



Navigating Homework Hang Ups



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- CEO & Founder of Beyond BookSmart, WorkSmart Coaching, and BrainTracks
- Former public school teacher and principal
- Founded The Christa McAuliffe School in Framingham, MA
- Recipient of the Anti-Defamation League's "Teacher Incentive Award" and the State of Massachusetts' "Distinguished Educator" award
- Featured on Good Morning America, at education conferences, and at neuropsychological practices nationwide
- Author of *Your Kid's Gonna Be Okay*





Agenda

- ✓ Homework – Why? How much?
- ✓ Why Don't Our Students Complete Homework?
- ✓ Tools and Strategies for Your Classroom
- ✓ Activity and Application
- ✓ Q & A



Why do
we assign
homework?





Positives

- Can reinforce learning
- Supports independence
- Relies on metacognition to know when/where to get help

Negatives

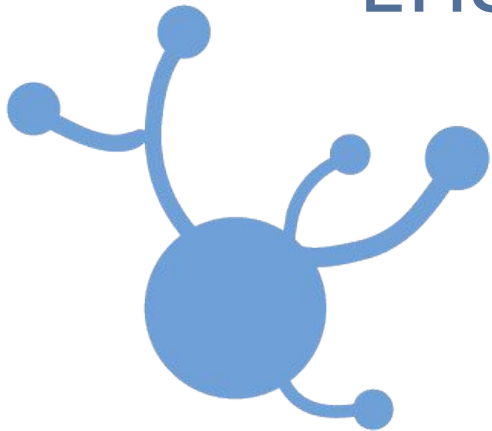
- It's often not done or not done by the student
- Can cause anxiety, stress, and health problems
- Can interfere with sleep & extracurriculars

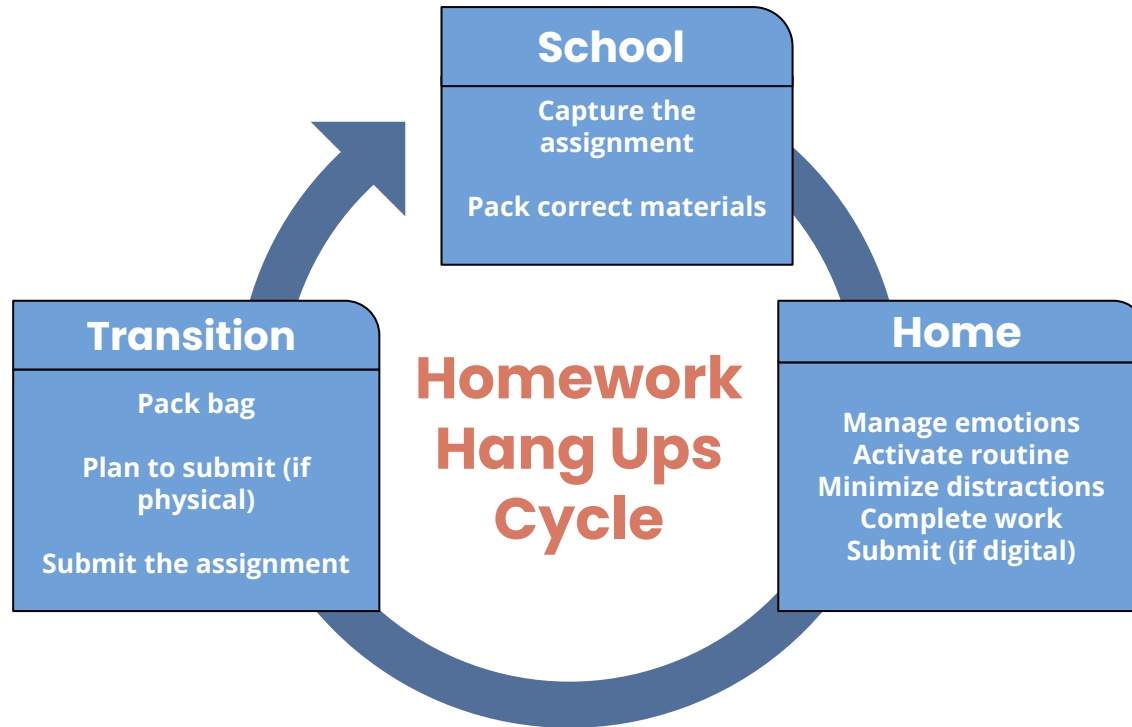
Our Challenge

✓ How do we up the odds that our students know *how to* complete and actually do the homework we assign?



