

Daily Learning Planner

*Ideas families can use to help students
do well in school*

Special Education Parent Resource Center
Roanoke 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. Watch a TV show or video with your teen. Talk about how it does or does not reflect your family's values.
- 2. Help your teen set a goal and write a plan to achieve it this year.
- 3. Think about the rules you have for your teen. Are they appropriate for his age?
- 4. Focus on setting a good example. Your teen learns from your actions more than your words.
- 5. Suggest your teen make an emergency school supply kit.
- 6. Encourage your teen to tutor. Teaching someone else will strengthen her own grasp of the subject.
- 7. Switch places with your teen during an argument. Each of you present the other person's point of view.
- 8. Keep healthy, easy-to-grab snacks on hand for your teen after school.
- 9. Watch the news with your teen. If a story strikes his interest, suggest that he learn more about it.
- 10. With your teen, agree on an adult friend that she can call if she doesn't feel comfortable asking you for advice.
- 11. Some teens take too many risks. Talk to your teen about the difference between *courage* and *carelessness*.
- 12. Ask your teen to name two ways he can be a better friend.
- 13. Don't say, "I know how you feel." Teens believe their feelings are unique. Instead, ask your teen to tell you more.
- 14. Ask your teen if school is challenging. If the answer is *no*, tell her to talk to her counselor about taking more rigorous classes.
- 15. Encourage your teen to form a study group.
- 16. Do some research on substance abuse. Make sure you and your teen have the latest facts on opioids and other commonly abused drugs.
- 17. Check online or ask at the library for lists of books that are popular with teens. Encourage your teen to try one.
- 18. Have your teen make an audio recording of key ideas from a chapter he's reading and play them back to study.
- 19. Teach your teen what to do in case of a kitchen fire.
- 20. When your teen overreacts, it's important for you to stay calm. Set a time to talk later when you both are in control.
- 21. How is your teen doing at mid-year? There's still time to get help if grades are falling.
- 22. Be sure your teen knows that your rules also apply when she's at a friend's house.
- 23. Talk about ways your teen can set priorities and balance his time.
- 24. When reviewing your teen's graded work, comment on answers she got right before looking at the ones she missed.
- 25. Text your teen a supportive message.
- 26. To encourage saving, consider matching your teen's savings with an equal contribution.
- 27. Have your teen figure out how many miles your car gets per gallon.
- 28. Keep talking about school. Every day, ask your teen what he's learning and thinking about.
- 29. Emphasize an important message: Not all teens are sexually active.
- 30. Challenge your teen to draw a self-portrait.
- 31. Urge your teen to take class notes, even if she receives a handout.