

# Daily Learning Planner

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

Cumberland County Schools



THE  
**PARENT**  
INSTITUTE®

## September 2022

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

- 1. Encourage your teen to set specific learning goals for this year.
- 2. Make plans to participate in back-to-school night. Learn what teachers expect of their students.
- 3. To increase your teen's vocabulary, use unfamiliar words in conversation. Curiosity may lead your teen to the dictionary.
- 4. Does your teen have a regular study schedule? Students should set aside time every day for homework and studying.
- 5. Explore the public library's nonfiction collection together. What subjects interest your teen?
- 6. Discuss the connection between rights and responsibility. Rights are earned with responsible behavior.
- 7. Collect photos and memorabilia from your teen's high school years. They will make a treasured graduation gift.
- 8. Charge laptops and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting or checking social media.
- 9. Teens respond best to praise that is specific rather than general. "You did a really thorough job of cleaning the kitchen," not "You're great."
- 10. Is your teen's room messy? Have your student set a timer for a 15-minute pick-up blitz before taking part in a recreational activity.
- 11. Prepare your teen's favorite breakfast and share it together. Make this a monthly tradition.
- 12. Ask your teen's opinion about something. Your student probably knows things you don't about topics of interest.
- 13. Discuss honesty with your teen, and why it is so important. Point to examples of people who demonstrate honesty.
- 14. Let your teen see you reading often.
- 15. Together, find out how and when your teen can register to vote.
- 16. Make an appointment with your teen to do something fun together. Write it on your calendar.
- 17. Why do teens use drugs? The three top reasons are: people I know do it, popular media makes it look cool, and to relieve stress or sadness.
- 18. If your teen wants a job, limit work hours to fewer than 10 per week. It's best for students to avoid working on school nights if possible.
- 19. Set a good example at homework time by doing some work yourself.
- 20. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 21. Today is International Peace Day. Talk with your teen about what it means to be at peace and ways to achieve it.
- 22. Challenge your teen to solve silly math problems, such as "How many hours until your birthday?"
- 23. Find out about school events for families this fall. Plan to attend one.
- 24. Encourage your teen to compare prices and return policies before buying something.
- 25. Emphasize the importance of attending every class, every day.
- 26. Bow out of power struggles. Unless it's a matter of safety, let your teen experience the consequences of misbehavior.
- 27. Help your teen set and stick to a regular bedtime.
- 28. Encourage your teen to schedule several short study sessions in the days before a test and to avoid all-night cramming.
- 29. Take a walk with your teen.
- 30. Say that you believe your teen can do well in school. This makes students more likely to do so.