

# A PEATC

Do You Know....



## Fact Sheet for Virginia's Youth by Youth Homework Tips

### Make Homework Time Less Stressful

Sometimes **homework can seem overwhelming**, especially after coming home from a long day at school when all you want to do is relax! **This can be especially true for students with disabilities who may need extra help or support.** Here are a few tips that you can use to lesson the time you spend on homework and make that time more enjoyable.

- ✓ **Get organized**  
Organize all of your materials, books, notebooks, etc.
- ✓ **Choose and use a timer**  
Work with your parents and decide the amount of time that you'll use for homework. Set a timer so you'll know when to stop. Choose to study during the time of day or night when you are most alert.
- ✓ **Color code**  
Use a color-coding system to organize materials for each subject.
- ✓ **Record assignments**  
Use an assignment notebook to record all homework and long-term projects.
- ✓ **Use checklists**  
It feels great to cross a task off your list! Making a checklist can help you keep track of what needs to get done.
- ✓ **Think small**  
Remember to break-up long-term assignments into small, manageable, working sections in your daily homework schedule.

This Fact Sheet is brought to you by Virginia's Youth. Thank you to the members of PEATC's Youth Advisory Board for their expertise!

Source: **Understood.org**  
<https://www.understood.org/search-results/v1/search?query=homework+tips>



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- ✓ **Create a homework station**  
Find a comfortable place in your house where you can keep all your supplies. This will help to focus on your work.
- ✓ **Keep an extra textbook at home**  
Having access to your textbook at home for reference can be a big help when doing homework.
- ✓ **Take breaks**  
Take scheduled breaks during long homework assignments.
- ✓ **Double-check your work**  
Make sure to check your assignments for errors before turning them in to your teacher.
- ✓ **Take advantage of resources**  
Ask teachers, parents, and tutors for extra help and clarification.

“Success is nothing more than a few simple disciplines, practiced every day.”

-Jim Rohn



PEATC's mission focuses on building positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life.

For more information about us, please contact:

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