



## **Summer Homework: A Double-Edged Sword for Student Mental Health**

Pragya Ranjan \*

**\*Correspondence to:** Pragya Ranjan, Counselling Psychologists & NLP practitioner, Bengaluru, Karnataka, India.

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In the world of competitive learning, the debate over assigning homework during summer vacation rages on. While proponents argue it reinforces knowledge retention and academic discipline, critics highlight its potential negative impact on student well-being. This article delves into the complexities surrounding summer homework, exploring how it can both support and strain students' mental health.

### **The Positive Side of Summer Assignments**

Moderate and thoughtfully designed summer homework can offer several benefits:

- **Academic Retention** – Regular engagement with educational material helps mitigate the summer slide, ensuring students retain knowledge acquired during the school year.
- **Structured Routine** – Assignments can provide a semblance of structure during the break, aiding students in maintaining a balanced daily routine.
- **Skill Development** – Tasks that encourage critical thinking and creativity can foster independent learning and problem-solving skills.

### **The Negative Impact on Mental Health**

Conversely, excessive or poorly planned summer homework can have detrimental effects:

- **Increased Stress and Anxiety** – a study by Stanford University revealed that 56% of students identified homework as a primary stressor, with excessive assignments leading to physical health problems and a lack of balance in their life. <https://arhsharbinger.com/27706/opinion/excessive-homework-negatively-impacts-mental-health-causes-unnecessary-stress/>
- **Reduced Family and Social Time** – the same study indicated that heavy homework loads limit students' opportunities to engage with family, friends, and extracurricular activities, which are crucial for holistic development. <https://news.stanford.edu/stories/2014/03/too-much-homework-031014?>
- **Potential for Burnout** – continuous academic pressure without adequate breaks can lead to burnout, diminishing students' enthusiasm and motivation for learning.

### **Real – world Example**

In response to growing concerns, Butterfield canyon elementary school in Herriman, Utah, implemented a no-homework policy in 2020. This initiative aimed to alleviate student stress and promote well-being,

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reflecting a broader trend of schools re-evaluating homework practices to better support mental health.

### **Striking the Right Balance**

To maximize benefits and minimize drawbacks, educators and parents should consider the following strategies:

**Quality Over Quantity:** Assign meaningful projects that encourage exploration and personal interest rather than rote worksheets.

**Flexibility:** Provide assignments with flexible deadline, allowing students to manage their time effectively and reduce pressure.

**Holistic development:** encourage activities that promote physical health, creativity, and social interaction alongside academic tasks.

Instead of giving lots of burden to students with lots of homework, if we thoughtfully integrate assignments into students' lives, we can support their academic growth while safeguarding their mental health.



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