

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. Share an article with your teen that you find interesting. Talk about it.
- 2. Ask your teen who his role models are. You may learn something new about him.
- 3. Watch a movie together that you loved in high school.
- 4. Discuss an international news event with your teen.
- 5. Ask your teen to help plan a family outing.
- 6. Point to examples in the media of teens, athletes or celebrities making poor life choices. Talk with your teen about the consequences.
- 7. In some places, high school students can take college courses. Find out if they are available to your teen.
- 8. At bedtime tonight, tell your teen a story about yourself at her age.
- 9. Ask your teen, "If you were going to recarpet your room, how many square feet of carpet would you need?"
- 10. Ask your teen to tell you about an idea or experience he's had in class that has changed his way of thinking.
- 11. Role-play some difficult situations with your teen. How would she handle them?
- 12. Help your teen recognize how satisfying it is to do a good job. "How did it feel to turn in a final draft you knew you'd really improved?"
- 13. What does your teen love to do? That's a good place to begin when researching careers.
- 14. Do you have to drive your teen to activities? Use car time to talk.
- 15. If your teen makes a mistake, let him figure out how to fix it.
- 16. Encourage positive thinking. If your teen thinks nothing will ever improve, remind him that even small changes can make a difference.
- 17. Compliment your teen on something she did today that was responsible.
- 18. Schoolwork isn't done until your teen has completed his assignments *and* studied the material until he knows it.
- 19. Multi-tasking doesn't work. Encourage your teen to turn off text alerts, social media and other distractions while studying.
- 20. Focus on big issues, such as schoolwork and respect for others. Try not to nag your teen about small ones, such as an occasional messy room.
- 21. When your teen wants to change a family rule, ask her to list three reasons why you should agree.
- 22. A good pep talk can calm teens' nerves before tests. Say: "You know it. You studied hard. You can do it."
- 23. Teens often feel peer pressure to try alcohol. Talk to your teen about ways to say *no*.
- 24. Visit the library with your teen. Each of you look for a book by a favorite author.
- 25. Enjoy some physical activity with your teen today.
- 26. Remind your teen that there are no stupid questions. If he wants to learn, he should ask questions in class.
- 27. Ask your teen to play you a favorite song. What does she like about it?
- 28. Remind your teen that when it comes to success, effort can have more impact than talent alone.
- 29. Avoid compliments that really aren't. For example, "You'd be great if only"
- 30. When your teen studies for a test, have him start at a different place in his notes every time.