

Daily Learning Planner

*Ideas families can use to help students
do well in school*



THE
PARENT
INSTITUTE®

September • October • November 2021

September 2021

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Show that you value education. Make school attendance a family priority.
- ☐ 2. Does your teen have a regular study schedule? High school students need to set aside time every day for schoolwork.
- ☐ 3. Talk with your teen about things he is looking forward to in the coming school year.
- ☐ 4. Remember that your teen needs a parent more than another friend. Be understanding, but don't abandon rules and limits.
- ☐ 5. Turn a mistake into a learning opportunity. Instead of criticizing, ask your teen, "What have you learned?"
- ☐ 6. Pack a blanket, a book and a lunch. Lie outside and look at the clouds with your teen.
- ☐ 7. Have your teen turn off devices not needed for schoolwork today. She can spend time reading, exercising and talking with friends and family.
- ☐ 8. Discuss how something you studied in school has helped you at work.
- ☐ 9. Ask your teen to play a favorite song. Listen to the lyrics and discuss what you hear.
- ☐ 10. Charge laptops and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting or checking social media.
- ☐ 11. Encourage your teen to check out a book about careers from the library.
- ☐ 12. Start a jigsaw puzzle with your teen. Find a place in your home where you can work on it over time without having to move it.
- ☐ 13. Join the school's parent organization. These groups improve student experiences in many ways.
- ☐ 14. Many teachers post links to helpful resources online. If your teen's teachers do this, look at some of the resources together.
- ☐ 15. Hear a compliment about your teen? Pass it on to him.
- ☐ 16. Think your teen is too old for reading aloud? Try it. Or try listening to audiobooks together.
- ☐ 17. On a night when your teen doesn't have assignments due the next day, suggest that she read a newspaper for 30 minutes.
- ☐ 18. Consider giving your teen a clothing allowance. It helps students learn financial responsibility and can prevent arguments.
- ☐ 19. Ask your teen to show you how to do something on the computer.
- ☐ 20. Look at ads with your teen. Which statements about the products are facts? Which are opinions?
- ☐ 21. Designate places to keep items your teen always loses, such as his keys.
- ☐ 22. Tell your teen about your day in as much detail as you would like to hear about her day.
- ☐ 23. Write your teen a thank-you note for something helpful he's done.
- ☐ 24. Teens may say, "Everyone else is doing it." Don't cave in—say, "Well, we aren't."
- ☐ 25. Does your teen hope to play sports in college? Have her find out what classes and grades she'll need in high school to qualify.
- ☐ 26. Help your teen make a savings plan for education or training after high school.
- ☐ 27. Teach your teen to use positive self-talk: "I've practiced this hundreds of times. I know how to do it."
- ☐ 28. Get your teen's input when making decisions about rules.
- ☐ 29. Urge your teen to make sure his assignments are legible.
- ☐ 30. Help your teen get in the habit of making a daily to-do list.

