HOW TO REDUCE HOMEWORK TIME AND STRESS

by:

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There are children who take 2, 3, and even 4 times longer than their peers in doing their homework. It is imperative to know 3 key issues, what parents can do about it, and how teachers can utilize them to help the students.

Student’s key issues often include:

1. Attention is an utmost issue, both in class and while doing homework.

2. Students frequently have one or more vision issues—frequently that these students’ eyes are either: not functioning well; ignoring some words or lines when scanning through notes; or having a difficult time copying off the board.

3. Students become anxious when doing homework often lose it.

When a student has trouble paying attention in class, they often must be re-taught the information at home. What makes it worse is that the student’s homework time which should have taken 45 minutes gets stretched to 1 and ½ hours due to re-teaching, and then to over 2 hours because, they cannot stay focused.

With regards to vision issues, these are what impact their homework in several ways:

1. Students have difficulty copying the notes from the board perfectly and they consume time trying to comprehend the assignment.
2. They skip words or lines when reading, further complicating it.

3. When students do Math computations, they do not usually place their work ight, they blunder minus and division signs.

With regards to being tensed when doing homework, what often happens is:

1. Students are too intimidated to ask questions in class and they simply get stuck.

2. The student or parent gets angry and then …

3. An argument starts which often escalates into a battle royale

For both three parties (teachers, parents, and children), here are some effective solutions to the problem:

1. Stay calm when doing homework with the child.

2. If the child gets stressed, give them a 1 or 3-minute break.

3. Hydrate them before doing homework and while doing homework.

4. When reading, use an index card or their finger to keep them on the right line.

These practical steps might prove helpful in lessening stress for homework activities and can even increase the child’s performance.
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