

# HELPING YOUR HIGH SCHOOL STUDENT WITH HOMEWORK: 5 KEY TAKEAWAYS

## ENCOURAGE HEALTHY HABITS

Help your child to create a time and space for doing homework. Reduce distractions (phones away!) Routines build habits and can help students succeed!

## GUIDE, DON'T DO

Encourage independence. Help your child break down larger assignments into manageable tasks. Help your child study for big exams by breaking it up each night instead of cramming the night before.

## TALK ABOUT LEARNING, NOT JUST GRADES

High school work can be stressful. Instead of just asking, "How was school?", try asking specific questions like, "What was your favorite part of Math today?" or "How do you think that will help with your goal of....?"

## CHECK IN

Be a supportive listener. Encourage your student to ask for help from the teacher when they do not understand an assignment or topic or from their school counselor if feeling overwhelmed.

## KEEP HOMEWORK IN PERSPECTIVE

Encourage your child to be an active learner. Take notes, ask questions, participate. Homework is just one piece of the puzzle for success in school!