

Sample Homework Assignments

I will...

Ask five neighbours by Thursday to play football this Friday after school.

Get three job application forms at the mall on Wednesday and bring them to the next session.

Check on status of all submitted job applications on Wednesday after school (around 4pm).

Say “No, thanks” assertively if asked to smoke with friends this weekend. If that doesn’t work, I will change the subject or leave the situation.

Ask Mum on Wednesday night (using communication skills) to go the mall on Saturday.

Complete and ask Mum to complete at least one column of the Daily reminder to be Nice every day this week or until the next session.

Complete three pages of the Leisure Questionnaire by Sunday at 3pm, and complete the rest of the LQ on Tuesday at 4pm (before appointment).

Go hiking with Dad this Sunday afternoon at 2pm (could get more specific on where).

Talk to the drama teacher after school on Monday about joining the drama club.

Practice the first part of communication skills (understanding statement) at least three times this week when talking with Mum and Dad.

Create a list of 10 fun, healthy, non-using activities on Saturday afternoon and try at least one of those activities by the next session (Tuesday).

Stay away from high-risk situations for one week (be specific on high-risk situations). If triggers arise, I will go for a walk, call a sponsor, or play basketball with non-using friends.

Complete handout on triggers on Tuesday evening at 8pm.

Create a list of five positive reinforcers on Sunday at 4pm and share the list with the counsellor at the next session.

Be on time to school (by 8am) and attend all classes everyday this week.

Go to the library at 4pm two days this week (Tuesday and Thursday) to work on homework, and check out two books to take home.

Complete worksheet on Anger Management on Wednesday afternoon at 5pm.