For students with homework completion concerns, this homework planning tool will increase a student's awareness of the time required to complete homework assignments.

An adult (teacher or parent) prompts the student to estimate how much time the assignment will take. Then, the student times himself or herself to see how close their estimate was - and if they have over-estimated or under-estimated the time needed. Together, the student and adult review the form together to develop better ways to estimate time required to accomplish new tasks. For example, how much help will you need? When can you get that help? How many parts are there to the task? What materials are required? Etc.

Many students with ADHD and other executive function disorders become discouraged when they believe a task will take longer than it does. They won't initiate because they don't see any possibility for success. For other students who under-estimate the time needed, they procrastinate. Without enough time to finish and review or edit, the assignment is incomplete or of poor quality because they thought they had enough time when in reality they didn't.

Homework Planning Form:

Subject	Do I have all the materials?	Do I need help?	How long will it take?	Start time	Stop time	How long did it take?