

## Homework

Remember that students with academic anxiety experience significantly more difficulties completing homework than do their peers. These children are more likely to forget their assignments, lose their homework, and make careless mistakes. The problems may be caused by the fact that the child is easily distracted, overly dependent on others for assistance, or poorly organized. Increased discipline or withdrawals of privileges are not the ways to address incomplete schoolwork. Attempt to determine a successful homework plan that meets the needs of the child and their family.

- Reduce the amount of work in each area assigned for homework so that the student can complete their assignment in approximately the same amount of time other students are expected to spend. Examples of modified assignments are: solving the odd-numbered math problems instead of all the items, studying 10 spelling words instead of 20, and writing a half-page report instead of a whole page.
- Due to the student's anxiety, they are less efficient than their peers with comparable academic ability and take considerably more time to complete their assignments. Provide the student with some flexibility in assignment deadlines.
- Instead of assigning a certain number of pages to read or a certain number of problems, assign the amount of time that the student should work on the homework (e.g., 15 minutes). Have then parent sign the homework when the student has worked for the specified time.
- For each assignment, have the student record the amount of time it took them to complete the assignment. Have the parent sign next to the recorded time. This will allow you to monitor the quantity of homework assigned to the student.