

## STUDY SKILLS TIPS FOR MAY

### RESOLVING CONFLICT AROUND HOMEWORK

Some of the most common schoolwork arguments at home lead to statements like this:

- “Stop playing computer games and do your homework.”
- “Why haven’t you started your homework yet?”
- “What do you mean you have no schoolwork to do?”



If these are common refrains in your household there are some simple steps that can be taken to deal with this.

Step 1: Family meeting. Both students and parents get a chance to explain what is bugging them.

Step 2: Agree on how much time will be allocated to schoolwork per day or per week. Minimum would be around 1 hour per day.

Step 3: Agree that during this time homework will be the first priority, then assessments and any remaining time should be spent on independent learning (e.g. reviewing difficult work, making summaries).

Step 4: Allocate set times for schoolwork and write these out and put them on the fridge e.g. Monday 4-5pm, 6-6.30pm.

Step 5: Agree that in these blocks of time, there will be no personal technology use (preferably phones switched off and put out of sight).

Step 6: Decide on rewards and consequences if the agreement is not honoured.

There are many units in [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) that can help you specifically with these areas. For example

**DEALING WITH CONFLICT** – strategies for conflict resolution

**TIME MANAGEMENT SKILLS** – find out the recommended amount of time to spend on schoolwork, learn more about independent learning and print weekly planners

**DEALING WITH DISTRACTIONS** – strategies for managing technology addictions

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