

Homework Contracts

Description

Homework contracts increase a child's homework completion by utilizing goal-setting, the support of a "homework coach" (parent, teacher, etc.) and rewards as motivational factors. A homework planner sheet is used as a tool to keep up with daily homework assignments, goals, completion times, and finished tasks. This intervention aims to make homework more manageable for the child.

Materials

- Homework planner sheet (see attached)
- Rewards

Preparation

- A "homework coach" should be established (teacher, parent, etc.)
- Appropriate rewards should be decided upon for daily and weekly successes.
- The paired homework contract should be explained to the child.

Implementation Steps

1. Negotiate the homework contract with the child.
 - Set up rewards system (for example: must complete 90% of homework to receive daily homework reward; must earn daily reward 4 times a week to get weekly reward).
 - This can be a verbal or written contract.
2. Review that homework planner with the child daily.
 - Make sure planner is filled out.
 - Decide time needed for each homework task.
 - Help with homework as needed.
3. Child spends time on homework.
4. Once homework is finished, a brief follow-up is conducted to review accomplished work and fill out the homework planner sheet for completed tasks.
5. Steps 1-4 should be repeated throughout the week.
6. Successful efforts should be rewarded.

Reference

Miller, D.L. & Kelly, M.L. (1994). The Use of Goal Setting and Contingency Contracting for Improving Children's Homework Performance. *Journal of Applied Behavior Analysis*, 27, 73-84.

Wright, J. (2008). Homework Contracts: Tapping the Power of Parents. Retrieved online November 19, 2008 from:
<http://www.jimwrightonline.com/pdfdocs/hwkcontract.pdf>