HomeWork Station Worksheet for Parents

"Transform homework struggles into victories with the power of routine. By setting the stage with a consistent environment, scheduled breaks, and brain-boosting snacks, you pave the way for your child's academic triumphs."

Section 1: Define the Location

Success is Driven by the Environment

Our environment is one of the biggest factors in our success. Think about where your child can be the most successful. Do they need a quiet space, an area free of distractions, or a body double to help them stay on track?

Section 2: Prep Work

What time

What are the activities, behaviors, or outcomes that are currently happening in your current routine?

Factors

What are the factors that are influencing the positive routines, behaviors or outcomes of your existing setup?

Section 3: What is not going well?

List out Areas for Improvement

What could change that isn't going well? What causes the most pain or impact in other others of day to day life?

Identify the Root Cause

What might be the root cause of the areas that aren't going well? Examples could include a lack of consistency, lack of sleep itself, noises and other distractions, etc

Section 4: Create a Plan for Change

Identify One Change to Make

We do not want to overload ourselves or our families with too many changes or too big of changes. Identify one small change to make and work to apply it consistently.

Section 5: Track Activities & Results

Track Change Activity

Use a habit tracker or calendar to document when you were able to apply the changed activity. Strive to not miss more than 2 days in a row.

Track the Results

The more consistent you are in applying your changed activity the better you can rely on your results. Create a journal to document how things are the same or different with your new activity/routine.

