

PARENTS' GUIDE TO HOMEWORK

By Lee Shumow, Northern Illinois University

CHAPTER 4: AUTONOMY

Parents play an important role in homework. Here are some research-supported, time-tested ways that parents can help with homework:

- Be aware of the expectations.
 - **TEACHERS ENTER YOUR EXPECTATIONS and POLICIES FOR HOMEWORK**
- Ask your child if they have homework each day and establish a place that is free of distractions while they are studying. The most successful students tend to concentrate solely on their homework rather than doing something else like texting or watching television at the same time.
- Limit your child's television watching, video game playing, and social interactions on school nights.
- Your child, not you, should do their homework. Give pointers for improvement or find someone who can, but make your child responsible for the bulk of the work.
 - **HELPFUL RESOURCES FOR HOMEWORK HELP ARE: ENTER YOUR WEBPAGE IF YOU HAVE ONE, KAHN ACADEMY OR THE HOMEWORK RESOURCES PROVIDED ON THE WEBSITE**
- Check to see that your child's homework is complete.
- Do notice what your child is studying. Ask them about what they are learning and talk about it with them. Ask your child to teach you what they have been learning.

If your child seems to have too much homework or is struggling with homework to the point of frustration, it is important to contact me so we can work together to help your child succeed.

<http://www.niu.edu/eteams>

A companion website for *Enhancing Adolescents' Motivation for Science*, Shumow & Schmidt, 2013