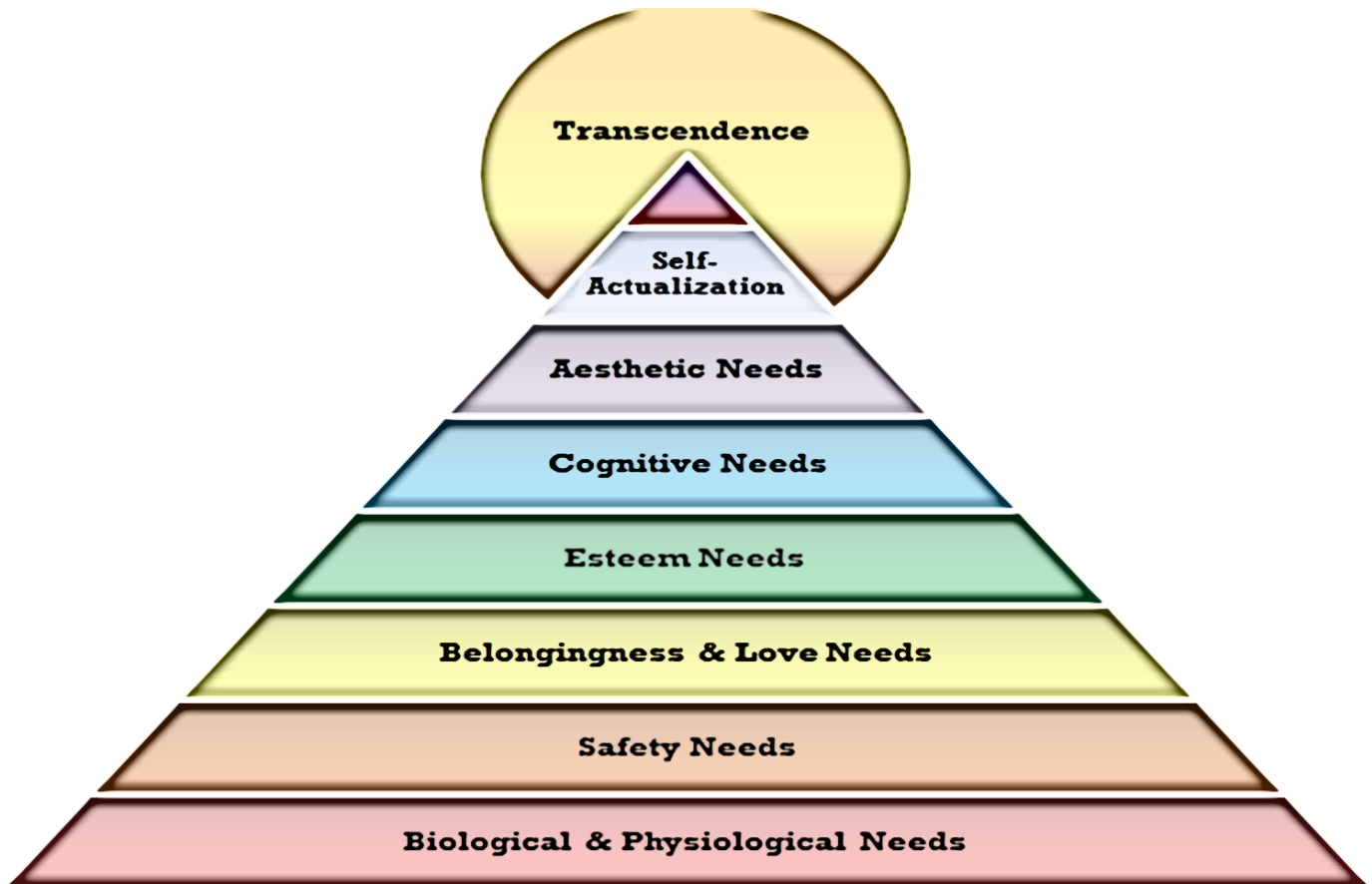


Maslow's Theory of Basic Human Needs



- **Transcendence:** helping others to achieve self-actualization
- **Self-actualization:** spontaneity, morality, language, hobbies, and creative pursuits
- **Aesthetic Needs:** beauty, symmetry, balance, form, etc.
- **Cognitive Needs:** knowledge and understanding, exploration, self-awareness
- **Esteem Needs:** encouragement, protection from bullying and discrimination, respect from parents/teachers/peers, positive discipline, learning life skills
- **Social Needs:** unconditional love, loving interaction with caregivers, room to explore and play, interaction with peers
- **Safety and Security:** adult caregivers to protect from danger, trust, basic level of needs, access to health care, free from abuse or neglect
- **Physiological:** healthy eating, rest, shelter, affection, etc.

