

Supporting students with an ASD with homework

Students with an Autistic Spectrum Disorder will often have difficulty starting and completing homework. This is frequently a major source of anxiety and stress.

Possible reasons for difficulties:

- Students with an ASD often want a clear division between home and school, the stress of surviving the school day means that they are very reluctant to give up their precious time at home to completing homework
- After a long day at school they may find it difficult to concentrate on more work
- The homework is not clear (because the student hasn't written it down correctly, has forgotten to bring the correct materials home, is of inappropriate level or complexity or can be taken too literally)
- They may have difficulty planning, organising and prioritising, spend too long or too little time on the homework
- There may be too many distractions at home

Support strategies

- Establish a homework routine, think about reducing the amount of work expected initially.
- Have a 'distraction-free' space for completing homework – try to arrange it so that they cannot see anything they would rather be doing.
- Ensure the child has all the equipment they need in order to complete the task.
- Break the homework into small manageable steps/chunks, allowing regular breaks if this helps to improve their concentration.
- Work out when is the best time in the day/week to do homework.

After School Schedule	
4:00 - 4:30	Unpack backpack, hang up coat, eat a snack
4:30 - 5:00	Homework
5:00 - 5:30	Play outside, watch tv, use electronics
5:30 - 6:00	Game time
6:00 - 7:00	Dinner time
7:00 - 7:30	Jammies, brush teeth, go to the bathroom
7:30	Story and bedtime
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Arya's Homework Checklist					
What I HAVE TO DO	Minutes I CAN EARN	Did I Earn Points?			
		Mon	Tue	Thurs	Fri/Sat
Logged into on-line learning system (IBIS) before 5:30pm	10 min	✓	✓		
Do my first 10 min homework	10 min	✓	✓		
Close books and complete my work	10 min	✓	✓		
Put my equipment away in my bag	10 min	✓	✓		

• If needed, I can take a 5 minute break between assignments.
 • Home time given and the remainder of day 1 lost my minutes of lesson time for 10th to 10th.
 • My earned time starts 7pm. If it is not done off this date by 7:30, I will lose 10 minutes the following day.
 Signed by Arya and Jodie

CLASS	HOMEWORK	FINISHED
Reading	chapter 3 answer questions 1-5	✓
Writing	Research rough draft of week report	✓
Maths	1) Fraction worksheet 2) 10 minute flashcards	
Science	study chapter 12 for SpA	
History	Research "Industrial revolution" and give 5 examples	
Religious	Type worksheet	

- Use visual supports i.e. put homework on a visual timetable so the student is prepared and can see it coming.



- Use a timer to help plan and organise time .

- Make sure the homework is suitable – let the teacher know if the homework is too hard or open-ended.

- Using rewards/motivators i.e. use a now and next system to show that when they have completed their homework they can have something they really like (e.g. DVD), or, for an older or more able child, create a reward chart to enable the child to work towards a reward over a longer period.



- Use the computer whenever possible, especially if handwriting is tricky.

- Sometimes doing the homework ‘together’ can help it to get done.



- Use a Social Story™ to help explain to the student why students are expected to complete homework and include strategies for them to help themselves get homework completed.

- Homework clubs at school (if available).



If completing homework causes high stress levels and difficulties at home, it may be appropriate for a child not to be given homework, or to have a substantially reduced amount for a period of time. You can work towards reintroducing homework gradually when anxiety levels have fallen.