Ensuring Student Success







Setting Students Up for Success

1. Remember to record assignment	10. Complete all parts
2. Record accurately	11. Identify confusion
3. Bring materials home	12. Problem-solve
4. Understand tasks	13. Plan for help
5. Plan for night	14. Quality check
6. Study environment	15. Filing
7. Start time	16. Turning in
8. Manage distractions	17. Review for missing work
9. Proper breaks	HOORAY!

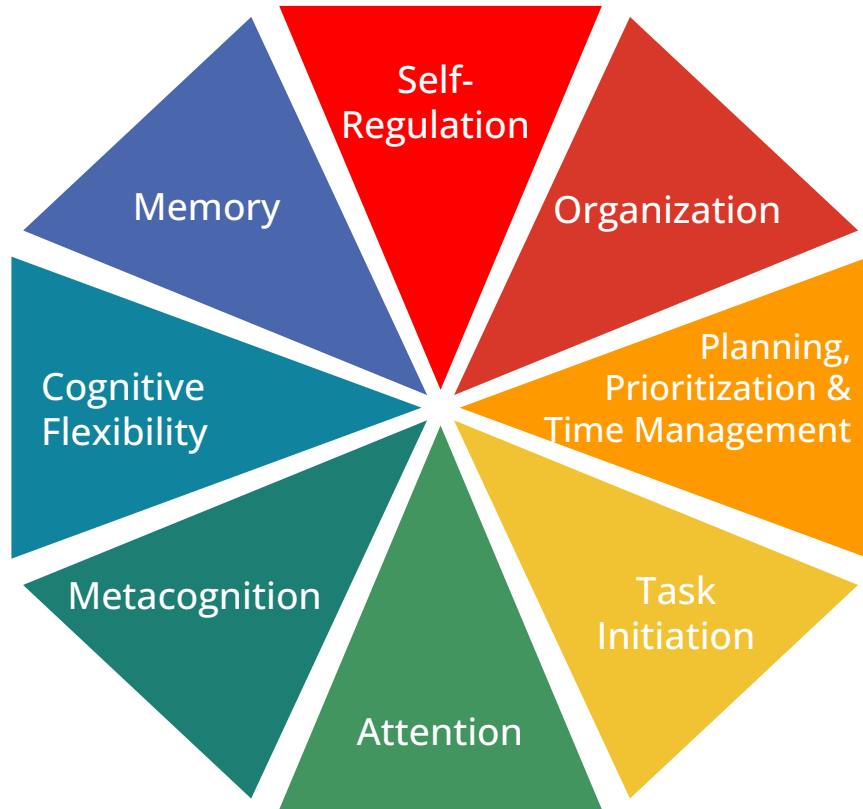


Emotional Challenges HALT+

Exhausted
Overly stressed,
anxious, or bored
Aggravated
Overwhelmed



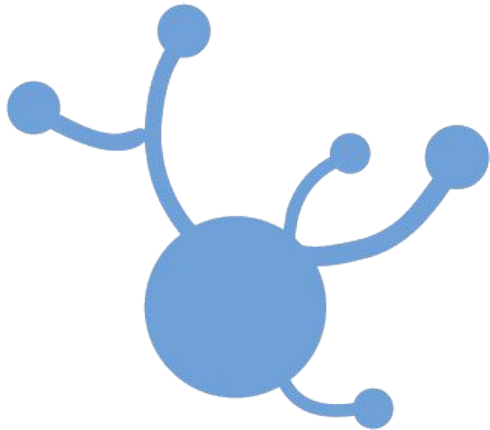
Fear of failure
Confused
Ambivalent
Depressed
Hungry



