

How to Stay Ahead in Middle School

Tips for Planning, Estimating and Prioritizing Assignments

Apr 24, 2007 [Joe Bruzzese](#)

Too much homework and too little time leaves tweens and teens stressed and sleep deprived. Here are three tips to ensuring stress-free homework for students.



Stressed from the rigor of school work and a busy after school schedule? Here are some tips for getting ahead and staying ahead for the rest of the school year.

Every middle school teacher has a different set of expectations especially when it comes to homework. Some teachers prefer to assign homework at the end of class every day, while others pass out the weekly agenda of assignments and tests at the start of each week. In either case you can expect to have anywhere from 20 minutes to 2 hours of homework a night in each class. With such a large span of time needed to complete assignments you run the risk of having a lot of late nights. Planning to work ahead and stay ahead will help you complete assignments on time and study for tests with the added benefit of a good night's rest and a less stressful year. Here are a few strategies to help move your forward.

Teachers who provide a weekly agenda or post assignments online have given you a roadmap for the week that indicates days of potentially heavy traffic and road blocks to achieving a full night's rest. You may also have teachers who assign homework at the end of every day. Listen carefully during the first weeks of school and you will figure out who these teachers are and how much homework they tend to assign on a daily basis.

Speed Planning: Estimated time: 5 minutes

- Ideally on Sunday and no later than Monday, record all of your assignments, tests and project due dates on your weekly planner (a.k.a. agenda or calendar) for the coming week.
- Estimate the amount of time you will need for classes where the teacher assigns homework on a daily basis. Now you have an idea of the heavy homework days.

- Add your after school activities to the planner. Include appointments, sports practices, games, volunteer commitments, etc.
- Finally, ask your parents if there is anything you may have forgotten to add. Parents are famous for scheduling appointments and then forgetting to share this date with you until the day of the appointment.
- With all of your commitments recorded you should have a better idea of what your week looks like. You are ready to take action.

Prioritize: Estimated time: less than 5 minutes

http://middle-school-life.suite101.com/article.cfm/get_ahead_stay_ahead