

## **Why I strongly believe in more homework**

Homework is an essential part of practicing and improving skills. The type of homework that I strongly believe in not only includes academics but also extra-curricular activities and life skills that one learns throughout their waking hours. I advocate for more homework that fits this definition.

As human beings we improve with practice. Homework gives us a structured way to improve your skills. As we do homework, we need to refer to a wide variety of resources which include books, news articles, internet and working together with other students and seeking support from teachers, coaches and parents. Doing so we exercise our mind and body which helps build new neural connections and improve our interpersonal skills and make social connections.

Research by the Australian Council for Educational Research (ACER) found that homework can positively impact student achievements. According to a report by The Australian Department of Education, students who engage with homework regularly learn valuable time management skills. Many high school students who are involved in extracurricular activities such as sport or community projects helps them discipline and a strong sense of responsibility.

Some argue that homework takes time away from other activities such as sports and recreational activities robbing children of their life enjoyment. I argue that homework can be embedded in our day to day activities as good habits such that one continues to improve without missing out on enjoying life.

Homework that is targeted and personalized according to the learning needs of each individual students can help them thrive both academically, physically and socially whilst strengthening family bonds. By focusing on quality and balance, we can ensure that homework remains an important and beneficial part of a student's education.