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DEALING WITH HOMEWORK FRUSTRATION WORKSHOP

WORKSHOP TITLE Dealing with Homework Frustration WORKSHOP DATE 1/31/19

WORKSHOP FACILITATOR(S) Farrah and Awina WORKSHOP TIME 12:00-1:00pm

TARGET POPULATION: Non-custodial fathers

OBJECTIVES: *What knowledge, skills, values and/or experiences will change for the target population as a result of this workshop?*

- **Fathers will gain knowledge of strategies to deal with frustration while helping their child with homework**

1. **QUESTIONS:** *briefly state and number the questions that will be addressed during your workshop.*

- **How can fathers address difficulties in helping their children do their homework?**

2. **REFERENCES:** *for each question, provide at least one source of information that provides direct answers to it. Examples of data sources include articles and videos. Details of each reference should be provided so that another person can locate it without assistance.*

- **How can fathers address difficulties in helping their children do their homework?**

- How to Deal with Homework Frustration As a Parent

When your child struggles with their homework, they may become frustrated or upset. In turn, this may cause them to act out, and you may wind up frustrated yourself.

Fortunately, there are ways you can help your child calm down when they begin to become agitated. There are also strategies you can use to help them work through challenging assignments, and to help ensure homework sessions go more smoothly moving forward. [://www.wikihow.com/Deal-with-Homework-Frustration-As-a-Parent](http://www.wikihow.com/Deal-with-Homework-Frustration-As-a-Parent)

- **Overcoming Homework Frustration Together**

- Acknowledge your child's frustration.
- Recommend a break
- Make yourself available once everyone has calmed down
- Try to identify the source of frustration
- Don't demand perfection

- **Helping Your Child Work on Their Homework**

- Ask your child if they understand the assignment
- Correct rude or panicked speaking
- Have someone else help them

- Talk to your child's teacher
- **Encouraging Good Homework Habits**
 - Establish a homework plan together.
 - Encourage younger children to work in a communal area
 - Allow older children to work where they prefer to do so
 - Give plenty of praise
 - Avoid threatening language

<https://www.empoweringparents.com/article/the-homework-battle-how-to-get-children-to-do-homework/>

<https://www.parents.com/kids/education/homework/how-to-help-kids-with-homework-without-doing-it-for-them/>

<https://www.todayparent.com/kids/4-ways-to-end-the-homework-battle-for-good/>
- Homework Plan

Homework, like any constructive activity, involves moments of frustration, discouragement, and anxiety. If you begin with some appreciation of your child's frustration and discouragement, you will be better able to put in place a structure that helps him learn to work through his frustration - to develop increments of frustration tolerance and self-discipline.

Sample Homework Plan:

- Set aside a specified — and limited — time for homework. Establish, early in the evening, a homework hour.
- For most children, immediately after school is not the best time for homework. This is a time for sports, for music and drama, and free play.
- During the homework hour, all electronics are turned off — for the entire family.
- Work is done in a communal place, at the kitchen or dining room table. Contrary to older conventional wisdom, most elementary school children are able to work more much effectively in a common area, with an adult and even other children present, than in the “quiet” of their rooms.
- Parents may do their own ”homework” during this time, but they are present and continually available to help, to offer encouragement, and to answer children's questions. Your goal is to create, to the extent possible, a library atmosphere in your home, again, for a specified and limited period of time. Ideally, therefore, parents should not make or receive telephone calls during this hour. And when homework is done, there is time for play.
- Begin with a reasonable — a doable — amount of time set aside for homework. If your child is unable to work for 20 minutes, begin with 10 minutes. Then try 15 minutes the next week. Acknowledge every increment of effort, however small.
- Be positive and give frequent encouragement. Make note of every improvement, not every mistake.
- Be generous with your praise. Praise their effort, not their innate ability. But do not be afraid of praise.
- Anticipate setbacks. After a difficult day, reset for the following day.
- Give them time. A child's difficulty completing homework begins as a problem of frustration and discouragement, but it is then complicated by defiant attitudes and

feelings of unfairness. A homework plan will begin to reduce these defiant attitudes, but this will not happen overnight.