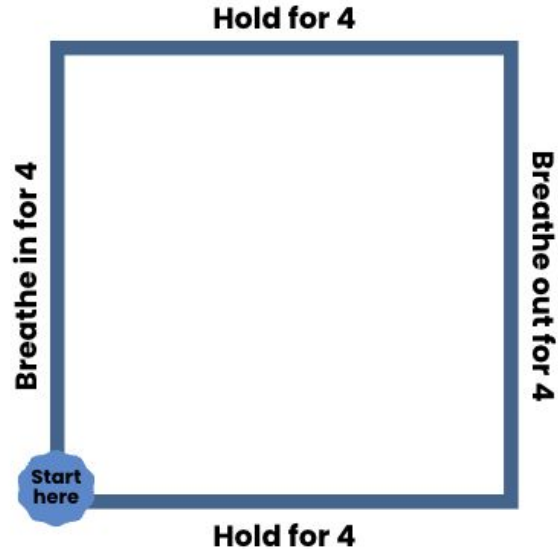
BrainTracks is designed to help students develop and strengthen their executive functions, which are the skills that allow us to plan, organize, and manage our thoughts and actions. These skills are essential for success in school and in life. BrainTracks provides a structured and engaging way for students to practice these skills, helping them to become more organized, focused, and productive. The program includes a variety of activities and games that target specific executive functions, such as working memory, inhibition, and cognitive flexibility. By using BrainTracks, students can improve their ability to manage their time, organize their thoughts, and stay focused on their tasks. This leads to better academic performance and a more positive attitude towards learning. BrainTracks is a valuable tool for educators and students alike, providing a clear and effective way to develop and strengthen executive functions.



Tools and Strategies



Box Breathing and Take Five





SPACE

TIME

OBJECTS

PEOPLE

The Pomodoro Technique

Step 1: Pick a task

Step 2: Set a 25-minute timer

Step 3: Work on your task until the time is up

Step 4: Take a five minute break

Step 5: Every few pomodoros, take a longer
15-30 minute break





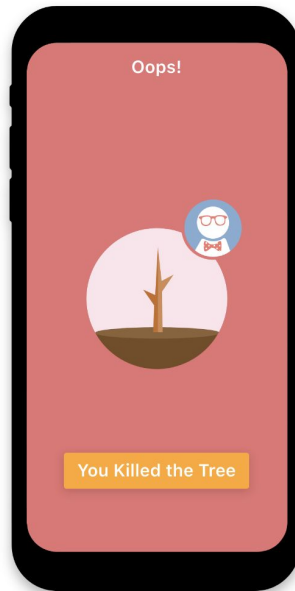
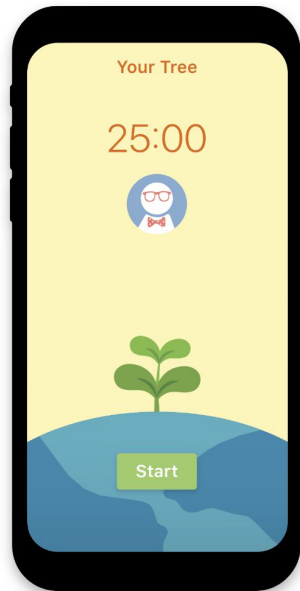
A Tale of Two Timers....





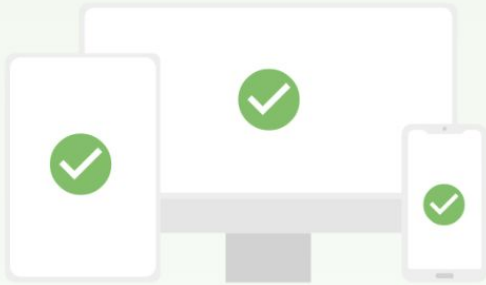
How can we help our students learn to use their phone as a helpful tool instead of as a distraction?







