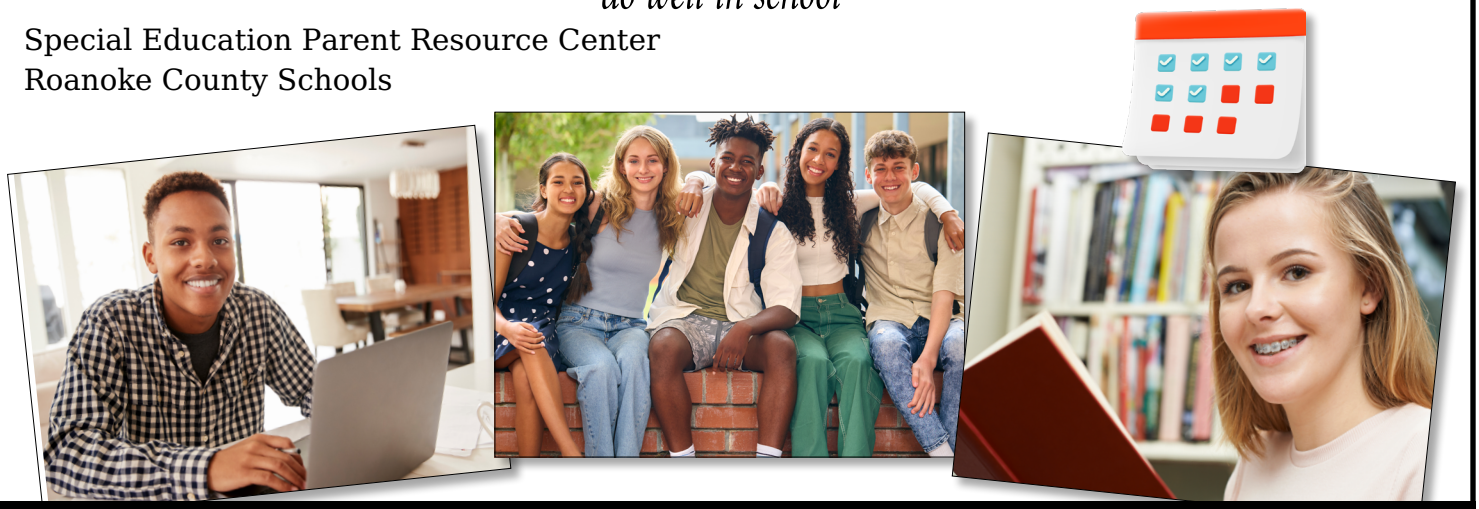
High School

Daily Learning Planner

Ideas parents can use to help students do well in school

Special Education Parent Resource Center
Roanoke County Schools



THE PARENT INSTITUTE®

October 2026

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. Talk about respectful behavior at school. Your teen can show respect for teachers by coming to classes on time and being prepared to learn.
3. Challenge your teen to run a 30-yard dash. Time the run. Ask your teen to keep practicing to improve the time.
4. Remind your teen that many short study sessions work better than one long cram session.
5. In many schools, teachers post assignments online. Ask your teen to show you the posts for each class.
6. Talk about world events at dinner.
7. If your teen hopes to play sports in college, research together what high school classes and grades are required.
8. Teens aren't too old to be read to. Try it—you may be surprised. Or, try listening to audiobooks together.
9. When your teen overreacts, it's important for you to remain calm. Set a time to talk later when you both are in control.
10. Take your teen out for breakfast, or make your teen's favorite at home. Make this a monthly tradition.
11. Encourage your teen to research the history of a favorite band.
12. Use your calendar to block out time for family events. Make sure these times are untouchable.
13. Ask your teen to add two four-digit numbers. Can your student figure it out on paper before you can with a calculator?
14. Breakfast helps students stay alert in school. Stock up on healthy foods your teen can easily grab and eat on the way out the door.
15. Suggest that your teen read a biography of a role model.
16. Look for ways to give your teen more responsibility, such as getting up independently, making doctor's appointments, etc.
17. Go for a bike ride or walk with your teenager today.
18. Teach your teen to trust gut instincts. If a situation feels like it might get out of hand, your teen should avoid it.
19. Ask your teen to tell you what characteristics are important in a leader.
20. Plan a reading dinner. Let each family member bring a book to the table and share a favorite passage.
21. Success leads to success. Find things your teen can succeed in—activities, sports, volunteering.
22. Show support for teen by doing your "homework" during study time—pay bills, organize papers, read etc.
23. See if your teen can shadow or talk with someone in a career field of interest.
24. Take your teen out for a special snack tonight.
25. Teach your teen to keep a record of spending—the item, the cost, whether it was a want or a need, etc.
26. Remind your teen to divide long lists of facts to learn into chunks. It's easier to memorize a few short lists than one long list.
27. Avoid criticizing or correcting your teen in front of others. Wait for a private moment.
28. Keep some short reading material by the microwave to encourage reading.
29. Suggest that your teen make sketches of things that are inspiring.
30. Have a family night tonight. Pop some popcorn. Curl up with a book, a movie or a game. Enjoy being together.
31. If your teen objects to a rule, offer a chance to make a case for changing it.

Copyright © 2026 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by *Parents still make the difference!*® and *Helping Students Learn*® newsletters • 1-800-756-5525