

Kingswood Guidance Department Offers:
Homework Help for Parents of High School Students

In conferences with parents we frequently hear, "There is no homework." The point needs to be made that although no specific homework has been assigned, there is still homework: It's called study time. Successful students always have work to do! We strongly recommend that all students spend a minimum of one half hour of homework/study time (five days a week) on each subject the student is enrolled in. If your student has no studying to do, in order to fill this 2 $\frac{1}{2}$ to 3 hours of time they should read a good book.

Working together, we need to stress to our students that study, in contrast to specified homework, includes (but not limited to):

1. Rewriting classroom lecture notes or lab notes. Create flash cards to learn important terms.
2. Checking lecture notes while they are still fresh in a student's mind; in terms of understanding material, one hour spent as soon after a lecture as possible is worth several hours a few days later.
3. Outlining an English, History or science chapter to use to review for a quiz or chapter test. One can even answer the questions in the book!
4. Rethinking, e.g., using world language vocabulary words by making up sentences and transcribing them in the world language.
5. Reviewing, e.g., reviewing theorems in geometry so one knows them verbatim and can apply them to problems not previously assigned.
6. Getting a good night's sleep before a test-no cramming! Research indicates that sleep aids in "sealing in" the information.
7. If there isn't any studying to do-READ, READ, READ. Research shows the more you read the better you comprehend, write and increase your vocabulary.
8. Use the Agenda Book. Writing down assignments and checking them off in one place helps keep one organized. Agenda books are also helpful in breaking down long term assignments, have your student create time lines to complete large assignment piece by piece to avoid last minute crisis.

Students and parents are encouraged to use Powerschool to check on their progress in courses, and to make sure they are up to date on completed work. Also they are a great way for students to check in one on one with their teachers, this is when custom support can be offered to students who wish to improve!