October 2021

Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Talk with your teen about privacy. She should never tell friends the passwords to her social media sites or her phone.
- ☐ 2. Ask your teen why he thinks terrorists take part in violent acts against people. Listen, then share your thoughts and discuss peaceful options.
- ☐ 3. Help your teen find books on her special interests.
- ☐ 4. Write an encouraging note to your teen and leave it on the dinner table.
- ☐ 5. If your teen challenges you, try to stay calm. Take a break. Talk when you're in control.
- ☐ 6. Ask your teen's advice about a problem you are facing.
- ☐ 7. Suggest your child read a biography of a person he admires.
- ☐ 8. Does your teen have assignments to do over the weekend? Make sure she schedules time to complete them.
- ☐ 9. Read an advice column with your teen. Write down your own answers to the questions, and then trade and discuss.
- ☐ 10. Share stories with your teen that convey your values and your family's history.
- ☐ 11. Talk about world events at dinner.
- ☐ 12. Is your teen shy? Encourage him to seek out someone who looks ill at ease, smile and start up a conversation.
- ☐ 13. Does your teen object to a rule? Give her three minutes to state her case.
- ☐ 14. After your teen takes notes, suggest that he draw a picture or diagram to illustrate them. This can boost his memory of the material.
- ☐ 15. Avoid compliments that really aren't: "You'd be great if only ..."
- ☐ 16. Allow your teen to take over some life-management tasks. Let her make her medical appointments, etc.
- ☐ 17. What would your teen change if he had a magic wand?
- ☐ 18. Does your teen have a long-range project to do? Have her break it down into parts and make a schedule for completing them.
- ☐ 19. Play a board game with your teen.
- ☐ 20. Is your teen facing a school problem? Before you jump in, have him brainstorm ways to solve it—without your help.
- ☐ 21. Teens often don't know much about nutrition. Show your teen how to read nutrition labels.
- ☐ 22. Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.
- ☐ 23. Eat breakfast with your teen. Each of you talk about your five-year goals.
- ☐ 24. Does your teen study well with others? If so, let her start a study group that meets in person or online.
- ☐ 25. Put on some music and sing with your teen.
- ☐ 26. Teens need to have a say in their day-to-day lives. Let your teen make some decisions and live with their outcomes.
- ☐ 27. Remind your teen that it's easier to memorize several short lists than one long one.
- ☐ 28. Teach your teen to trust his gut. If he thinks a situation may get out of hand, he should avoid it.
- ☐ 29. Keep books and magazines by the microwave to encourage reading.
- ☐ 30. Have everyone in the family spend a half hour cleaning up your home. Many hands make light work.
- ☐ 31. Encourage your teen to take pictures at a family outing.

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November 2021

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- ☐ 1. Stop by your teen's room at bedtime. It's often a good time for conversation.
- ☐ 2. Help your teen draw up a monthly budget. Be sure to plan for unexpected expenses.
- ☐ 3. Solve a crossword puzzle with your teen.
- ☐ 4. Consider setting a minimum study time. This can prevent your teen from rushing through schoolwork.
- ☐ 5. Teach your teen how to make her favorite home-cooked dish.
- ☐ 6. Help your teen create and proofread a résumé. It can include school activities and volunteer work as well as paid job experience.
- ☐ 7. Offer to help your teen make a study schedule for tests.
- ☐ 8. Avoid using problems with schoolwork as an excuse to criticize your teen or argue about other issues.
- ☐ 9. Spend some one-on-one time with your teen. Don't have an agenda. Just enjoy the time together.
- ☐ 10. Have your teen quiz *you* on a topic he needs to know for a class. Thinking up questions will help him learn.
- ☐ 11. Have a reading dinner. Let each person bring a book to the table.
- ☐ 12. Teens need some space of their own, even if it is just a drawer or the corner of a room.
- ☐ 13. Suggest that your teen ask herself near the end of a study session, "Can I do one more thing?" Small things add up.
- ☐ 14. Encourage your teen to use you as a scapegoat if necessary: "I can't go out. My mom wants me at home then."
- ☐ 15. Have your teen make posters or flash cards to help with memorizing facts.
- ☐ 16. It's Geography Awareness Week. Quiz each other on state, provincial and world capitals at dinner tonight.
- ☐ 17. When your teen is upset and you aren't connecting, say, "Help me understand."
- ☐ 18. It's easy to hurt someone on social media. Tell your teen not to post anything that he wouldn't say to someone's face.
- ☐ 19. If your teen studies before dinner, keep light, healthy snacks handy. A hungry teen can't concentrate.
- ☐ 20. Read an editorial with your teen. Tell her if you agree with the opinions stated. Ask what she thinks.
- ☐ 21. Ask your teen what he is most excited about when he considers his future.
- ☐ 22. When shopping, have your teen compare two sizes of the same product. Which is the better buy?
- ☐ 23. Ask your teen to tell you what it means to be a leader. What responsibilities come along with leadership?
- ☐ 24. Let your teen overhear you praising her to someone else.
- ☐ 25. Ask your teen to talk about what makes him feel grateful.
- ☐ 26. Have family members write down two positive things about each member of the family. Don't forget to include yourself.
- ☐ 27. Look at pictures of famous paintings online or in a book. Can your teen identify the artists by their works?
- ☐ 28. Have your teen spend 10 minutes at night preparing for the next day.
- ☐ 29. Remember, never make fun of your teen.
- ☐ 30. Bring up a sticky situation before it occurs. Ask what your teen might do. Listen and ask questions.

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