



Help Your Teen Succeed in School: Support Executive Function Skills

Keep on top of homework

- Check Google Classroom daily
- List assignments and check off as each is completed
 - Whiteboard
 - Google Calendar
 - Calendar in Canvas
- Break tasks into small, attainable goals
- Start with just a few tasks, then take a break
- Prioritize assignments
 - Help student make a plan
- Go over directions with student to make sure they understood assignment
- Together plan consistent homework time and routine
 - Check in weekly or biweekly how routine is working, adjust as needed
- Together create dedicated space to do homework every day
- Noise canceling headphones for focus
- Work first, play later – “When...Then...”
 - Complete homework before video games, social media, time with friends, etc
- Drink lots of water!

