

Lesson 2: When Should I Do My Homework?

Learning Target: Students will be able to identify ideal times of the day when they have optimal levels of energy and focus to complete their homework and create a weekly homework schedule.

Materials/Preparation:

- Copies of the Weekly Schedule handout
- Start a chart titled “Homework Habits” and add the first entry: Pick a set time to do your homework each day.

Steps:

1. Connection to previous lesson: “As we learned last time, a habit is something we do without much thought. Picking a time of day when we always do our homework helps make completing our homework a habit.”
2. Ask students to think of all of their scheduled activities during the week (tutoring, sports, music lessons, family meals, bedtime, etc.). Model how to enter those activities (and the school day) onto the weekly schedule handout (demonstrate this with your own schedule), and then give students time to do this themselves.
3. Ask students to think about the ideal time of day to complete homework, reminding them that what’s ideal for one person might not be for another. Questions to ask to help them consider this (you might want to have students respond to each question with a partner):
 - When you get home from school, do you like to relax and take a break or would you rather get right to work?
 - When do you feel most energized after school? When do you feel least energized?
 - Are there certain times of day when it’s hard to sit still and concentrate?
 - Do you like to complete homework all at once or in shorter sessions with breaks in between?
4. Based on their responses to the questions you asked, ask students to identify the most ideal time each day to complete homework (this might vary from day to day). They can schedule either a one-hour homework block or two 30-minute sessions (adjust time recommendations based on school policy). If independent reading time is in addition to that one hour of homework, they should schedule that as well. Model how to block out homework sessions on the weekly schedule and then ask students to do the same. Encourage students to use a highlighter to help it stand out.
5. Explain how students will use the full hour to work, even if they finish their actual homework in less time. This will prevent them from rushing through an assignment. If students finish their homework before the hour is up, they should use the time to work on upcoming projects, review for quizzes or tests, work on organization, or read.

Name: _____

My Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							