



## Introduction

The purpose of this document is to convey the College's position on homework, its aims, and objectives for learning.

Homework is defined as any school-related work undertaken at home outside of normal school hours.

## Aim of Homework

Homework forms part of the teaching and learning process, and is a strategy teachers employ to:

- develop students as learners in subject-specific ways.
- provide timely feedback to students.
- help students meet assessment milestones/checkpoints.
- to inform the planning for teaching and learning.

## Objectives of Homework

When students undertake homework, they will:

- *Complete tasks which assist them to consolidate their understanding of skills and concepts.* Students will undertake activities which give them the opportunity to practise for the purpose of mastery. This is what is known as *procedural learning*.

**Example – Mathematics:** students may be given a series of equations/problems to complete at home which repeat/reflect the work undertaken in class.

**Example – English:** students may complete literacy activities which might focus on punctuation, grammar, language choices or spelling.

**Example – Science:** students may be required to write definitions of key scientific concepts in their own words.

- *Work towards the completion of assessment.* All assessment tasks have specific milestone and checkpoints which students work towards. These are point-in-time opportunities for students to seek feedback on their work from the teacher and provide important information to the teacher about the progress of the student.
- *Develop their ability for self-regulation:* time management, work routines, task completion, maintaining attention and focus, and goal setting. This is particularly relevant for students in Years 7-9.
- *Provide important information to teachers.* This information will allow the teacher to make adjustments to the teaching process to meet the learning needs of students.

## Frequency of Homework and Time-on-task

The **frequency of homework** will be dependent on the subject area and the stage of the unit of work at which the class is working. There will be times when students will not have any homework to complete. As a general guide:

- **Years 7-10 students:** Weeks 4-10 of a term will focus on meeting assessment milestones
- **Years 11-12 students:** Ongoing, with a requirement to continue work across vacation periods.

The **amount of time** a student should spend on homework is grounded in an understanding of the relationship between cognition (how students' brains process and retain information) and time-on-task, as well as an appreciation of the importance of the contribution of student wellbeing to academic performance.

The research points to the following as a guideline for the optimal amount of time-on-task in order to achieve an academic effect:

- **Years 7-9:** 60 minutes per study session.
- **Years 10-12:** 90 minutes per study session.

A substantial increase in time-on-task not only limits the cognitive benefit of study, but also elevates the risk to students' mental wellbeing. Students should also take breaks equivalent to the amount of time spent on task. Physical activity, daily mindfulness and sleep must also be key features of home routines.

## Homework Modes

Homework will take a variety of forms, depending on the subject area and the specific homework tasks. Homework may be paper-based and/or device-dependent and may require students to access online resources.

**Review Date:** January 2023