

Daily Learning Planner

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

McCreary Central 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. Set some family fitness goals.
- 2. Does your teen's attention drift during study time? Suggest setting a timer while working.
- 3. Now is the time to start thinking about what your teen will do during the summer. Summer classes? A job? Volunteering? Camp?
- 4. Ask your teen to choose one assignment and quiz you on the topic. Thinking up questions will help your student learn.
- 5. Make sure your teen's phone contacts list has the numbers of people to call in case of an emergency.
- 6. Ask your teen to teach you something, such as how to use a computer program or a new app.
- 7. Make a special breakfast for your teen. Each of you talk about your goals for the next five years.
- 8. If your teen is facing a painful situation, try to offer support without giving advice unless you are asked for it.
- 9. Encourage your student to keep a journal—about ideas or travels or thoughts about what your teen is reading.
- 10. Talk with your teen about ways to respond to intolerance.
- 11. Help your teen make up a rhyming song about study facts.
- 12. It's Family Game Night! Let your teen select a game to play together.
- 13. Teach your teen to visualize success. If the goal is to raise grades, have your student imagine a report card with the desired results.
- 14. Ask what your teen thinks the world will be like in 100 years.
- 15. Does your teen have a long-range project to do? Help your student set a schedule for getting it finished.
- 16. Give your teen a new responsibility. Offer praise for being mature enough to handle it.
- 17. Volunteer to help at your teen's team/youth group/club event. Meeting your teen's peers will give you insight into your student's life.
- 18. Have your teen research possible future careers. What skills or education are required for each?
- 19. Have everyone in the family spend 30 minutes cleaning up the house. Many hands make light work.
- 20. Look at pictures together of your teen as a baby. Talk about how special your teen was—and still is.
- 21. Make plans to visit a new place with your teen.
- 22. Celebrate Earth Day with your teen by learning about ways people can care for the planet, such as by cleaning up local waterways.
- 23. William Shakespeare's birthday is celebrated today. Read one of his sonnets with your teen.
- 24. Ask your teen, "What do you wish we did differently at home?" Consider your student's suggestions.
- 25. Teach your teen that sports are for fun. Winning isn't the only the goal.
- 26. Write your teen a note of thanks. "It's such a help to me when you put the clean dishes away."
- 27. Share what makes you happy and what causes stress in your life.
- 28. Remember, teens learn more from adults' actions than their words.
- 29. Help your teen avoid feeling helpless by identifying one thing your student can do to address a problem.
- 30. Ask what your teen hopes to learn from a particular class or assignment.