

Take Control of Homework So It Doesn't Control You

You may not realize it memorizing the periodic table at 2 a.m., but homework is a good thing. It helps you:

- Practice what you've learned during the day.
- Establish study habits that will be critical in your future.
- Prepare for your classes.
- Get a sense of progress.

Homework Tips

Set the Mood

Create a good study area with all the stuff you need (for example, a dictionary). If you don't have a quiet place at home, try the school or local library.

Know Where to Begin

Make a prioritized list of everything you need to do, so you can't use "I don't know where to start" as an excuse. Just don't over-schedule yourself. Without some flexibility, you'll set yourself up to fail.

Study at the Same Time Every Day

Even if you don't have homework, use the time to review notes. If homework is something you accept as part of your day, you'll approach it with less dread. Plus, you'll become a pro at using time productively.

Keep Things in Perspective

Know how much weight each assignment or test carries, and use your time accordingly.

Get More Involved

Ever feel like you can't stay awake to read something, let alone process it? Keep your mind from wandering by taking notes, underlining sections, discussing topics with others, or relating your homework to something you're studying in another class.

Organize the Information

People process information in different ways. Some people like to draw pictures or charts to digest information, other people like to read out loud or make detailed outlines. Try to find the best methods that work for you. Ask your teacher for recommendations if you're having trouble.

Take Advantage of Any Free Time

If you have any free time during the school day, or a long bus ride, use the time to review notes, prepare for an upcoming class, or start your homework.

Study with a Friend

Unless it's too distracting, get together with friends and classmates to quiz each other, compare notes, and predict test questions.

Celebrate Your Achievements

Reward yourself for hitting milestones, or doing something well.

If you have concerns about the amount or type of homework you have, you may want to talk to your teacher, parent, or counselor.