

Mrs. Justine Plocher, School Counselor

jplocher@hfgsglendale.org

626.421.7296

*Counseling services are available for children and families.
Please contact me for zoom, in person, and phone sessions.*

Homework Tips For Parents

Establish a routine. Make schoolwork a top priority by setting a regular time and place for homework to be completed. Make homework a priority over watching TV, playing video games, watching YouTube videos, etc.

Encourage self-management. Organizational skills are learned and made better with practice. Teach your student how to use a planner or calendar to keep track of their schedule and upcoming assignments. Encourage your student to reach out to teachers or classmates with questions. Try setting goals to improve a grade or get a project done by a specific date to help boost motivation and clarity.

Strategize homework sessions. Start with completing homework assignments first then studying for tests. Some students prefer to get the tough assignments out of the way first while energy is high while others like to start with the easier assignments first to gain momentum. Make time to plan for bigger projects and breaking them down into smaller tasks. Try making check lists or to do lists to encourage organization and a sense of accomplishment when checking things off.

Have realistic expectations. Childhood development experts generally say that a reasonable attention span to expect of a child is two to five minutes per year of their age. For example, a 5 year old's attention span would be from 10 to 25 minutes and a 10 year old's would be from 20 to 50 minutes. Attention spans can vary by the amount of distractions there are, how interested the child is in the task, and how hungry or tired the child is.

Stay positive. Be your student's cheerleader with words of affirmation and acknowledging effort and improvements. Phrases like "I can see you are really trying hard," "you have made a lot of progress," or a simple "good job" can create a positive atmosphere. A parent's supporting role is very important. Be mindful of your own feelings and needs before helping your student with homework. Taking time to have a snack, a moment to yourself, or making a cup of tea can give you the boost you need!