

# 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. Encourage your teen to set a learning goal. Together, brainstorm ways your student can reach it, step by step.
- 2. Talk with your teen about something you learned recently.
- 3. Ask your teen, "How could we make our home a place where your friends would feel comfortable?"
- 4. Emphasize the importance of school attendance. Say you expect your teen to attend every class (except in cases of illness or emergency).
- 5. Ask your teen to tell you about each of this year's teachers.
- 6. Let your teen see you reading often. This shows that you think reading is enjoyable and important.
- 7. Encourage your teen to save for a long-term goal, such as education or training after high school.
- 8. Set aside time every day to talk to your teen about school.
- 9. Suggest that your teen create a daily checklist of materials to bring home from school to complete assignments.
- 10. Review the school rules together. Expect your teen to follow them.
- 11. Make an appointment with your teen to do something fun together. Write it on your calendar.
- 12. Remind your teen that there are no stupid questions. Students who want to learn should ask questions in class.
- 13. Encourage your teen to spend 10 minutes each night getting ready for the next day.
- 14. Set a digital curfew. All devices must be turned off at least 30 minutes before bedtime.
- 15. Help your teen think of ways to use small chunks of spare time—solve two of tonight's math problems, find a source for a paper, etc.
- 16. Peer pressure can be positive. Encourage your teen to participate in group activities at school, such as sports and service clubs.
- 17. Pick your battles. On some subjects—such as health and safety rules—don't budge. Look for ways to compromise with your teen on others.
- 18. Listen attentively when your teen talks. It's an effective way to encourage open communication.
- 19. Have a movie night with your teen. Let your student pick the movie.
- 20. When you drop your teen off at practice, stay a few minutes and watch.
- 21. Remind your teen how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 22. Encourage healthy eating. Let your teen to pick out some fruits and vegetables at the grocery store to have on hand for snacks.
- 23. Ask your teen, "What do you think are your three best qualities?"
- 24. Remind your teen that real friends are caring, accepting and kind.
- 25. Help your teen make and prioritize a to-do list. Organization is a stepping stone to independence.
- 26. Set some family fitness goals.
- 27. Say to your teen, "If there's anything you need to talk about, please remember I'm here to listen."
- 28. Is your teen shy? Encourage your student to seek out someone at school who looks ill at ease, then smile and start up a conversation.
- 29. Test observation skills. Challenge each other to describe someone you just passed on the street.
- 30. Limit drinks with caffeine at night. They can deprive your teen of needed sleep.