

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. On a day without homework, have your teen use study time to review.
- 2. Teens know their shortcomings. They need you to remind them of their strengths.
- 3. Encourage your teen to eliminate pessimistic phrases from his vocabulary. Help him think positively.
- 4. Don't criticize your body or anyone else's in front of your teen. Instead, talk about the importance of being healthy and strong.
- 5. Suggest a few activities that your teen can do alone.
- 6. Expect your teen to attend every class, every day—and to be on time!
- 7. Challenge your teen to run your home for the day. Include tasks like laundry, dinner and cleaning.
- 8. Let your teen see you reading often. This teaches her that reading is important and fun.
- 9. The night before a test, have your teen take five or 10 minutes to get organized for the morning.
- 10. Cut the headline off of a news article. Have your teen read the article and write a headline. Compare the two.
- 11. Look through old family albums with your teen. Tell him stories about his relatives.
- 12. List your teen's successes in the past week. List some of your own, too. Post the lists where you can both see them.
- 13. Discuss the importance of treating others in the way your teen would like to be treated.
- 14. Want to let your teen know you love her? Give her a genuine and specific compliment.
- 15. Most colleges offer virtual tours on their websites. Encourage your teen to take some.
- 16. Share ideas about effective ways to remember facts for a test: quizzing with flashcards, drawing diagrams, creating mnemonics, etc.
- 17. Tell your teen about something you did in school that you would do differently now.
- 18. Teach your teen to cheer himself on. Positive self-talk, such as "I can do this" is a proven motivator.
- 19. Parenting a teen isn't easy. Carve out some time to take care of yourself.
- 20. Introduce your teen to historical fiction. It's a great way to put a human face on a historical era.
- 21. Ask what one thing your teen would change about the world. How?
- 22. When your teen receives a long-term assignment, ask what she hopes to learn from it.
- 23. Offer to help your teen review for a big test. Call out vocabulary words or time him during a practice test.
- 24. Remind your teen of the long-term benefits of achieving in school.
- 25. Give your teen the responsibility for making her own doctor and dentist appointments.
- 26. Bow out of power struggles. Let your teen experience the consequences of misbehavior.
- 27. Criticism can be a self-fulfilling prophesy. Give your teen positive messages whenever you can.
- 28. Set aside time to talk with your teen today.