

# Daily Learning Planner

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

Rowan-Salisbury 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. Make sure your teen—and any passengers—wear a seat belt every time they're in the car.
- 2. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 3. See if you can find someone in a career field that interests your teen. Could your student visit this person at work?
- 4. Remind your teen that there are no stupid questions. Students who really want to learn should ask questions in class.
- 5. Go to an office supply store with your teen to get some ideas for ways to keep schoolwork organized.
- 6. Encourage your teen to make decisions. Involve your student in decisions about family activities, plans and rules.
- 7. Assign your teen a chore with a wide time frame for completing it. Let your teen decide when to do it to meet the deadline.
- 8. Browse through the nonfiction section at the library with your teen.
- 9. Have your teen check the schedule of school board meetings. Attend one together, in person or online.
- 10. Call out words from the dictionary during breakfast. Take turns trying to spell them.
- 11. Challenge your teen to replace negative phrases with positive ones.
- 12. Say often that you believe your teen will succeed in school.
- 13. Social media makes it easy to hurt others. Make it clear that it's not OK to post anything your teen wouldn't say to someone's face.
- 14. Ask your teen to help you start a new family tradition.
- 15. Suggest a few screen-free recreational activities that your teen can do alone.
- 16. Encourage your teen to write a letter to a teacher or coach who has been a positive influence.
- 17. Avoid using problems with school as an excuse to criticize or argue with your teen about other issues.
- 18. Give your teen responsibilities that matter. Teens learn accountability when they know people are depending on them.
- 19. Ask your teen, "If you could meet anyone from the past, who would you choose?"
- 20. Index cards are great for memorizing information. The limited space forces students to identify the most important points.
- 21. Encourage your teen to double-check answers before turning in schoolwork.
- 22. Talk with your teen about a choice you have made. Then, talk about the consequences of that choice.
- 23. Help your teen review for a big test. Call out vocabulary words for your student to define or offer to time a practice test.
- 24. Ask your teen to take photos to record a day in the life of your family.
- 25. Try not to criticize or get angry with your teen in front of others. Wait until you can speak to your teen privately.
- 26. If your teen gets headaches, squints or holds books too close, make an appointment with an eye doctor for a vision check.
- 27. Exercise gives teens the energy to stay alert so they can study. Exercisers sleep better, too.
- 28. Talk about stereotypes with your teen. Discuss why they're unfair.