The amount of homework that is giving to students should be limited because it can overwhelming them, it can cause stress, and it can cause anxiety and depression.

Homework is overwhelming because students have too much of it. Lawrence Lee quoted, "anyway you look at it, homework is a fraught topic. In education policy circles, some argue it is an unnecessary, ineffective intrusion that penalizes who have no internet at home or an adult to help, but others say it helps children learn and provides a bulwark against too much television. While homework overwhelm certainly exists, an in-depth study by the Brookings Institution’s Brown Center on Education Policy found it affects only 10 to 20 percent of families.” When I hear the word homework I get stressed out.

Teens need at least 9 and a half hours of sleep but when we get homework it cuts into our sleep hours which can exhaust the human brain and then when students sleep in class the next day students do not learn anything because of the amount of homework we had to do last night. Sarah Boesveld once said and quoted “this kid I met after school in the summer time [told me], if I had to do homework or daily stuff, I would have failed,” Mr. Martin said. If kids had to do a summer project and it was due on the first day of the next school year, I think kids would fail it because summer is a time to relax and take a break from school, not to do homework and stress over it. Valerie Strauss once said, “Our findings on the effects of homework challenge the
traditional assumption that homework is "inherently good" (Gill & Schlossman, 2001, p. 27), and instead suggest that researchers, practitioners, students, and parents unpack why the default practice of assigning heavy homework loads exists, in the face of evidence of its negative effects."

The graph above shows you the percentages of the homework that gets done in those two subjects in different countries. As you can see in the United States mathematics homework gets turned in more than English homework because math might be easier to some students, it is the same for Germany and Japan. Students in the United States likes math more than Germany and Japan students, it is the same for English as well. As Susan Schwartz quoted, "I think homework
gives kids an opportunity to practice what they have learned in school," he said. "And it is also a good thing because it is an opportunity for parents to see what the kids are working on." Kids would be alright without homework but at the same time they would not because if they did not have homework they would not be overwhelmed and the students would not get all of the practice on the lesson that they learned.

Myself I get frustrated and overwhelmed. As Lisa Suhay said "The topic of homework has received a lot of attention lately, and the negative effects of homework have been well established," Principal Jane Hsu wrote in a letter sent home to parents last month, according to the website DNAInfo. "They include: children's frustration and exhaustion, lack of time for other activities and family time and, sadly, for many, loss of interest in learning." Stress can be caused by homework because when students get a lot of homework from each of their classes, however many they have it will take them more time than they thought it was going to take them and they do not finish it all, then they have to turn in work that is not completed and then their grade will decrease, and finally they have to do all they can to pull their grade back up and it stresses them out because sometimes they cannot and they begin to fail all because of HOMEWORK. "Also, no relationship was found between the time spent on homework and how much the student enjoyed it. The research quoted students as saying they often do homework they see as "pointless" or "mindless" in order to keep their grades up," Valerie Strauss quoted. They say homework can pull your grades up but some students get frustrated like I said, they do not finish it all and then it can bring your grade back down. It is true that homework hurts high-achieving students, Valerie Strauss quoted, "What is too much homework? According to the study, published in the Journal of Experimental Education, 4,317 students in 10 high-performing
California High Schools--six private and four public--had an average of 3.1 hours of homework a night. (I know high school kids who do close to twice that amount.)" Does homework do any good? To me 10% of the time it works but that 90% percent of the time it does not and it all depends on how the teachers teaches the lesson, if the teacher doesn’t then the homework would not make any sense at all. Lisa Suhay quoted, "Telling kids how much and how long they have to read is an excellent strategy for making kids hate reading," Kohn says. "Good teachers, their goal is not mindless compliance but rather tapping into the excitement and inherent interest a student has in reading." Another way that homework can cause stress is when students do their homework at the last minute so students rush through it.

When students are told that they have a certain time to read and then answer a certain amount of questions they will rush through it and then will not be able to answer all the questions. If kids do not get their chores done and get enough sleep then it will not only affect them from their family problems it will also affect them from school time and homework time and it will cause them to stress more. Sarah Caspari insists that, "Kids are not going to give up their extracurriculars, but then they are stuck with all this homework, so the things that get left out are actually really important things like chores, family time, and sleep," she said. Sleep is the most important like i said earlier in the page it helps the brain function more correctly so kids will not be tired in class and fall asleep then they will not be able to know what they learn and they will get at zero on the homework because they did not do it.

Jessica Bock stated, “Swept away are points for finished homework assignments, or good behavior and class participation. Instead, grades are more heavily based on exam results and the quality of work.” If we do not finish problems that are hard we get points deducted and
get bad grades. You just cannot have them learn about how to do simple problems and then for homework you did not go over any of those problems that is why we do not do it. Sarah Boesveld said, “Earlier this week, College de Saint-Ambroise in Saguenay, Que., launched a yearlong pilot project banning homework for students in Grades 1 to 6. Like in Mr. Martin's class, the way students spend time at school will be restructured to make sure children do not fall behind, school board spokesperson Marie-Eve Desrosiers told The Canadian Press.” Homework can cause anxiety when students are doing homework they start to get to difficult problems that they cannot solve by themselves, they have no adult to help them with it so they start to do it by themselves. Once they begin the homework problem they start to find out that none of the answer choices match he/she answer choices, they begin to panic and stop doing the homework. Lawrence Lee said, “So when Mr. Boyd was helping his 10-year-old son with arithmetic one night recently, he needed help and called the Homework Hotline, a Nashville program that provides free tutoring for students and parents. He was one of about 12,000 such calls the hotline has fielded this school year alone. It is a reminder of how demanding the workload can become for kids and raises an enduring question: Is too much late-night calculus and chemistry overloading young people today?”

Even parents can start to panic when they are helping their kids with their homework because it could be a problem that they do not know and tell their kids to skip it and never go back to it. Lisa Suhay quoted, "Requiring teachers to give a certain number of minutes of homework every day, or to make assignments on the same schedule every week (for example, x minutes of math on Tuesdays and Thursdays) is a frank admission that homework is not justified by a given lesson, much less is it a response to what specific kids need at a specific
time." Do kids have too much homework? My opinion is that I think we do because students cannot get their other homework for their other classes done because one teacher gave them too much homework. I think we should only have one homework sheet per class per week, we should not have homework per day. if they do not banned or give it a limit then they should at least make homework at participation grade not a right or wrong grade. No more homework can cause less depression because most if the depression comes from homework grades and those homework grades can affect your grade in the class. Sarah Boesveld quoted, "It is up to school boards or even schools to enact homework policies. The Toronto District School Board, for example, says kindergarten students shouldn't be assigned homework, and reading, games, having discussions and interactive activities should be the only thing students." She also said, "A running vote on the website Debate.org asks the question "Should schools abolish homework?" is currently running at 56-percent in favor to 44-percent against the abolition."

Valerie Strauss said, "This will not come as any surprise to many teenagers but here goes: A new study finds that a heavy homework load negatively impacts the lives of high school students in upper middle-class communities, resulting in excess stress, physical problems and little or no time for leisure." If homework can cause depression and depression leads to death then that means that homework can be the reason that death happens, because if you are depressed there has to be a reason that you are depressed and if that reason is school and homework then that is another reason why death is caused. Those who are honor students can be depressed by homework because it is too much and they have to do more than they are suppose to because they are honor students, it is more hard on them than it is on a standard student.
Works Cited


http://nces.ed.gov/nceskids/createagraph/