

# Daily Learning Planner

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

American International 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. Replace pessimistic phrases with positive ones. Exchange “It won’t work” for “Why not try it?”
- 2. Make an appointment to spend time with your teen this month. Write it on your calendar and don’t cancel.
- 3. Emphasize the importance of regular school attendance. Learning builds day by day, and attendance is important in every job.
- 4. Bring up a sticky situation before it occurs. Ask what your teen might do. Listen and ask questions.
- 5. Watch a travel program together. Discuss a place your teen would like to visit.
- 6. Encourage your teen to review class notes every day—while what the teacher said is fresh in mind.
- 7. On a day without homework, have your teen use study time read ahead.
- 8. Talk with your teen about mistakes. How can people learn from their mistakes?
- 9. Mail your teen a valentine so it will arrive by the 14th.
- 10. Look at the class catalog of a local college together. Which courses interest your teen?
- 11. Use an article about a controversial issue as a springboard for a discussion with your teen.
- 12. Spend a few minutes talking with your teen at bedtime. This is a relaxing time for conversation.
- 13. Tell your teen about something you did in high school that you would do differently now.
- 14. Compliment one specific thing you love about your teen today. Try to do this every day.
- 15. Have your teen teach you a “tech trick” with an app or website.
- 16. Help your teen view small chunks of time as opportunities to study.
- 17. If your teen is reading a “classic” for English, see if there’s a movie version. Watch it together and compare.
- 18. Brainstorm together about the snacks your teen eats. What would make it easier to make healthier choices?
- 19. Criticism can be a self-fulfilling prophecy. Give your teen positive messages whenever you can.
- 20. Remind your teen that there are no stupid questions. If your student is confused, chances are someone else in the class is, too.
- 21. Review online safety with your teen: Never give out personal information; never meet online friends in person without you.
- 22. Ask about your teen’s plans for life after graduation. Discuss your expectations.
- 23. Parenting a teen can be tough. Carve out some time to take care of yourself.
- 24. Discuss an international news event with your teen. How is it affecting your country?
- 25. When your teen sets a goal, suggest saying it aloud. This helps students believe they can reach their goals.
- 26. Ask your teen to select and read a news article to you. Share opinions about it.
- 27. Keep talking about school. Every day, ask what your teen is working on and thinking about.
- 28. Teens who feel left out may turn to risky behavior. Help your teen find a place to fit in.