

## HOMEWORK AND STUDY GUIDELINES

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### Definition and Purpose

Homework and study are important for helping students understand what they have learned in class. Study gives students a chance to go over their lessons, figure out what they need more help with, and get ready for the next day's classes. Homework lets students spend extra time practicing skills and exploring new ideas, which can really help them do better in school. In short, homework and study are key to doing well in school and beyond.

### Recommended Homework & Study Times (Monday to Friday)

These recommendations are intended to guide students in balancing academic responsibilities with other interests such as sports and leisure activities. In the lead-up to assessments and exams, students may need to allocate additional time to study; at other times, homework and study requirements may be lighter to allow for rest and personal activities.

| Year Level   | Daily Homework & Study | Approx. Weekly Total  |
|--------------|------------------------|---|
| Year 7       | 30 minutes             | 2½ hours  |
| Year 8       | 45 minutes             | 3¾ hours  |
| Year 9       | 1 hour                 | 5 hours   |
| Year 10      | 2 hours                | 7–10 hours (ATAR bound students at higher end)  |
| Year 11 & 12 | 2–3 hours              | ATAR: ≥4 hrs/week per subject;<br>General: complete all tasks according to assessment schedule. |

### Top Tips for Success

1. **Create a routine:** Pick a regular time each day.
2. **Set goals:** Break tasks into smaller steps.
3. **Find a quiet space:** Remove distractions like phones.
4. **Stay organised:** Keep notes and materials tidy.
5. **Take short breaks:** Refresh your mind.
6. **Ask for help:** Teachers and parents are here to support you.
7. **Schedule study free time:** Include fun activities, ideally outdoors and in nature.
8. **Create study blocks:** Ideally 30-45 minutes in length, followed by a 5–10-minute break (device-free).
9. **Use breaks wisely:** Have a healthy snack, enjoy a conversation with someone, spend time with pets or get some fresh air.
10. **Avoid multi-tasking:** Focus on one task at a time for better retention.
11. **Experiment with various study settings:** Some students work best with silence, while others may find background music helpful.
12. **Balance is key:** Excessive study can lead to stress and burnout, especially for high achievers.

## Support for Students and Parents

- Access the Learning Commons (Library) before and after school for study between 7.30am and 3.30pm.
- Attend subject tutorials with specialist teachers (schedule available via [College Tutorials](#)).
- Seek guidance and support from PCG and classroom teachers.
- Use SEQTA and OneNote to access unit content and learning materials.
- Work with College Counsellors to develop Study and Wellbeing Plans, particularly in Years 11 and 12.
- Participate in parent workshops focused on study skills and student support when available.
- Explore SchoolTV on the College website for resources on [Healthy Study Habits](#) and wellbeing.

## Wellbeing Matters

Homework and study should never cause stress or interfere with family time. If it feels overwhelming:

- Take short breaks and maintain healthy routines (sleep, exercise, meals).
- If homework regularly exceeds the recommended time, speak to your teacher or PCG teacher.
- Watch for signs of stress like fatigue or anxiety; support is available through Heads of Year and the College Wellbeing Team.
- Use technology mindfully: avoid distractions and limit unnecessary screen time.
- Effective study is about planning and focus, not exceeding recommended times. Overstudying can harm wellbeing and reduce cognitive benefits.

## Building Strong Study Habits for Success

These guidelines and tips are designed to help students develop effective study habits and achieve academic success. By following these recommendations, students can:

- Strengthen understanding of classroom learning through regular review.
- Improve confidence and independence by managing tasks effectively.
- Prepare for assessments with structured routines and goal setting.
- Balance academic and personal life, ensuring time for sports, hobbies and family.
- Reduce stress by using strategies like breaks, organisation, and asking for help.