

No homework, better results

A Hong Kong study has found that giving students a homework-free long holiday would be a positive thing. The study, released on Wednesday, said this would allow students to do their own learning, helping them become more confident in their learning abilities and life management skills.

The study, conducted by the [Hong Kong Christian Service](#) and [Baptist University](#), looked at how 806 students from four schools who took part in a no-homework programme assessed their confidence in their schoolwork and their ability to manage everyday life before and after the Easter holidays this year.

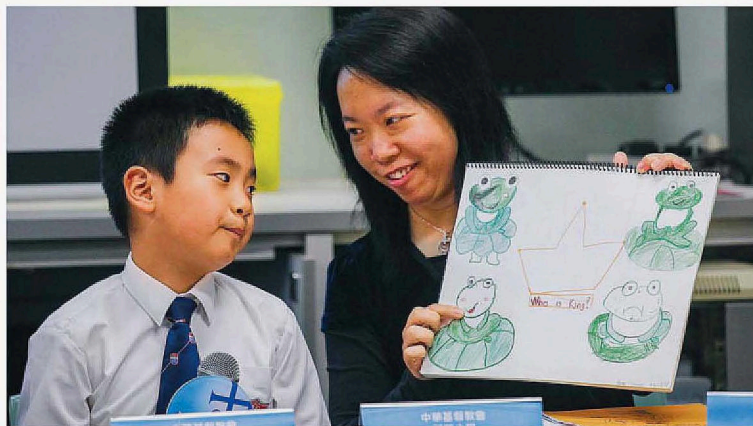
The results were analysed alongside a control group of 619 students who were given homework. A control group in an experiment or

study is one can be used to measure how another group does.

Students who took part in the programme for the first time - 542 of them - gave themselves an average score of 3.46 out of five for their confidence in their schoolwork after the holidays, up from 3.35 before the break. Those in the control group gave themselves an average of 3.34, which was lower than 3.35 before the holidays.

“A rubber band will break if you stretch it too far,” said Wong Kwun-wa, principal of the Hong Kong Sze Yap Commercial and Industrial Association San Wui Commercial Society School. The students said they felt they were learning better after a break where they got to do things other than homework.

Staff writer



Homework-free holidays improve students' learning abilities, a Hong Kong study has found. Photo: Tory HO