

Daily Learning Planner

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

Valdosta City 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. At dinner tonight, share a wish or a dream with your teen.
- 2. Students are very busy at this time of year. Make sure your teen gets plenty of sleep.
- 3. Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.
- 4. Will your teen apply for a summer job? Have her ask teachers and others now for permission to list them as references.
- 5. Ask your teen to tell you some free or low-cost things you've done together that he enjoyed. Make plans to do them again.
- 6. With your teen, watch a movie she loved as a child. What does she notice now that she didn't before?
- 7. If you sense a power struggle coming on, back off, but don't back down.
- 8. Make up trivia questions about your family. Quiz one another at dinner.
- 9. Ask your teen to teach you how to do something today.
- 10. Remind your teen how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 11. It feels great to have your work praised. Give your teen this gift.
- 12. Remind your teen that respectful language includes body language. Good posture and eye contact show respect. Eye rolling doesn't.
- 13. Let your teen help you make a family chore chart. Everyone can check off jobs as they are finished.
- 14. Show your teen how to change a tire.
- 15. Take turns naming the most memorable news events of your lifetimes.
- 16. Have your teen make a checklist of everything he has to do before the end of school.
- 17. Tell your teen to set a timer when completing boring tasks. Trying to "beat the clock" turns chores into challenges.
- 18. Ask your teen to draw a diagram of something she is learning in school.
- 19. Big test coming up? Encourage your teen to list possible questions and come up with answers.
- 20. How many times a day does your teen check social media? Challenge him to keep track.
- 21. Watch a TV program about the arts with your teen.
- 22. When your teen sees a chart, photo or graph in her reading, teach her to ask herself "Why is this here? How does it relate to the text?"
- 23. If your teen makes a poor choice, ask "What got in the way of doing what you knew was right?"
- 24. Plan a special activity to celebrate the end of the school year. Take your teen out for ice cream or fix a favorite meal.
- 25. Promote financial planning. When your teen wants the latest gadget, help him create a plan to save for it.
- 26. Talk about stereotypes with your teen. Discuss why they're unfair.
- 27. Let your teen cook a meal for you.
- 28. Ask your teen which assignments from this past school year she thinks she'll remember five years from today.
- 29. Practice estimating with your teen. How many miles away is the grocery store? Check to see how close your teen's estimate was.
- 30. In many schools, students pull year-end pranks. Talk with your teen about what's acceptable and what isn't.
- 31. Give your teen an IOU for time together.