



The DOs of
**HOMework
HYGIENE**

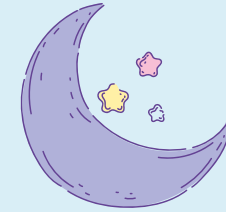
Work Smarter, not harder!



DO have a Study Zone

- Have a desk or table
- Have access to your materials (eraser, whiteout, calculator, notebook, agenda...)
- Work in a quiet environment

DO get enough
sleep!



DO limit distractions by muting notifications, limiting screens, and turning off music.



DO have a water
bottle nearby.



DO use your agenda to keep track of due dates and activities

DO prioritize assignments by due date

DO break large assignments into manageable chunks

DO focus on one task at a time

DO take breaks

- Set a timer for tasks
- Take regular 5-10 minute breaks!



DO practice sustainable study habits

- Review notes and quizzes
- Identify key terms
- Create a study guide or practice test
- Leave enough time to review topics

HOMEWORK

HYGIENE

Do you have a designated

homework space?

01

Is your Homework space...

- in a quiet location?
- have a desk or table?
- have all your materials readily available (eraser, whiteout, calculator, notebook, agenda...)?

Do you regularly tidy your

space?

03

I regularly...

- Tidy my locker. I make sure there are no loose papers, dirty containers, or uneaten food.
- return to my locker at recess and lunch to switch out materials to keep my bag from becoming too heavy.
- pack my school bag with all of my necessary materials before going to sleep.

Do you have sustainable

study strategies?

04

When I have a test or exam I...

- review notes and quizzes.
- identify key vocabulary terms and definitions.
- create a study plan: break material into chunks and study over a number of days.
- create my own study guide and practice tests.

Do you practice sustainable

homework habits?

02

My homework habits include:

- Using my agenda to mark down my homework and projects
- Prioritizing homework based on due date
- Using my home filing system to keep my binder clean and keep track of tests and assignments.
- Rereading instructions and rubrics while working on assignments.
- Taking regular breaks! Take a 5-10 minute break every 45 minutes.
- Focusing on one task at a time

Do you limit your

Screen time?

05

When I am working on school work...

- my social media notifications are on silent.
- I wait to check messages until I am on a break.
- I do not watch videos, shows, or movies
- I am not listening to music or podcasts (If I need to block out other noise I use ambient noise).