:**

Create your homework plan for this trimester. If you rated your old habits high, you probably already have a system that works for you. If you didn't do so well in the past, now's the time to try a new approach. Consider what you want to change to help you do your best this year. Here are some considerations:

**1. When to do your homework:**

- Are you the type who will do better getting right to it after school? Do you like getting it done early and relaxing after dinner?
- Do you need a break after school to rest your brain and exercise your body? Perhaps you're involved in sports or activities, so you do your best homework after dinner?
- Do you have trouble doing homework in one long session and prefer to chunk it in shorter ones, with activities or breaks between – maybe even some before and some after dinner?
- Are you participating in travel sports, where you need to complete some homework in the car? (clip-on reading lights = lifesavers for scholar-athletes!)

Based on your responses to these questions, create a tentative nightly homework schedule for yourself by filling in the time(s) that you'll devote to homework (should be between 1-2 hours 5-6 days per week):

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

2. Where to do your homework:

- Find a quiet place where you won't be interrupted by your TV, siblings, computer, or cell phone.
- Think twice about whether you really want to do homework on your bed. Mixing your place of rest and work can send mixed messages to your brain, making you drowsy when you work or stressed when you want to sleep.
- You might have several places around the house that work well, depending on the assignment or on your need to move around.
- Create a space for materials you may need: extra pens, pencils, paper, erasers, books, staplers, pencil sharpeners, etc.
- Make sure it's well-lit. (Dim lighting can make you drowsy, too :)
- Make a list of any basic materials you may need to ask your parents/guardians to help find for your space:

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After thinking about what has worked (or not worked) for you in the past, and considering the tips above, sketch your planned homework area(s) below. Include details such as lighting & materials. You can draw yourself in the picture if you want. (Be prepared to use this to write a paragraph in class describing your space, highlighting the features that you think will make it work for you.)

**SKETCH:**