

Homework & Study Routine Checklist

Build a simple, repeatable routine that makes homework calmer and more effective.

SET UP THE SPACE

- ☐ A consistent, quiet spot
- ☐ Supplies within reach
- ☐ Phone away or on Do Not Disturb
- ☐ Good light and a clear surface

WHILE YOU WORK

- ☐ Work in focused blocks with breaks
- ☐ Quiz yourself instead of re-reading
- ☐ Note questions to ask tomorrow
- ☐ Check work before calling it done

BEFORE YOU START

- ☐ Check your planner for what's due
- ☐ List tasks, hardest first
- ☐ Break big tasks into small steps
- ☐ Set a realistic time goal

WIND DOWN

- ☐ Pack the bag for tomorrow
- ☐ Update the planner
- ☐ Protect a consistent bedtime
- ☐ Celebrate finishing