

# Daily Learning Planner

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

Dunsmuir Joint Union High School



THE  
**PARENT**  
INSTITUTE®

## March 2023

### Daily Learning Planner: Ideas Families Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- 1. Show your teen how to read nutrition labels.
- 2. Acting out historical events can bring history to life for your teen.
- 3. Encourage community service. Some teens enjoy making greeting cards for nursing home residents, for example.
- 4. Teens who read regularly earn the highest grades. Maintain a regular reading time for the entire family.
- 5. Together, watch a movie your teen loved at a younger age. What does your student notice now that slipped by before?
- 6. Teens need a say in their day-to-day lives. Review a few of your household rules together.
- 7. Talk with your teen about ways to promote safety at school, such as making new students feel welcome and part of the community.
- 8. Make plans to do something together with the family of one of your teen's friends.
- 9. Turn a mistake into a learning opportunity. Instead of criticizing, ask your teen, "What have you learned from this?"
- 10. Ask your teen: "If you were to write a novel, what would it be about?"
- 11. Plan a Family Night In. Read or play board games.
- 12. Enjoy some physical activity as a family today.
- 13. Many colleges offer summer programs for high schoolers. Help your teen start gathering information now.
- 14. Have your teen teach you a concept in an assignment. It's a great way to reinforce learning.
- 15. Ask your teen, "What can you do now to become who you want to be?"
- 16. Think your teen is too old for reading aloud? Try taking turns. Or listen to audiobooks together.
- 17. Teens don't always think ahead. Offer reminders about things that are coming up.
- 18. Browse through the nonfiction section at the library with your teen. Check out one book of interest for each of you.
- 19. Take turns with your teen naming the most memorable news events of your lifetimes. Discuss the effects they had on each of you.
- 20. Before a test, have your teen start each study session from a different place in the class notes.
- 21. Try not to interrupt your teen during study time.
- 22. Ask your teen to organize family photos in an album and write captions.
- 23. Every day, ask what your teen is doing and thinking about in school.
- 24. When your teen earns new freedoms, agree on expectations, limits and consequences.
- 25. Criticizing your teen's friends may make your teen feel defensive. Instead, ask questions like "How do you feel when Jamie does that?"
- 26. Say often that you believe your teen can succeed, in school and in life.
- 27. Encourage self-evaluation. How does your teen rate performance in school so far?
- 28. Mention how something you studied in school has helped you at work.
- 29. Ask your teen to try a new creative activity, like writing a song.
- 30. Point out the links between what your teen is learning and real-world activities your teen enjoys.
- 31. At dinner, share a wish or a dream with your teen.