**MICHAEL JORDAN**

**PUBLIC SPEAKING**

**PERSUASIVE PRESENTATION**

Did you ever notice that the word “studying” is a combination of student and dying? My name is Michael Jordan and I’m going to enlighten you on the topic of homework, or more specifically, the effects of homework on students, including the physical, psychological and social aspects.

What time do all of you go to bed on average? How much of your day is devoted to school? Most college students devote an average of 35 hours per week to school, and are encouraged to increase the number to 45 hours. This extreme level of commitment leads to less sleep for the students, making colleges, “The land of NoDoz and caffeine and stimulants.” Did you know that in a study by McKinley Health Center at the University of Illinois Urbana-Champaign, “Only 11% of students met the criteria for good sleep quality?” The average college student gets around 5-6 hours of sleep a night. Sleep deprivation can weaken your immune system, leaving you vulnerable to illnesses. According to *The Effects of Sleep Deprivation*, an article from sleepdeprivation.com, “Inadequate rest impairs our ability to think, handle stress, maintain a healthy immune system, and moderate our emotions. In fact, sleep is so important to our overall health that total sleep deprivation has been proven to be fatal.”

How many of you hit the gym or the track for at least twenty minutes a day? There is a reason for the thing called the “freshmen fifteen”. Many college students find themselves having little or no exercise during the semester, especially near finals. According to *School Time*, if students are, “constantly sitting down they will begin to lose fitness.” Little or no exercise can lead to weight gain, heart disease, loss of concentration, and a whole host of other physical problems. There are some classes and activities designed to get students active, such as sports or clubs. These groups are very successful at keeping their members active and in shape, but what about the others? The only way that these organizations can help keep people in shape is by having students join. If students are not good at that particular area, or feel uncomfortable doing so, or even just don’t have time (possibly due to homework), the group does nothing for them.

What did you eat last night? This morning? Lunch? Many college students feel that they don’t have time to cook a full meal every time they get hungry, and usually full meals aren’t convenient to studying environments such as the library. Many students simply grab something that’s, well, grabbable. One study found that 66% of students aren’t getting the recommended servings of fruits and vegetables. 59% of all students are aware that their diet has gone downhill since they started college.

The psychological effects of homework also are important. Homework on which students receive a good grade has been shown to improve self-esteem, as well as tests and exams. Unfortunately, when students discover that they have done poorly on an assignment, the drop in overall happiness is far more drastic and devastating. Not only is the homework itself affecting students, but the lack of sleep from doing the homework on which they got their bad grade is too. “Insufficient sleep can cause deficits in attention, concentration, and critical thinking.”

Stress is also a large problem in students. As a matter of fact, there is an activity this Friday with the specific purpose of relieving stress from students as final exams draw near. So specific in fact that it is called Foreboding Finals Friday. Stress leads to a variety of physiological problems such as poor concentration, mood swings, depression and anxiety. All of these are shown to lead to a poor quality of life.

Homework and a student’s social life are all but connected. Students who spend every minute they can doing their homework miss out on fun social activities and sometimes have long-term social problems due to uninvolvement. I myself missed the chance to go on a date while preparing for this very speech. Not only do students have a hard time creating and maintaining relationships, but they also have difficulties with work. Many students can’t find the time to get a job, and when they do, not only do they have so much to do that they perform inadequately in both school and work, but the added stress can make them crack. Some schools offer credits to students who work, but the credits almost never add up to the time put into the job.

Because of these reasons and more, I strongly feel that homework should not only be taken out of schools, but banned from ever returning. Many professors here have already seen this side of the equation and have opted to eliminate homework assignments entirely from their curriculum. Without homework, students can find the time to get adequate sleep, eat right, be healthy, and enjoy the benefits of having healthy and productive relationships.