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**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***The Benefits of Doing Homework***

**Directions:** Read the following article excerpts and answer the questions that follow.

Although homework isn’t every kid’s favorite pastime, research shows that it can be beneficial for students, not just academically but for building important non-academic skills, too. In her article “Is Homework Good for Kids,” journalist Katie Reilly cites research led by Professor Harris Cooper of Duke University:

A person sitting at a table using a computer

Description automatically generated“The most comprehensive[[1]](#footnote-1) research on homework to date comes from a 2006 meta-analysis by Duke University psychology professor Harris Cooper, who found evidence of a positive link between homework and student achievement, meaning students who did homework performed better in school[[2]](#footnote-2). The link was even stronger for older students—especially in seventh through 12th grade.”

Specifically, Cooper’s research found that students who spent between 30 to 90 minutes per evening on homework achieved better grades and outperformed their peers on the SAT by an average of 40 points than those who did not spend as much time on homework.[[3]](#footnote-3)

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| **Stop and Jot:** Identify two benefits completing homework can have on students’ academic achievement.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

***The Benefits of Doing Homework* (Continued)**

Researchers also find that completing homework helps students develop important cognitive skills that contribute to academic success across grade levels, from elementary to high school. For instance, one study of elementary school students who were taught “strategies to organize and complete homework,” such as prioritizing homework activities, collecting study materials, note-taking, and following directions, showed increased grades and positive comments on report cards.[[4]](#footnote-4) Studies published in the City University of New York also noted that when students complete homework, they engage in self-managing behaviors, such as goal-setting, time management, and remaining focused. This leads to students becoming generally more motivated and higher achievers than those who do not.”[[5]](#footnote-5)

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| **Stop and Jot**: Besides grades and test scores, what other skills might you develop and strengthen by doing homework?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Reflection Questions for *The Benefits of Doing Homework***

**Directions:** Answer the following questions in complete sentences in your neatest handwriting.

1. Paraphrase the meaning of this quote from the article in your own words: “…when students complete homework, they engage in self-managing processes, such as goal-setting, time management, and remaining focused.”

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1. Why do scientists think that developing the skills above help students do better in school?

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1. Using at least two facts from this article, write what you would say to convince a friend who was not completing their homework to start doing so.

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1. What’s one action that you’ll commit to doing this week as a result of reading this article? How will this benefit you?

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1. **comprehensive**: including many or most things. [↑](#footnote-ref-1)
2. Harris Cooper, Jorgianne Civey Robinson, and Erika A. Patall, “Does Homework Improve Academic Achievement? A Synthesis of Researcher, 1987-2003,” Review of Educational Research, 2006 [↑](#footnote-ref-2)
3. [↑](#footnote-ref-3)
4. Joan M. Shepard, “Developing Responsibility for Completing and Handing in Daily Homework Assignments for Students in Grades Three, Four, and Five,” eric.ed.gov, 1999 [↑](#footnote-ref-4)
5. Darshanand Ramdass and Barry J. Zimmerman, “Developing Self-Regulation Skills: The Important Role of Homework,” Journal of Advanced Academics, 2011 [↑](#footnote-ref-5)