

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## November 2022

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

- 1. Use time in the car or on the bus to talk together. Ask if there's anything your teen would like to discuss. Then listen.
- 2. Teach your teen to ask *who, what, when, where, why* and *how* when doing research.
- 3. Remember that your teen learns from your actions more than your words.
- 4. When you are having a conversation, don't talk for more than 30 seconds at a time before letting your teen have a turn.
- 5. Have your teen practice estimating. How many miles should your family be able to drive on a tank of gas?
- 6. Talk with your teen about a choice you have made. Then talk about the consequences of that choice.
- 7. Teens need time alone with their thoughts. Suggest activities your teen can do alone—crafts, reading or listening to music.
- 8. If you're making a big purchase, list features that are important. Then ask your teen do the research to find the best buy.
- 9. Ask what your teen is thinking about education or career plans after high school.
- 10. When your teen tells you something important, repeat it to make sure you understood.
- 11. Teens don't always know how to say *no*. Role-play different situations so your teen can practice a variety of ways to say it.
- 12. Go to your teen's school events if possible. Being there shows that education is important to you—and so is your teen.
- 13. Enjoy some physical activity with your teen.
- 14. Tell your teen about your day in as much detail as you would like to hear about your teen's day.
- 15. Before engaging in conflict with your teen, ask yourself, "Is this really an issue that is worth a major battle? Or is compromise possible?"
- 16. Teach your teen the difference between goals and dreams. A goal is a dream with a deadline.
- 17. Ask about your teen's best experience at school today.
- 18. When your teen reviews class notes, suggest drawing pictures of the main concepts.
- 19. If your teen earns low grades, don't get angry. Instead, help your student set goals for improvement and plan steps to reach them.
- 20. Teens need positive feedback. Those who don't get enough may seek intimacy and the feeling of closeness from others.
- 21. Listen to an audiobook with your teen.
- 22. Ask your teen's advice on a problem you are facing.
- 23. Does your teen have an opinion on a subject of local interest? Suggest writing a letter to the editor of the newspaper or an elected official.
- 24. Make a list of all the things that make your family members thankful.
- 25. Ask your teen to photograph "A day in the life of our family."
- 26. Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.
- 27. Have your teen check out your local library's website.
- 28. When reviewing your teen's work, comment on correct answers before mentioning the incorrect ones.
- 29. Avoid compliments that really aren't—"You'd be great if only..."
- 30. Point out an example of prejudice to your teen. Talk about ways to deal with intolerance.