



William L. Buchanan, Ph.D., ABPP
Board Certified in Clinical Psychology,
American Board of Professional Psychology (ABPP)

North Point Psychology, LLC
3534 Old Milton Parkway
Alpharetta, GA 30005

(678) 624-0310, ex. 0
fax: (678) 624-0258

www.northpointpsychology.com
doc4add@mindspring.com

HOME STUDY HALL

1. Pick a **designated time** that home study hall is to be completed every day, Sunday through Thursday (or Monday through Friday, whichever works best for the family). **NOTE:** The earlier in the day, the better, provided there is adequate supervision. If the child is later than usual coming home, then the home study hall should start ASAP upon arrival. A *general guideline* is the child should do a *minimum* of ten minutes of academic work at home every school night per grade (i.e., grade X 10 = length of home study hall). Of course, this must be tailored to each child, depending on how far behind the child is academically, the demands of the teachers, the ability of the child, etc.
2. The student must be **sitting at the desk**, with knees under the desk, and the chair pulled up to the desk.
3. The **desk must be clear** of all other items. Only academic material may be on the desk.
4. The desk must be **facing the wall**, free of distractions.
5. There is to be **no music, television, radio, phone calls, etc.** during home study hall.
6. The home study hall is to be **for the entire time period**. For example, if home study hall is for an hour, 60 full minutes must be used *doing something academic*. If the student says, "I have no home work", the student still must do something academic during that 60 minutes and may not leave the desk until the entire 60 minute period is completed. If the child "finishes" his or her homework before the end of the designated time, then the child should read the next chapter, re-read the last chapter, recopy class notes, outline the chapter, study for next week's test, work on the project due in two weeks, etc.
7. There is to be **no interruptions** during the home study hall. Any time wasted will be **paid back at a ratio of 2 to 1**. For example, if the student goes to the bathroom and takes four minutes, the student pays back eight minutes of additional study time.