

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## October 2022

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

- 1. Look for ways to give your teen more responsibility. Most teens can make their own medical appointments, for example.
- 2. Have your teen spend 10 minutes at night preparing for the next day.
- 3. Turn off all digital devices and have a family reading night. Make it a regular event.
- 4. Have a contest: How many words can family members make from the letters in the word OCTOBER?
- 5. Look for a skill you and your teen can learn together. It's a fun way to get to know each other on a new level.
- 6. Write an encouraging note and tuck it in a place where your teen will see it.
- 7. Help your teen look for a community service project.
- 8. Teens may say, "Everyone else is doing it." Don't cave in. Say, "Well, we aren't."
- 9. Share a funny cartoon or interesting article with your teen.
- 10. Have you met your teen's teachers? If not, set up appointments soon.
- 11. Ask if your teen has any school-related fears or concerns.
- 12. Keep nutritious foods handy, such as sliced vegetables and fresh fruit. Teens are more likely to make healthy choices when it's easy.
- 13. Go online with your teen to research information about colleges.
- 14. Ask your teen to plan and schedule a fun family night.
- 15. Help your teen see both sides of an argument. Trade sides, then each of you respond as you think the other person would.
- 16. Make sure your teen knows that schoolwork comes before part-time jobs, friends or sports.
- 17. Discuss friendship. What qualities does your teen value in a friend?
- 18. Mention how something you learned in school has helped you in life.
- 19. Talk with your teen about sex. Share your values and make it clear that not all teens are sexually active.
- 20. Encourage your teen to tutor. Teaching someone else can strengthen your student's own grasp of a subject.
- 21. Suggest that your teen check out the career planning services at school.
- 22. Watch the news together. Locate places mentioned on a world map.
- 23. Behavior says a lot. Pay attention to your teen's body language.
- 24. Help your teen set priorities when studying. Which task is most important? Due first? Most difficult?
- 25. Get two copies of a best seller so you and your teen can both read and discuss it.
- 26. Is your teen studying a foreign language? Look online to find publications in that language.
- 27. Ask your teen about favorite and not-so-favorite classes.
- 28. Make plans to include one of your teen's friends in a family weekend activity. It's a great way to get to know your student's peers.
- 29. Before a big test, encourage your teen to make a list of possible questions the teacher might ask and then answer them.
- 30. Encourage your teen to do a good deed for someone, like a neighbor or a teacher.
- 31. Challenge family members to learn two or three new vocabulary words each week. Try to use them in conversation.