

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. Ask your teen to research the history of a favorite musical group.
- 2. Talk with your teen about qualities that make someone a good friend.
- 3. Ask your teen to add two four-digit numbers. Can your student do it on paper before you can with a calculator?
- 4. Tell your teen about your day in as much detail as you would like to hear about your teen's day.
- 5. Hunger interferes with learning. Make sure your teen eats a healthy breakfast, at home or at school.
- 6. Together, review the privacy settings on your teen's social media.
- 7. Ask your teen, "If you could change one thing about the world, what would it be?"
- 8. Have your teen take over some self-care tasks, such as making medical appointments, etc.
- 9. Ask what your teen thinks it means to be a leader.
- 10. Bow out of power struggles. Instead, let your teen experience the consequences of misbehavior.
- 11. Pick a main idea and, with your teen, think of supporting details.
- 12. When your answer is *no*, don't cave in to teen pressure. Explain your reasons, then stick to your decision.
- 13. Do your own "homework" alongside your teen—pay bills, organize papers or read.
- 14. With your teen, rake leaves or pick up trash around your neighborhood to make it look nice.
- 15. If your teen wants a part-time job, limit it to 10 hours a week.
- 16. Ask your teen for advice on a problem you are facing.
- 17. Ask your teen, "How is school going outside of classes?"
- 18. Give your student a notebook. Suggest drawing or writing about things and ideas that are inspiring.
- 19. Review your teen's schedule together. Teens need enough time for schoolwork, exercise and relaxing.
- 20. Share a favorite song from when you were your teen's age.
- 21. Ask your teen to think of three different subjects that might be interesting to major in at college.
- 22. When you are having a conversation, don't talk for more than 30 seconds at a time before letting your teen have a turn.
- 23. Remind your teen that it's easier to memorize several short lists than one long list.
- 24. At the grocery store, ask your teen to pick out an unfamiliar vegetable. Find a recipe and give it a try.
- 25. Turn a mistake into a learning opportunity. Instead of criticizing, say, "What have you learned from this?"
- 26. Is your teen studying a foreign language? Look online to find videos and publications in that language.
- 27. Encourage your teen to read a newspaper every day for a week. Choose a lead story to discuss.
- 28. Post a list of three of your teen's recent successes in a prominent spot.
- 29. Have your teen quiz you on material from an assignment. Thinking up questions helps students learn.
- 30. Go to your teen's events whenever possible. Spending time on the sidelines is a great way to show how important your teen is to you.
- 31. Keep a basket of magazines in the kitchen to encourage reading.