

The Need for a Balanced Homework Habit

Scientific evidence from the *Learning Habit Study* of 46,000 students throughout the United States

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- Academic homework is beneficial, *but only up to a point*. After 10 minutes per grade per day, no benefits were found. Some students showed a decrease in grades.
- Children who are given regular chores scored significantly higher academically and socially.
- Children from families that had consistent, designated, media free *family time* did better academically and socially.
- Children who continued to participate in extra-curricular activities such as sports, dance, and clubs, scored higher academically and socially.
- The more screen time children had, the longer it took them to complete academic homework.

Preliminary reports from the *Learning Habit Study II—Focus on Homework*

- Parents who take on the role of tutor for their children experience significant stress as the children progress in school and begin to exceed the parents' capacity to help.
- Based on the 10 Minute Rule, primary school children have up to six times the amount of homework load as secondary school children.