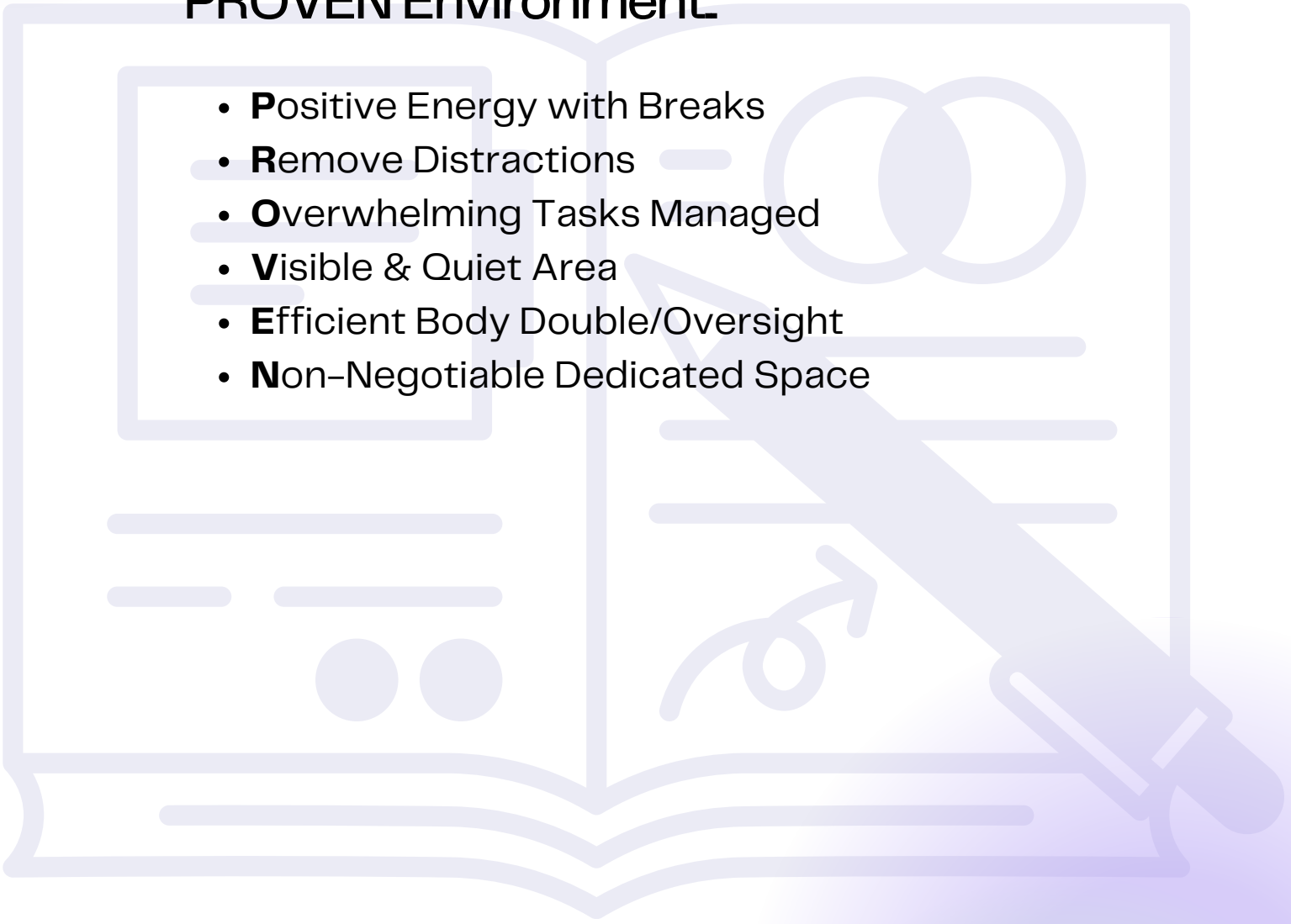# Section 6: Don't be Afraid to Adjust

Lessons Learned:

Reflect on what you learned over the last few weeks (trial period 2–4 weeks) and reapply the concepts/steps listed above. Identify what went well and where a different change could be applied.

Iterate your process, apply a new change activity and start again. There is a large element of trial and error in finding what works best for your family!

Ideas for Homework Station Success

PROVEN Environment:

- **P**ositive Energy with Breaks
- **R**emove Distractions
- **O**verwhelming Tasks Managed
- **V**isible & Quiet Area
- **E**fficient Body Double/Oversight
- **N**on-Negotiable Dedicated Space

Ideas for Homework Station Success

Examples:

- **P**ositive Energy with Breaks
  - Choose a time with less stress, busy times, and without frustration to finish
  - Create a space for breaks and use timers to allow for the brain to re-energize
  - Remember the relationship overpowers the task completion
- **R**emove Distractions
  - Turn off the tv
  - Remove electronics
- **O**verwhelming Tasks Managed
  - Start working 3-5 problems instead of the entire assignment
  - Break papers down into paragraphs
  - Help manage the project regardless of how small or large it may seem to you
- **V**isible & Quiet Area
  - Choose an area where you can be present but have other family members do activities in another room
  - Visible to you is important to help keep them on task
- **E**fficient Body Double/Oversight
  - What can you do sitting next to them?
  - Pay bills, work, do your nails, clean out emails, scroll social media, study, meal plan and place grocery order
- **N**on-Negotiable Dedicated Space
  - Choose a location where both of you can sit and don't give in to other locations to maintain consistency and productivity

Current HomeWork Routine Analysis for Parents

Write down all of your thoughts, feelings, concerns, frustrations, wants to help facilitate awareness around your current homework routine.

What is your current routine? Intentional or Unintentional.	**What behaviors/activities do you want to keep going forward?**
What is going well?	**What did you learn from this Awareness Activity?**
What is not going well?	**What is your biggest concern with making a change?**

One Activity to Change for a Better HomeWork Routine Worksheet for Parents

What is the new activity?

When will this activity happen?

What are you hoping will happen with this new activity?

How do you expect others to respond?

How can you help facilitate the change?

What will you do to trigger a reminder to follow through on this new activity?

Where will you track results to find wins and areas for iteration?

Habit Tracker for HomeWork Routine Improvement For Parents

What's your goal?

Start Date

End Date

Notes:

Impact of new activity