

Why elementary students should have less homework

Many teachers think “Practice makes perfect”. Yes, practice does create perfection, but not overnight. Teachers sometimes find themselves behind the school’s curriculum, and feel the need to give more work to the students in order to maintain the proper pace to get the work done. This creates a vicious cycle for students. The students stay up late to do work. The next day they begrudge waking up. The students don’t pay attention during class; they do not do well on tests. Then next night it takes the student more time to finish the homework, and so on and so forth.

Stress, as we know, is hard to avoid. But if teachers consider limiting the amount of homework it can reduce the amount of stress on a student. This can considerably increase the academic progress in a student, and increase test scores.

Tests show, that lack of sleep indeed decreases the attention span of students in school. This once again creates a vicious cycle. Tests also prove that sleep deficiency can significantly lower grades. Homework as I have mentioned can create sleep deficiency.

One key reason to decrease the amount of homework allotted by teachers is reading time. Schools which try to encourage reading, often do not recognize that several students do not have time for reading and have to spend the night doing homework.

Recently, I haven't had time to read, rather I spent the night completing homework assignments. I usually would have stayed up very late just to read a book. Reading as all of us know is a focal ingredient to a thriving student.

All in all, I think my point is clear. I understand that students in fact *can* complete all off the allotted homework with enough sleep, but students, especially young ones require a break. If a student proceeds to school in the morning, returns home and completes his homework, progresses to bed, awakes the next morning and gets ready for another day of school, this can become a bit tiresome. I am also aware that students receive a weekend off, but the four days a week with full school time is a bit much. Reading time, stress, and sleep are the main reasons why *I* think students should receive less homework.

