

HOW TO DO HOMEWORK

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- 1) Start as early in the day as you can**
- 2) Use due dates to decide what to tackle first**
- 3) Divide your work into two categories**
 - work you find fascinating
 - work that requires effortful attention
- 4) Decide to do the fascinating work**
 - first, to help you get started, or
 - last, as a reward for doing your other work, or
 - mixed in with your other work to help you maintain momentum
- 5) For work that requires effortful attention, choose a motivation strategy**
 - work with a quiet parent or study buddy (in person or online)
 - take 5-minute breaks between 25-minute periods of uninterrupted focus
 - use your breaks to snack, move, play, or do anything else that keeps you going
 - all of the above
- 6) When you're stuck**
 - describe the problem out loud to yourself or someone else, or
 - make note of where you're stuck and turn to other work
 - return to where you got stuck (you'll almost always be unstuck)
 - if you're still stuck, ask for help



$$2x + 3y =$$