

ESTABLISH A HOMEWORK ROUTINE

GOALS OF THE EXERCISE

1. Assess the client's mood and attitude surrounding the completion of his/her homework.
2. Establish general guidelines and/or a routine to help the client complete his/her homework.
3. Complete homework assignments on a regular, consistent basis.

ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE MOST USEFUL

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Oppositional Defiant

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH THE CLIENT

This assignment is given to the parents of the client who has trouble completing his/her homework in a regular or consistent manner. The parents' responses to the various questions will hopefully help the therapist gain greater insight into the factors contributing to the client's failure or resistance to regularly complete his/her homework. The parents are asked to identify the client's mood or attitude surrounding homework. After responding to several questions, the parents are also asked to list 3–5 guidelines, rules, or interventions that they can implement to help the child complete his/her homework. The therapist should review the parents' responses in a follow-up therapy session and then help the client and parents develop a regular routine for completing the homework.

ESTABLISH A HOMEWORK ROUTINE

Educators and therapists have found that providing structure and a routine for a child can help him/her complete his/her homework on a regular basis. Having a routine can also cut down on the number of arguments between the parents and the child. In this exercise, you are asked to answer several questions that will help your therapist understand your child's moods or attitudes about completing his/her homework. Your answers will hopefully also identify some of the problems that have contributed to your child's difficulty with completing his/her homework. The ultimate goal of this assignment is to establish a routine that will help your child regularly complete his/her homework in a timely manner.

1. On the average, how much time does your child spend on homework each night?

☐ none	☐ 30 minutes to 1 hour
☐ 1 to 15 minutes	☐ 1 to 2 hours
☐ 15 to 30 minutes	☐ over 2 hours
2. What is your child's usual mood or attitude when completing his/her homework? Please review the following list and check all that apply.

☐ Good attitude—willing to do homework without complaining
☐ Indifferent or “I don’t care” attitude
☐ Bored and/or distracted
☐ Makes up lies about not having homework
☐ Often tries to avoid or procrastinate doing homework
☐ Complains at first, but then settles down to do homework
☐ Negative attitude—frequent complaints and expressions of anger about having to do homework
☐ Frequent yelling, screaming, or crying when required to do homework
☐ Nervous or unsure of self when doing homework
☐ Gives up easily when encountering frustrating or difficult tasks
☐ Sad and disappointed in self
☐ Expects to fail or do poorly
☐ Other _____

3. If your child has developed a negative attitude about his/her homework, what factors or stressors have contributed to your child's negative attitude?

4. What is usually the best time of the day for your child to complete his/her homework?

- | | |
|--|--|
| ☐ Immediately after getting home from school | ☐ Right after supper |
| ☐ Allow child time to have snack, play, or watch TV for 30–45 minutes before doing homework | ☐ Around 7:30 PM |
| ☐ Right before supper | ☐ Right before bedtime |
| | ☐ In morning before going to school |
| | ☐ At recess |

5. On the other hand, what is usually the worst time of the day for your child to complete his/her homework?

6. What subject(s) does your child have the most ease in completing his/her homework?

7. What subject(s) does your child have the most difficulty with completing his/her homework?

8. What interventions or approaches have you tried at home to get your child to complete his/her homework, or what type of structure or routine have you tried to provide for your child in the past?

9. What interventions or approaches have you found to be effective in helping your child complete his/her homework?

10. What causes your child to lose focus and/or get out of a routine?

11. What kind of support would you like from the school in helping your child to complete his/her homework?

12. Now look back over your responses and list 3–5 guidelines, rules, or interventions that would help your child to establish a routine and complete his/her homework on a regular basis.

A.

B.

C.

D.

E.

Please bring your responses back to your next therapy session. Your therapist will review your responses and help your child and you to develop a routine surrounding his/her homework.

READING ADVENTURE

GOALS OF THE EXERCISE

1. Increase time spent in independent reading.
2. Demonstrate consistent interest, initiative, and motivation for reading.
3. Perform up to level of capability in area of reading.
4. Build self-esteem and increase enjoyment in reading so as to be more able to cope effectively with the frustrations associated with his/her learning disability in reading.

ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE MOST USEFUL

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Low Self-Esteem
- Mental Retardation
- Speech/Language Disorders

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH THE CLIENT

This homework assignment is designed to increase the client's time spent in independent reading (or other academic subjects). The client is asked to read for a certain amount of time per day or week. The frequency and length of time spent reading can be adjusted to meet the individual needs of each client. Encourage the parents to consult with the teacher(s) to select appropriate reading materials for their child and to implement a reward system to reinforce their child for spending a specific amount of time in reading. The time spent in reading will provide the client with the opportunity to master or overcome his/her frustrations with reading. The reward system can also be easily modified to address weaknesses in the areas of mathematics or written expression. For example, the client may be reinforced for practicing with flashcards or spelling words for a certain period of time each day or week.

READING ADVENTURE

This homework assignment is designed to send you on a reading adventure in your very own home. You are asked to spend a certain amount of time per day or week reading. It is hoped that this program will not only improve your reading skills, but also help to build your confidence and increase your enjoyment of reading. You are encouraged to check out books from your school or public library that match your interests. Your parents and you are also encouraged to meet with your teacher to select appropriate books for your reading level.

1. In this assignment, you will not only have the chance to go on a reading adventure, but you will also be rewarded for it. Sit down and talk with your parents, teachers, or therapist about what is an appropriate amount of time that you should be expected to read each day or week. Look upon your parents and teacher(s) as being part of your very own Reading Adventure Team. Your Reading Adventure Team will help you identify your goal of how much time you should spend reading each day or week. If you meet your goal, then you will receive a specific reward. Following is a list of suggested rewards that you may receive for meeting your reading goals:
 - Purchase book(s) by your favorite author
 - Rent a video or go see a movie
 - Spend extra time playing video games
 - Extended bedtime
 - Spend one-on-one time with mother or father in an agreed upon activity
 - Invite friend over to spend the night at your house
 - Help to fix and prepare your favorite meal
 - Snacks
 - Small toys
 - Tokens or stickers that can be traded in to purchase toys, prizes, or privileges
2. Use the following Reading Log to track your reading adventures.
3. Use the following Reading Contract to formalize the agreement between you and your Reading Adventure Team on the amount of time you will spend reading each day or week.

READING LOG

Please record the date, title of book, and time spent reading for the day. Ask your parents to initial the sheet each day.

Date	Book Title	Time Read (in minutes)	Parent's Initials

READING CONTRACT

If _____ spends _____ per _____ in reading,
(Child's name) (Time spent) (Day or week)
then _____ will receive the following reward:
(Child's name)

Signature of Client

Signature of Parent

Signature of Parent

Signature of Teacher or Therapist