

Less of a good thing

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After CNN asked a parent how they felt about homework, Eric Entriken replied, “ We just need to figure out what the right dosage is. Currently, it is much too high.

” Students go to school for eight hours each weekday and are learning the majority of the time. Some may go home after school and do things non-school related, but a lot of students go home and are working on homework all night. Homework reinforces what is learned during class time but sometimes an excessive amount is given. The extreme workload given to students has many negative effects. Because homework can negatively affect physical and mental health and not leave enough time for after-school activities, students should be given less homework.

Students should have less homework because large amounts of it can lead to health problems. A study by Stanford University recorded that fifty-six percent of students believe homework is a primary source of stress. This increased stress can lead to other problems such as anxiety, depression, heart disease, high blood pressure, and more. In addition, too much homework can also lead to sleep deprivation, which has many negative health effects. Not getting enough sleep can affect a students performance in class the next day and affect memory retention.

If students received less homework, they would be happier and healthier. Furthermore, there should also be less homework so students will have enough time for after-school activities. Kids need to be involved in extracurricular activities such as sports, dance, singing, and other clubs. They also have a social life and it is good for them to hang out with friends

and spend time with family. Kids need time to relax and get away from the stress that school brings.

Secondly, there may also not be enough time for very important and necessary activities such as eating, showering, and exercising. These important tasks tend to be rushed and sometimes skipped over so homework can be completed. If students received less homework, there would be enough time for important out of school activities. However, critics may have a different opinion on the amount of homework students should have. They may think that the excessive amount of homework is assigned because it is all necessary for learning.

Homework reiterates what is learned in class and furthers one's learning and knowledge about the subject. Although the fact that homework reiterates what is learned in class and further one's knowledge of a subject is true, the amount of homework can still be kept in moderation. Unnecessary homework, or busy-work, is given all the time, so there can be less homework and still have the homework given aid learning. The opposing argument is taken into consideration, but there should still be less homework and still have it serve its purpose. Large amounts of homework lead to health problems and not enough time for after-school activities. Excessive homework leads to increased amount of stress and puts students at risk for physical and mental health problems.

Many students may be up all night doing homework, leading to sleep loss, which can lead to more health problems, decrease performance in class, and hinder development and improvement. Large amounts of homework may

also stop students from being socially active and participating in extracurriculars. Kids are not able to spend much quality time with their families, which is needed for their relationship. Just as Eric Entriken stated, the current amount of homework is too much, so we must find out what a good amount is. Works Cited " How Stress Affects Your Body and Behavior." Mayo Clinic, Mayo Foundation for Medical Education and Research, 28 Apr. 2016. " Infographic: How Does Homework Actually Affect Students?" Oxford Learning, Oxford Learning Centres, Inc., 16 June 2017. Wallace, Kelly. " Homework Debate: Too Much, Too Little or Busy Work?" CNN, Cable News Network, 6 Sept. 2013.