

High School Transition Lesson #2: Homework

How much time should a 7th or 8th grade student spend on homework per night? Give me your best guess!

Write your best guess here:

You should actually spend _____ to _____ on

Brainstorm Below: When can you do your homework at school to prevent having to do it when you get home?

Write down some ideas here:

1.

2.

3.

4.

5.

6.

Brainstorm Below: What do you need to focus on your homework?

Where can you best do your homework?

What "supplies" do you need to do your homework (Desk, chair)

What things distract you when you're doing homework? (Things to avoid)

What things help you concentrate when you're doing homework?

See the next page to check out the homework scheduler!

After-School Scheduler

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
3:28-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					

Middle & High school students need at least eight hours of sleep to be at their best for school. Going to bed later than 10:30 means you are probably not getting the sleep you need to be your best at school & in your life.