

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. Write an encouraging note to your teen. Put it in a place where your student will find it later.
- ☐ 2. When looking at graded schoolwork, focus first on what your teen has learned, not on the grade.
- ☐ 3. Suggest that your teen keep flash cards in handy places, such as in the glove compartment of the car.
- ☐ 4. Remind your teen to use you as a scapegoat if necessary: "My parents want me home tonight. Sorry."
- ☐ 5. Ask your teen to brainstorm dinner ideas for the week.
- ☐ 6. Tell your teen, "It matters more to me that you *do* your best than that you *be* the best."
- ☐ 7. Try to be available right after school—in person or by phone. That's often when teens are ready to talk.
- ☐ 8. Set limits on how often your teen can go out with friends on weeknights.
- ☐ 9. Challenge your teen to figure out the time difference between Cairo, Illinois and Cairo, Egypt.
- ☐ 10. Charge devices away from your teen's bedroom at night. Students should be sleeping, not texting or checking social media.
- ☐ 11. At dinner, ask everyone to share one thing they learned today.
- ☐ 12. Stand your ground once you have made a decision about something. Avoid giving in to repeated demands from your teen.
- ☐ 13. Encourage your teen to tutor. Teaching someone else strengthens students' own understanding of a subject.
- ☐ 14. When your teen studies for a test, suggest starting at a different place in the notes or reading every time.
- ☐ 15. Talk about safety with your teen. Review simple first aid.
- ☐ 16. Start a conversation with your teen by noticing nonverbal messages. If you see a smile, say, "You seem happy."
- ☐ 17. Does your teen have assignments to do over the weekend? Make sure your student schedules time to complete them.
- ☐ 18. Ask for your teen's advice on a problem you are facing.
- ☐ 19. Does your teen want to play sports in college? Together, research the high school academic requirements your student must meet.
- ☐ 20. Encourage your teen to study for tests in many short sessions spaced out over time rather than cramming the night before.
- ☐ 21. Teens need time alone with their thoughts. Suggest activities your teen can do alone—such as crafts, reading or listening to music.
- ☐ 22. Look for a skill or hobby you and your teen can learn together.
- ☐ 23. Discuss the link between rights and responsibilities. The right to be trusted is earned by behaving responsibly.
- ☐ 24. Take advantage of time in the car to talk privately with your teen.
- ☐ 25. Tell your teen how much you appreciate your education—or why you wish you had learned more.
- ☐ 26. Ask your teen to show you a favorite app or website.
- ☐ 27. Let your teen experience the consequences of misbehavior.
- ☐ 28. When you're upset with your teen, wait until you are calm before speaking. Then, say "I love you" before saying anything else.
- ☐ 29. Have your teen make a list of careers of interest.
- ☐ 30. Suggest that your teen draw a picture or diagram to illustrate at concept in today's class notes.
- ☐ 31. Ask your teen to research options before you make a family purchase.