

# Too much homework

[Profession](#), [Teacher](#)



Too Much Homework Throughout the United States, students are spending a lot of time on homework. According to many people, it's too much. With the modern impressiveness on high testing, teachers are striving to do more with less, which can result in an overflow of schoolwork outside of school. Several experts say there is no evidence to suggest that homework is helpful to student's achievement's, and too much of it can overwhelm students and cause them to back out of trying. Others claim that homework is needed and helpful, arranged so students can practice the apprehension taught in class, shape good study habits, and reflect on their personal learning. As an 11th grade junior at Woodgrove High School, who is in advanced classes, I think that homework is the cause of my diminishing grades. Please don't think that I'm like any other person in high school that abhors homework, if so, I have several reasons that might just change your mind. I have huge amount of assignments every week and most of them are homework. As a result, I'm flooded with homework on a daily basis, causing me to stay up until 11 o'clock at night and sometimes later and if I were to go to bed at a proper time, my homework wouldn't be finished. Certainly, this is a health threat as a maturing teenager. It could stunt my growth, resulting in fatigue and stress because everyone knows that no good sleep leads to no good grades. Stress is unhealthy for teens and studies show that one in three 11-16 year olds report upset, depressed, angry or stressed in the U. S. because of homework. More homework means more stress. Stress can cause many things including: loss of sleep, declining grades, fatigue, unhealthy eating habits, and many more other factors. Teenagers should not have to face depression at a young age. Teachers have students covering material at home by themselves that

they do not learn during school time. Teacher's reasons for this are that there aren't enough hours in the day to cover more details on a certain subject. But being taught how to do something on a piece of paper isn't the same as being taught by an actual person. Teacher's can teach things a different way if someone doesn't know how to do something or they can respond to questions about the subject for better learning. Many of student's out there just take the easy way out and stop trying the homework given at my school. They say " no" to homework and it's lowering their grades. I don't blame them though, because I sometimes ask myself, " Why don't I just quit? " I could actually have a life, instead of doing homework all day. I could participate in cross-country and track without having to worry about three essays I have to do in one night for homework. I could do fun things instead of homework. I get home at seven o'clock everyday after my sports, take a shower, then eat dinner by eight, then start my homework. As a result, my grades slipping due to not finishing homework. The amount of homework that teachers give often is useless and absurd. Homework causes depression, stress, and slips grades and students have very little time to do sports or hang out with friends.