

THE ONE ABOUT HOMEWORK

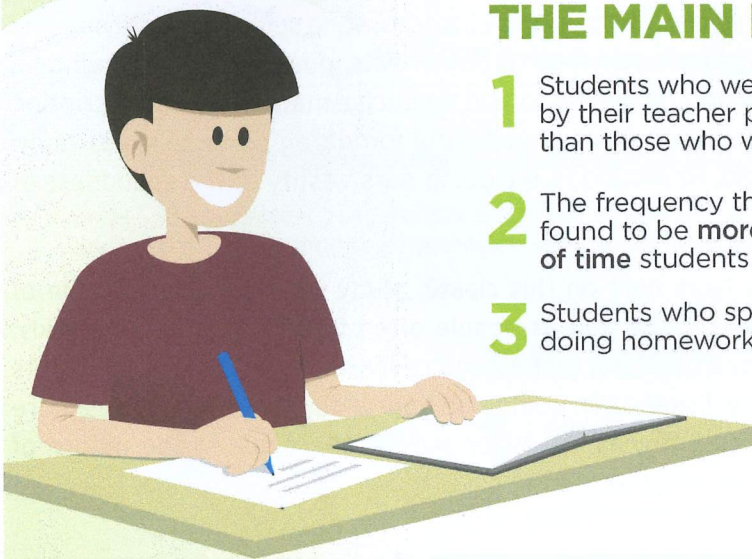
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THE STUDY

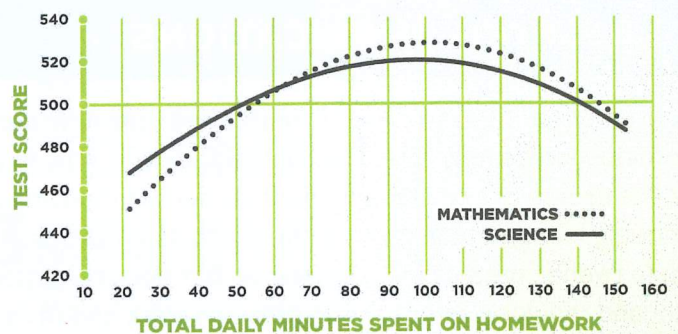
How regularly should teachers set homework? Does the amount of time students spend on their homework make any difference? And should they struggle on their own or do it with the support of their parents? Researchers investigated these questions by looking at 7,451 teenagers from Spain, with an average age of just under 14 years.

THE MAIN FINDINGS

- 1 Students who were set **regular homework** by their teacher performed **significantly better** than those who were only set it occasionally.
- 2 The frequency that homework was set was found to be **more important** than the **amount of time** students spent on it.
- 3 Students who spent **90-110 minutes** a day doing homework **got the highest scores**.



- 4 Researchers found that although 90-110 minutes was the **most effective**, it was not the most efficient as the **extra time spent** after one hour led to minimal gains that **did not justify** the extra time.



- 5 Students who did their homework **by themselves** ended up doing around **10% better** in their exams than those who did their homework with their parents helping them.

Ref: Fernandez-Alonso et al. 2015, *Journal of Educational Psychology*

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