

Take Control of Homework

Although very few students love homework, it does serve a purpose.

Homework helps you:

- Reinforce what you've learned during the day.
- Build study habits that are essential in college.
- Prepare for your classes.
- Get a sense of progress.



Here are some tips to help you tackle homework:

Set the Mood. Create a good study area with everything you need. If you don't have a place at home, try a library or a mellow coffee shop.

Know Where to Begin. Make a list of everything you need to do and include all deadlines. Complete the more difficult assignments first so you don't have to do the most stressful work when you're running out of time.

Study at the Same Time Every Day. Even if you don't have homework every night, use this time to review notes. If sitting down to work is part of your normal routine, you'll approach it with less dread. Also, you'll become a pro at using time productively.

Keep Things in Perspective. Know how much weight each assignment or test carries, and use your time accordingly. Plan to spend the most time on the most important tasks.

Get More Involved. Keep your mind from wandering by taking notes, underlining sections, discussing topics with others, or relating what you're studying to content you've covered in another class.

Organize the Information. People process information in different ways. Some people like to draw pictures or charts to digest information, others prefer to read out loud or make detailed outlines. Try to find the methods that work best for you.

Take Advantage of Any Free Time. If you have time between classes or a long bus ride, use that time to review notes, prepare for an upcoming class, or start working on your homework.

Study with a Friend. Get together with friends and classmates to quiz each other, compare notes and predict test questions. Consider joining a study group or seeing a tutor.

Communicate. If you have concerns about the amount or type of homework you have, you may want to speak with an academic coach. They can help you to understand how much time you will need to designate for studying and how to better manage your time in general.

Celebrate Your Achievements. Reward yourself for hitting milestones or doing something well.

