



“TYPES OF HOMEWORK CHOOSING THE RIGHT APPROACH FOR
OPTIMAL STUDENT OUTCOMES”

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Abstract. *Homework remains a fundamental component of the educational process, yet its effectiveness is highly dependent on the type, purpose, and implementation strategy. This paper explores various types of homework—practice, preparation, extension, integration, and innovative emerging forms—and evaluates their impact on student engagement, comprehension, and long-term academic success. Drawing on recent pedagogical research and classroom-based experiments, the study emphasizes the necessity of aligning homework types with specific learning objectives, student needs, and subject matter to maximize outcomes. In addition, the article proposes new approaches that have been rarely used before - "tik-tok style concept explanation", "emotion mapping homework", "sleep-on-it homework". These creative tasks help to increase student activity. The results of the study show that a personalized approach to homework, rather than a one-size-fits-all approach, is the key to increasing student performance and motivation.*

Key words. *Tik-tok style concept explanation, emotion Mapping Homework, sleep-on-it Homework*

4. 1. Tik-tok style concept explanation

This is an innovative type of homework aimed at increasing the knowledge of modern students by connecting their interest in technology with teaching. What is this method? and what are its benefits? I will answer similar questions. (TikTok-style Concept Explanation) — activating the learning process through reflective and creative homework based on short videos. TikTok-style Concept Explanation — is a student explaining the concept learned in class in a short, concise and creative way through a 1-minute video Scientific Basis. Cognitive Load Theory: short and concise explanations do not overload the brain and are better remembered. Multimodal learning: helps to analyze more through audio, visual and verbal components. Self-teaching: explaining to someone is the most effective learning tool for oneself (learning by teaching).

2. Emotion Mapping Homework

The student analyzes the topic of the lesson through his/her emotions. That is, he/she shows what emotions he/she experienced during the lesson in the form of a map (graph or table) in the form of a time or topic section. The lesson is divided into 3–5 parts





(introduction, explanation, examples, discussion, conclusion). He/she writes or draws what he/she felt at each stage (interest, confusion, pleasure, surprise, boredom). The purpose and benefits of this study: Develops the student's self-awareness. Allows the teacher to analyze the effectiveness of the lesson. Reduces stress and pressure, shows the student's state. Develops the skill of reflection - that is, analyzes how he/she perceived what he/she learned.

3. Sleep-on-it Homework

This form of homework is based on the use of the cognitive effects of sleep on the process of memorization, understanding, and consolidation of knowledge by the student. The student studies the topic, but does not write a classic homework. Instead, he briefly reviews what he has learned before going to bed, then rests.

“Instead of writing today's topic at home, just read it silently for 10–15 minutes and memorize the main ideas. Then go to bed. The next day, there will be a small test or discussion in class.” Cognitive neurobiology shows that during sleep, newly learned information is consolidated in the brain (this process is called “memory consolidation”). If information is mastered before sleep, it is stored longer and remembered faster. This method reduces the burden of excessive writing, but deepens knowledge.

Conclusion

In conclusion, there are many methods to become optimal students, and if each one is diligently implemented and each simple study is organized with modern technologies, it will be effective and more and better results will be achieved.

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