

Daily Learning Planner

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

Dunsmuir Joint Union High School



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. Help your teen think about what she's learned this year.
- 2. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 3. Ask your teen to estimate the sales tax on a purchase.
- 4. Bring up a sticky situation before it occurs. Rehearse how your teen might handle it.
- 5. Learn about community events in your area. Ask your teen to choose one for you to attend together.
- 6. Talk with your teen about ways your family can do something for others this month.
- 7. The best solutions to problems between you and your teen are ones that work for you both.
- 8. Learn a new word at breakfast. Challenge family members to use it three times during the day.
- 9. Compliment your teen on something responsible he did today.
- 10. Learn about upcoming events or programs for families at school. Make plans to participate (in person or online) in at least one.
- 11. Suggest that your teen keep a journal.
- 12. Play a game with your teen—cards, charades, a board game—whatever she'd like.
- 13. Ask to see your teen's homework. Have him explain what he did.
- 14. Talk with your teen about what makes her happy and what causes stress in her life.
- 15. Help your teen set up a "college and career" file. He can include a list of references, samples of schoolwork and his résumé.
- 16. Post a meaningful quotation you love where your teen will see it.
- 17. Read a book your teen is reading for English. Talk about it together.
- 18. Try to have an entire conversation with your teen in rhyme.
- 19. When you're driving, challenge your teen to point out "rules of the road" she sees you following.
- 20. Teens often say as much through behavior as through words. "Listen" to your teen's body language.
- 21. Have your teen solve silly math problems, such as, "How many hours are there until graduation?"
- 22. Discuss the connection between rights and responsibility. Rights are earned by responsible behavior.
- 23. If your teen is interested in a job that doesn't require a college degree, help him find out what it does require.
- 24. Ask your teen: "If you could trade lives with somebody you know, who would it be? Why?"
- 25. At dinner, have each family member say something nice about every person at the table.
- 26. Take advantage of time in the car with your teen. You can talk privately without interruption.
- 27. Sit down to a special snack with your teen.
- 28. Help your teen develop abbreviations to use when taking notes. For example, *w/* stands for with, *C.* for century.
- 29. Discuss the qualities you each look for in a good friend.
- 30. Do you have a home project to do? Let your teen help.
- 31. When your teen is making a decision, help her identify all the possible options. There are often more than two.