Maslow, A. (n.d.). *A Theory of Human Motivation*. Retrieved August 5, 2013, from Classics in the History of Psychology: <http://psychclassics.yorku.ca/Maslow/motivation.htm>

Help Your Student Get the Most Out of Homework

Many students try to avoid it, but teaching and learning research indicates that children who spend more time on regularly assigned, meaningful homework, on average, do better in school, and that the academic benefits of homework increase as children move into the upper grades.

Parents and families play an important role in the process. Together, families and teachers can help children develop good study habits and attitudes to become lifelong learners.

Why do teachers give homework?

Teachers use homework:

- to help students understand and review the work that has been covered in class
- to see whether students understand the lesson
- to help students learn how to find and use more information on a subject.

Homework is also the link between school and home that shows what children are studying.

Research shows that when homework is turned in to the teacher, graded, and discussed with students, it can improve students' grades and understanding of their schoolwork.

How much time should my children spend each night on homework?

Most educators agree that:

- for children in grades K-2, homework is more effective when it does not exceed 10-20 minutes each school day
- older children, in grades 3-6, can handle 30-60 minutes a day
- in junior and senior high school, the amount of homework will vary by subject. Most older students will also have homework projects, such as research papers and oral reports, that may have deadlines weeks away. They may need help organizing assignments and planning work times to make sure homework is ready to turn in on time.

Your children's teachers can tell you how much time they expect students to spend on homework. Place most concern on whether the homework is meaningful and whether over a period homework is assigned in all of the student's subjects.

Ask your principal if your school or school district has a homework policy. If it does, make sure that you and your children know and understand that policy.

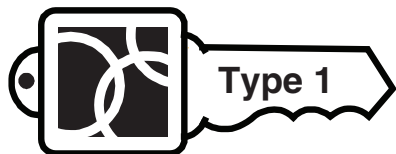
How can I help with homework?

There are several ways in which you can help:

- Send your children to school each day, well-rested, fed and with a positive outlook.
- Take an active interest in your children's schooling. Ask specific questions about what happens at school each day and how your children feel about it.
- Try not to let any of your own negative experiences keep you from supporting and encouraging your children's learning. Let them know how much you care about education by continuing your own learning both informally and formally, to impress its importance upon them.

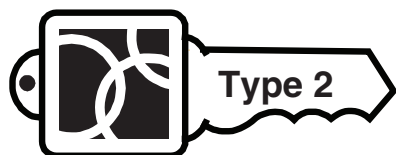
THE KEYS TO SUCCESSFUL SCHOOL, FAMILY, AND COMMUNITY PARTNERSHIPS

Epstein's Six Types of Involvement



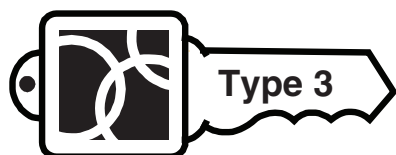
Parenting:

Assist families in understanding child and adolescent development and in setting home conditions that support children as students at each grade level. Assist schools in understanding families.



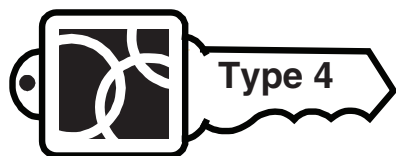
Communicating:

Communicate with families about school programs and student progress through effective school-to-home and home-to-school communications.



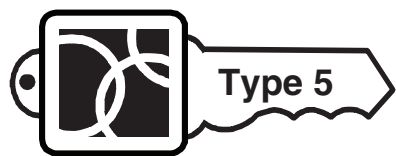
Volunteering:

Improve recruitment, training, and schedules to involve families as volunteers and audiences at the school and in other locations to support students and school programs.



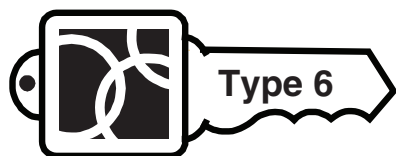
Learning at Home:

Involve families with their children in learning at home, including homework, other curriculum-related activities, and individual course and program decisions.



Decision Making:

Include families as participants in school decisions, governance, and advocacy through the PTA/PTO, school councils, committees, action teams, and other parent organizations.



Collaborating With the Community:

Coordinate community resources and services for students, families, and the school with businesses, agencies, and other groups, and provide services to the community.