

Daily Learning Planner

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

St Thomas Aquinas 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. Collect photos and memorabilia from your teen's high school years in a special box. They will make a treasured graduation gift.
- 2. Students need specific goals. Help your teen set three or four learning goals for this school year. Write them down.
- 3. Write a letter about the day your teen was born or first came home. Send it to your teen.
- 4. Ask to see the syllabus for each of your teen's classes.
- 5. Build something together. Put your teen in charge of the directions.
- 6. Discuss the connection between rights and responsibility. Rights are earned with responsible behavior.
- 7. Is your teen shy? Encourage your student to seek out someone who looks ill at ease, smile and start up a conversation.
- 8. Involve your teen when you are making decisions about curfews and other rules.
- 9. Challenge your teen to design a simple piece of furniture.
- 10. Watch a funny movie together. Sharing a laugh relieves stress and brings people closer.
- 11. Encourage your teen to create and use to-do lists. Organization is a stepping stone to independence.
- 12. Set aside time to listen as your teen tells you about each of this year's teachers and classes.
- 13. Teach your teen a useful life skill, such as how to do laundry or keep track of spending.
- 14. Try to be available by phone or in person right after school. It's often when teens are most ready to talk.
- 15. Teens can be sensitive. Try to praise more than you criticize.
- 16. Ask for your teen's opinion on a subject your student knows more about than you do.
- 17. Pack a blanket, some books and a picnic. Lie outside and read with your teen.
- 18. Don't use problems with schoolwork as an excuse to criticize or argue with your teen about other issues.
- 19. Talk with your teen about a mistake you've made and what you learned from it.
- 20. Establish limits on how often your teen can go out with friends during the school week.
- 21. Encourage your teen to form a study group.
- 22. Make an appointment with your teen to do something fun together. Write it on your calendar.
- 23. Find a biography of someone your teen admires. Encourage your teen to read it and share interesting tidbits with you.
- 24. Have your teen spend 10 minutes each night getting ready for the next day.
- 25. Help your teen establish and stick to a study routine. Allow your student a say in where and when to study.
- 26. Write an encouraging note to your teen and tuck it in a school book.
- 27. Kids who take part in extracurricular activities at school feel more connected to the school. Is there an activity that interests your teen?
- 28. To improve communication with your teen, be an attentive listener.
- 29. Ask your teen to estimate the tax on a purchase.
- 30. Emphasize the importance of school attendance. Attendance is also important in the working world.