

谈论作业

1. 在开始对话前
检查个人情绪状态。



在与孩子交流前请深呼吸，重新保持耐心。



根据家庭情况寻找合适的时间交流。
(在我们把烦躁或怒气发泄在孩子身上时，通常孩子会拒绝交流。)



2. 查看哪些没有完成，哪些已经完成。



告诉学生哪些作业做得不错。



如果有作业没有完成，再次说明你的要求。



3. 询问、倾听。如果您的孩子有多项作业没有完成，请平静地询问到底出了什么事？随后真正耐心倾听他们的回答。



- 你是不是掌握完成作业需要的所有信息？
- 你是否知道如何做作业？
- 你的老师接受迟交作业吗？



4. 确认他们的感受，鼓励他们为自己发言。



- “我理解学习有难度。” “我听说你觉得写文章太难。”
- 鼓励他们寻求老师帮助。“你有没有联系老师寻求帮助？”
- 如果你的学生更年长，鼓励他们在放学后找老师或与老师预约时间。



5. 让孩子努力达到你的期望。与孩子协商在合理的时间内完成任务，并与孩子核实保证他们已经完成。

TALKING ABOUT ASSIGNMENTS

1. Check your own emotions before having the conversation.



Take some deep breaths to reset your patience before approaching your child.



Find the right time that works for your family.
(When we project our own frustrations or anger on our children, they can often shut down.)



2. Look to see what is missing and what has been completed.



Tell your student what they are doing well.



If there are missing assignments, restate your expectation.



3. Ask and listen. If your child has multiple assignments missing, ask them calmly what's happening? And then truly listen to their answers.



- Do you have all of the information you need to complete the assignment?
- Do you know how to do the assignment?
- Will your teacher accept late assignments?



4. Affirm their feelings and encourage them to advocate for themselves.

“I understand that school can be challenging.” “I hear you that writing a paper can feel overwhelming.”



Encourage them to ask their teacher for help. “Have you contacted your teacher for help?”

If your student is older, encourage them to go see their teacher after school or ask to make an appointment.



5. Hold them accountable for your expectations. Agree on a reasonable amount of time to get this done, and check back in with them to ensure they've completed it.

对话建议



对话建议

- 在 **Teams** 或 **Infinite Campus** 中检查作业和成绩。询问孩子事情进展，仔细倾听孩子的回答。对孩子表现好的地方提出表扬，如果有任何没做完的作业需要说出你的期望。
- 比如：“你那次考试考得不错。你需要把没写完的作业写完。只有完成之后才能看电视、玩游戏或做其他事。”“如果你的孩子没有完成多项作业，请平静地询问到底出了什么问题？”
 - 你是不是掌握完成作业需要的所有信息？
 - 你是否知道如何做作业？
 - 你的老师接受迟交作业吗？
- 共同协商，要求孩子在合理时间内完成工作并跟踪进展情况。
- 务必确认孩子的感受，鼓励孩子说出自己的想法。
- 如果孩子遇到作业困难，鼓励他们寻求老师的帮助。
 - 如果孩子遇到作业困难，鼓励他们寻求老师的帮助。

保持规划安排、按照计划推进

在指导孩子进行时间管理时可以向他们提出下列问题：

- 每项作业需要花多少时间完成？
- 你有没有即将到期需要完成的大项目？如果有，是不是可以把大项目划分为更小的活动安排，这样就不必努力一次做完整件事？
- 你可以怎么样在整周内分配作业安排，避免到最后一刻才开始赶工？

检查反馈/讨论进展

与孩子讨论目前所学内容同样重要。与孩子交流并学会倾听。您可以向他们提出下列问题：

- 你最喜欢哪门课（数学、写作、科学、社会学科）？
- 你认为为什么你喜欢这么课？
- 你认为哪门课最具有挑战性或难度？
- 你有没有看老师在 **Teams** 中给你的反馈？你有没有理解老师告诉你的事情？
- 你可以在以后如何使用这些信息提高自己的作业？

对于年纪更大的学生，你有没有请老师提供更多帮助？

- 你的老师怎么说？你知道如何与老师联系吗？
- 你知道要向他们提出什么问题吗？

如果你的孩子回答是否定的，你可以考虑他们准备向老师提出哪些问题，随后在一两天后再次确认保证他们有联系老师并交流谈话。

学生的想法

- 在查看个人学生端后，你这周有哪些需要完成的？
- 你计划如何完成这些作业？
- 作为你的父母，你需要我提供什么样的帮助来保证你按时完成？

如果你的孩子回答是不清楚如何完成作业，请问他们——你有没有尝试询问要好的同学、请教老师、再读一遍作业要求以及查看任何课堂笔记。

* 年纪稍小的学生可能需要父母的直接帮助，而年纪稍长的可以自己完成，父母监督保证他们完成就行。

CONVERSATION TIPS

Monitoring Assignments

- **Check in on assignments and grades in Teams or Infinite Campus. Ask your child how things are going and listen carefully to your child's answers.**
- **Praise what they are doing well and express your expectations if there are missing assignments. For example: "You did great on that test. You do need to get those missing assignments in. This comes before TV, video games or other activities." If your child is missing many assignments, ask calmly what is happening?**
 - **Do you have all of the information you need to complete the assignment?**
 - **Do you know how to do the assignment?**
 - **Will your teacher accept late assignments?**
- **Agree on a reasonable amount of time together to complete the work and follow up.**
- **It's important to affirm your child's feelings and encourage them to advocate for themselves.**
- **If your child is having difficulties doing the work, encourage them to ask for help from their teacher.**
 - **"Have you contacted your teacher for help?" "Maybe you could set up a time with Mr./Ms... after school."**

Staying Organized and On Track

Some good questions to ask your child when coaching them through time management:

- **How long will each of your assignments take you?**
- **Do you have any large projects due soon that you need to be working on? If so, can you break that large project up into smaller chunks of activities so that you aren't trying to do the whole thing at once?**
- **How can you spread out your assignments over the week so that everything doesn't come due at the last minute?**

Reviewing Feedback/ Discussing Progress

It's also important to have a discussion with your child about what they are learning. Start with a conversation and with **listening to your child. Some questions you might ask them are:**

- **Which subjects (math, writing, science, social studies) do you enjoy the most?**
- **Why do you think you enjoy that subject?**
- **Which subjects do you find the most challenging or difficult?**
- **Are you looking at the feedback that your teacher is providing you in Teams? Do you understand what your teacher is telling you?**
- **How can you use that information to improve on your assignments in the future?**
- **For older students, have you asked your teacher for extra help? What did your teacher(s) say? Do you know how to contact your teacher(s)?**
- **Do you know what questions to ask them?**

If your child says no, you might consider brainstorming what they are going to ask their teacher and then checking in a day or two later to ensure that they did contact their teacher and have the conversation.

Students Advocating for Themselves

- **After looking at your student portal, what do you need to get done this week?**
- **What's your plan to get those assignments done?**
- **What help do you need from me, as your parent, to keep you on track?**

If your student answers that they didn't know how to complete the assignment, ask them – **Have you tried asking a friend in the class, ask your teacher, reread the description of the assignment and look at any notes you wrote in class.**

***Younger children may need help directly from their parents while older children can do this themselves with their parents monitoring to ensure they are doing this.**