

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, "What do you think are your three best qualities?"
- 2. If your teen wants a part-time job, limit it to 10 hours a week at the start. Encourage your student not to work on school nights.
- 3. Is there a college near your home? If so, walk around the campus with your teen. Look through the campus store.
- 4. Bow out of power struggles with your teen. Instead, let your student experience the consequences of breaking rules (unless safety is at stake).
- 5. When was the last time you said "I love you" to your teen? Say it today.
- 6. Discuss the connection between rights and responsibility. Rights are earned by behaving responsibly.
- 7. Invite your teen to run an errand with you. Use the time to talk.
- 8. Have dinner as a family by candlelight tonight.
- 9. Friend groups leave many teens on the sidelines. Talk to your teen about reaching out to include others.
- 10. Is your teen studying a foreign language? Encourage looking online to find publications and videos in that language.
- 11. Remind your teen that earning a B in a tough course is more impressive than earning an A in an easy course.
- 12. Does your teen have strong opinions on a community issue? Suggest writing a letter to the editor of your local newspaper.
- 13. Say to your teen, "Name something you would like to learn more about." Research the topic together.
- 14. Think of a location anywhere in the world. Take turns with your teen telling one thing you would like to see there.
- 15. At dinner, challenge family members to repeat a tongue twister fast.
- 16. Encourage your teen to draw a self-portrait.
- 17. Talk about a mistake you once made. Explain what you did to fix it and how you have avoided making it again.
- 18. Talk with your teen about new words that should be in the dictionary.
- 19. Be on the lookout for responsible behavior from your teen. When you see it, offer a compliment.
- 20. Have your teen tell you about the assignments that are due this week.
- 21. Help your teen open a checking account.
- 22. Take a walk with your teen.
- 23. Notice and talk about the positive qualities of your teen's friends.
- 24. Bring up a sticky situation before it occurs. Ask what your teen might do. Listen and ask questions.
- 25. When helping with schoolwork, stay positive, even if your teen gets discouraged.
- 26. Listen with your teen to a piece of music that has no lyrics. Have your student write words to the song.
- 27. Encourage your teen to ask a school counselor for information about career aptitude assessments.
- 28. When your teen tells you something important, restate it to confirm your understanding.
- 29. The next time you drop your teen off at practice or rehearsal, stay for a while and watch.
- 30. Does your teen need more responsibility? More time to talk? More privacy? Ask what your student thinks.
- 31. Cook dinner as a family tonight.