



# A Spotlight for Parents

## Back to School Means Back to Homework

The mere mention of homework can cause anxiety and frustration, and not just on the part of your child, parents may feel this way as well. Below are some simple steps for alleviating some of that fear and apprehension. Teachers assign homework for many reasons. Homework can help their students

- review and practice what they've covered in class;
- get ready for the next day's class;
- learn to use resources, such as libraries, reference materials and computer web sites to find information about a subject;
- explore subjects more fully than classroom time permits;
- extend learning by applying skills they already have to new situations; and
- integrate their learning by applying many different skills to a single task, such as book reports or science projects.

Homework also can help students to develop good study habits and positive attitudes. It can

- teach them to work independently; and
- encourage self-discipline and responsibility (assignments provide some children with their first chance to manage time and to meet deadlines).

In addition, homework can help create greater understanding between families and teachers and provide opportunities for increased communication. Monitoring homework keeps families informed about what their children are learning and about the policies and programs of the teacher and the school.

So what can you do to help? Show that you think education and homework are important.

- Set a Regular Time for Homework
- Pick a Place
- Remove Distractions
- Provide Supplies and Identify Resources
- Set a Good Example
- Be Interested and Interesting

### Monitor Assignments

- Ask about the School's Homework Policy
- Be Available
- Look over completed assignments
- Monitor time spent watching TV and playing video games

### Provide Guidance

- Help Your Child Get Organized
- Encourage Good Study Habits
- Talk about the Assignments
- Watch for Frustration
- Give Praise

Talk with teachers to resolve problems

- Tell the Teacher about Your Concerns
- Work with the Teacher

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## Make sure your child gets enough sleep!!

This is particularly important for the teens in our homes. With technology use so prevalent, researchers, doctors, teachers and parents are finding teens are not getting enough sleep. Mobile devices need to be kept out of the bedroom when it is time for sleep. If you (or your child) need a more scientific justification to turn in early, [AsapSCIENCE](#) has you covered. The popular YouTube channel has a [new video](#) that explains the effects of lack of sleep, from decreased brain function to increased risks of heart disease and obesity. In one study, researchers found that subjects who slept just six hours a night for 14 days had the cognitive wherewithal of someone with a .1% blood alcohol level. That's legally drunk.. <http://www.fastcodesign.com/3033637/infographic-of-the-day/your-brain-on-6-hours-of-sleep-a-night>



### Brain Myths

#### **Myth: You only use 10 percent of your brain.**

If we now only use 10 percent of our brains, imagine the limitless possibilities for the human race. Shelton, who teaches a class on brain myths and fold psychology, says this myth's origins are all over the map. What's not surprising, though, is why it's still around. "We see it as unleashed potential," she said. "The idea that we don't use all of our brain fits well with the idea that we could be better and do more, and that's encouraging."

She added that psychologists do believe that you can make your brain more efficient and improve different cognitive skills, but it's simply untrue that a huge portion of your brain is sitting there in the off position. "Any part of your brain that isn't used will wither and die," she said.

#### **Myth: You are either right- or left-brained dominant.**

This idea is responsible for dividing the entire human race into either creative (right-brained) or logical (left-brained) people. The myth is rooted in proven science (that certain areas and sides of our brains control specific functions) that was hijacked by pop-psychology and twisted into the notion that our personalities are determined by how much we use one side or the other.

"In reality, we are all whole-brain users." said Shelton. "But this myth helps people define their differences, similar to calling someone male or female. So if you define yourself as right-brained, it immediately connects you with a set of predetermined qualities."

The brain is indeed divided into two parts, each responsible for various tasks and processes. For example, the left hemisphere is responsible for language production in most of us and handles counting and memory recall. The right hemisphere deals with spatial reasoning and estimation. However, to manage the both mundane and more complex tasks of daily life, a mountain of research and thousands of brain scans have proven that we use both sides of our brain equally.

#### **Myth: Your IQ is a fixed number.**

Your IQ (intelligence quotient) is a score designed to quantify how smart you are. What makes a person smart is casually debatable, but scientists have worked long and hard to develop an objective test that measures intelligence. People still believe that our individual IQs are fixed at birth and don't change throughout our lives – that our smarts are genetically predisposed. While scientists do believe that genetics (as well as environmental factors) help determine our IQ, they also now know that the number can be changed.

"There is a lot of cognitive training that can be done to improve things that are used to test IQ, such as critical thinking skills and the ability to process logic," Shelton said. "So if we know we can make someone better at those skills, then that would suggest that IQ should be at least somewhat malleable."

Ryan Wallace - <https://www.yahoo.com/health/5-brain-myths-that-wont-go-away-92839871807.html>