

Daily Learning Planner

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

Cumberland County Schools



THE
PARENT
INSTITUTE®

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

- 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.