Select Your Devices



Choose Sites & Apps

Blocklists

Hulu.com add block

<input checked="" type="checkbox"/> Amazon	<input type="checkbox"/> NY Times	<input checked="" type="checkbox"/> Slack
<input type="checkbox"/> Apple News	<input checked="" type="checkbox"/> Netflix	<input checked="" type="checkbox"/> Snapchat
<input checked="" type="checkbox"/> Facebook	<input checked="" type="checkbox"/> HBOGO	<input type="checkbox"/> Spotify
<input type="checkbox"/> Gmail	<input type="checkbox"/> Pinterest	<input type="checkbox"/> Tinder
<input checked="" type="checkbox"/> Instagram	<input type="checkbox"/> Politics	<input type="checkbox"/> Tumblr
<input type="checkbox"/> LinkedIn	<input checked="" type="checkbox"/> Reddit	<input checked="" type="checkbox"/> Twitter

Set Your Schedule

Sessions

Focused Mornings

Start: 07 : 00 : am End: 09 : 00 : am

Repeat every: ☒ Mon ☐ Tue ☒ Wed ☐ Thu ☒ Fri ☐ Sat ☐ Sun

Save





Task	Time	Schedule
Finish math problems	45 min	4:00–4:45
Break	15 min	4:45–5:00
Write history rough draft	1 hr	5:00–6:00
Dinner	30 min	6:00–6:30
Kung Fu lesson	1 hr	6:45–7:45
Read Ch. 4–6 in ELA novel	45 mins	8:30–9:15
Phone/gaming/relaxing	30 min	9:30–10:00

**Write
history
rough draft
at 5:00**

**Turn in
math
homework
at beginning
of class**



Breaking It Down and Paraphrasing

Directions:

Green= action words

Yellow=what those action words are asking you to DO

Bold=important details you want to keep in mind as you work

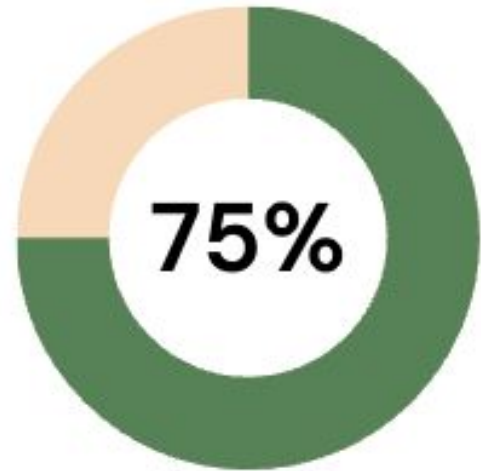
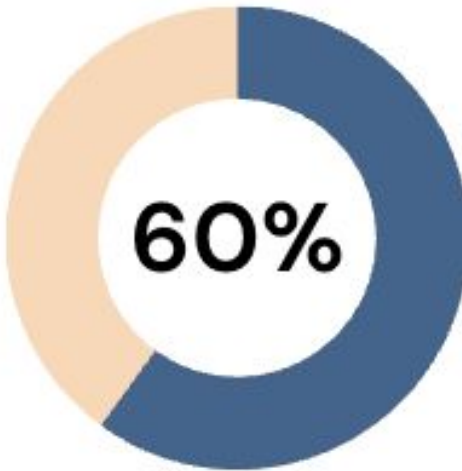
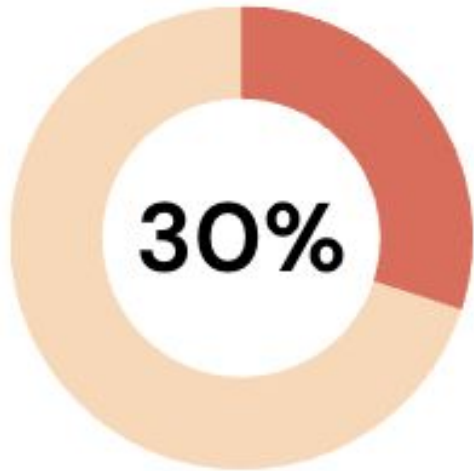
Underline= Information you have questions about/are unsure of what it means

Example:

Imagine you could make a major change to the way students experience school in America. In a **5-paragraph essay**, **explain** what change you would make and **why you would make it**. **Describe** the impact it would have on students, teachers, and any other details that contributed to your choice. **Be sure to include a counterargument in your essay as well as a rebuttal.**



The 75% Rule





Work Session



Directions:

1. Review the handout linked to the presentation.
2. For any Xs, explore how you could support students. List a tool or strategy in the chart.



Work Session



Directions:

1. Edit and re-write the assignment directions making them easier for students to read and understand.

Q and A

What would you
like to know
more about?



Thank you!

Learn more at
www.BrainTracks.com
info@BrainTracks.com