- Most families have found these suggestions helpful, especially for elementary school children. Establishing a homework hour allows parents to move away from a language of threats (“If you don’t ... you won’t be able to ...”) to a language of opportunities (“When” or “As soon as” you have finished ... we’ll have a chance to ...”).
- Of course, for many hurried families, there are complications and potential glitches in implementing any homework plan. It is often difficult, with children’s many activities, to find a consistent time for homework. Some flexibility — some amendments to the plan — may be required. But we should not use the complications of scheduling or other competing demands as an excuse, a reason not to establish the structure of a reasonable homework routine.

<https://www.psychologytoday.com/us/blog/pride-and-joy/201209/battles-over-homework-advice-parents>

HOMWORK TIPS

1. **Limit Distractions.** Create a homework zone for your students that is away from the T.V. and other places where there could be distractions such as pets, people coming and going and loud noises.
2. **Provide Tools.** Make sure the materials your student may need are readily available. It’s helpful to have a stash of pencils, pens, a dictionary, etc. available. Check in regularly and make sure that any special materials needed for class projects are provided so their work won’t be disturbed.
3. **Help Manage Time.** Establish a set time for doing homework. Don’t wait until just before bedtime to do homework when students are tired and easily distracted. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with other classmates.
4. **Be Positive.** The attitude you express toward homework will be the same attitude your child acquires. Make it a habit to tell your child that the work they’re doing is important.
5. **Do YOUR Homework Too.** Show that the skills they’re learning are related to things you also do as an adult. If your student is reading, you could be reading too. If your student is practicing math, you could balance your checkbook.
6. **Teach Don’t Tell.** It’s important that when asked for help you give guidance but not answers, that way your student learns the material and concepts. Remember that a lot can be learned from struggle and that too much help can teach your child that when the going gets rough, someone will do the work for them.
7. **Cooperate.** Teachers will often ask that you play a role in your child’s homework. Make sure you’re being an advocate for the teacher and follow their direction so you can show that school and home are a team.
8. **Foster Independence.** Some homework is really intended for students to do alone. Homework is a great way for kids to develop independence and accountability for lifelong learning skills.
9. **Communicate.** Make sure you talk to your child’s teacher and understand the purpose of homework and what the class rules are.
10. **Build Metacognitive Skills.** Help your child decide what homework is hard and what is easy, then encourage them to work on the hard stuff first so they’re most alert for challenging work.

11. **Set Break Time.** Watch your child for signs of failure and frustration. Let your child take a short break if they're is having trouble keeping their mind on the assignment. Build perseverance but set time limits to avoid burnout.
12. **Reward Progress and Effort.** When your child has been successful and is working hard, celebrate success with a special event to reinforce positive effort.
<https://blog.mindresearch.org/blog/bid/396559/Homework-Without-Tears-12-Tips-Tricks>

3. **KEY WORDS, TERMS AND PHRASES:** *list and define the key words and terms related to your workshop.*

- Learning Styles - Common ways people learn
- Multiple Intelligences
- Homework Plan – Strategy to help students develop study skills, foster independence and responsibility, increase students understanding of content, teaches time management skills and builds positive academic self-image.

4. **SUPPLIES/RESOURCES & SPECIAL INSTRUCTIONS/LOGISTICS:** *list any supplies, materials, templates or special conditions/set-up required to implement this lesson.*

- **Copies/Smart Board and Circle chairs**

5. **EXPLORATORY EXERCISES/TIME:** *for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to use a reference to find its answers (i.e. paired reading; round-robin reading; Powerpoint mini-lecture).*

- **Roundtable discussion (Circle) to explore how fathers can address difficulties in helping their children do their homework.**

6. **EXPRESSION EXERCISES/TIME:** *for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to creatively share or express what they learned from the reference (i.e. collage, role-play, talk show skit).*

- **Roundtable discussion (Circle) and Role Play Scenarios to express how fathers can address difficulties in helping their children do their homework.**

7. **REVIEW:** *ask participants to summarize what they learned from this workshop. They should restate 1. the questions explored; 2. the answers found; 3. the references used; and 4. the activities done.*

8. **REFLECTION:** *ask participants to give their feedback about this workshop. They should state how they feel after completing this workshop; what they liked about it; what they didn't like about it; and offer suggestions for improvement.*

9. **EVALUATION:** *ask participants to complete and return the evaluation form that will be provided.*

- **The participant evaluation forms have been provided and should be administered before the first workshop (January 31st) and after the last workshop (April)**

