



## Help!

# My child leaves assignments and studying until the last minute

## Underlying Skills



### Organization

Having systems in place to keep track of materials and information.



### Planning & Prioritizing

Having a roadmap to reach a goal or complete a task and deciding which tasks are important to focus on.



### Time Management

knowing how long tasks take and using time effectively to complete tasks



### Task Initiation

Knowing how to begin things in a timely manner.



### Goal Directed Persistence

Following through to complete a goal without being distracted by other things.

## Strategy

1. Use a paper/whiteboard calendar where your child can write down their assignments (maybe colour coordinated for each class), and be reminded when they have due dates coming up. Placing this calendar in a room they are often in (bedroom, their desk, or the kitchen are some great places to try)
2. Set goals with your child for when they would like to have chunks of the homework done, or even their own personal 'due date'. These goals can then be placed in whatever calendar system you and your child decide on.
  - a. E.g., "Even though I have to hand in my homework on Friday, I would like to have it done by Wednesday this week!"
3. Sometimes looking at studying for an upcoming test, or completing a full assignment, can feel intimidating. By blocking off specific time for smaller chunks of the work to be completed can make the task more approachable. You can explain this strategy similar to how they attend school.
4. For older children, collaborate with a shared virtual calendar (e.g., Google cal) that sets up reminders of when you planned to have particular tasks worked on or completed. With the reminders this calendar acts as a virtual accountability tool. You can place due dates or the time blocks for homework time and set the reminder so your child can stay on track!

# Time Blocking

## AFTER SCHOOL SCHEDULE

NOTES:

Week Of:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					

# Homework Tracker

Day of the Week	Assignment	What time will I do my homework? How long will it take me?	Do I need help?	Did I finish the assignment?	
Sunday		Time Started:	Yes	Yes	
Monday			No	No	
Tuesday					
Wednesday					
Thursday					
Friday		Minutes/Hours: or			Time to finish:
Saturday		Days:			
Sunday		Time Started:	Yes	Yes	
Monday			No	No	
Tuesday					
Wednesday					
Thursday					
Friday		Minutes/Hours: or			Time to finish:
Saturday		Days:			
Sunday		Time Started:	Yes	Yes	
Monday			No	No	
Tuesday					
Wednesday					
Thursday					
Friday		Minutes/Hours: or			Time to finish:
Saturday		Days:			
Sunday		Time Started:	Yes	Yes	
Monday			No	No	
Tuesday					
Wednesday					
Thursday					
Friday		Minutes/Hours: or			Time to finish:
Saturday		Days:			