

# Homework is too Overwhelming for High School Students

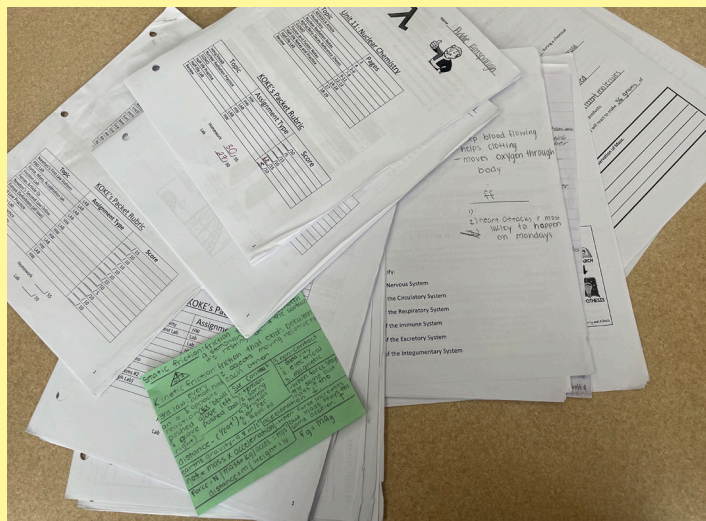
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Are you constantly being overwhelmed every night with the piles of homework you are getting after your seven hour school day? If your answer is yes, you're not the only one feeling this way. Helpful Professor.com says, "Furthermore, 25% of parents spend more than 7 hours per week on their child's homework". Students and parents are both being affected by this overload of work given to kids. Homework is not useful and is harming the mental health of students worldwide. Homework should be minimized for students and athletes at school.

To start with, homework is damaging to students' mental health for many reasons. Westlionsroar.com says, "Students aren't learning anything if they have hours of "busy work" every night, so much so that it gives them symptoms of stress, such as headaches, weight loss, sleep deprivation, and so on". Studies have shown that mental and physical health are connected so if one's mental health is declining then so will their physical health. So if students are constantly stressed that means their physical health like sleep or weight can also become at risk. This same article also says, "Teens across the country come home from school, exhausted from a long day, only to do more schoolwork". School is already draining for students but added another 2 or so hours of work after school is mentally exhausting to kids.

What is the average amount of time a night students spend on work outside of school? Westlionsroar.com states, "They receive anywhere from 1 to 4 or more hours of homework every day". If a student is working another four hours on work outside of school that is around 11 hours of work a day, that is over half of your day on work. Many students do not get enough physical activity because they are always studying or complete loads of homework in order to keep an acceptable grade.

In conclusion, students' mental and physical health are overall declining with the amount of work being given outside of school from teachers. Few people can tell you that they think homework is beneficial to their success at school. As a result, homework needs to be minimized.



This picture shows my overwhelming amount of homework for only one of my seven classes a day.