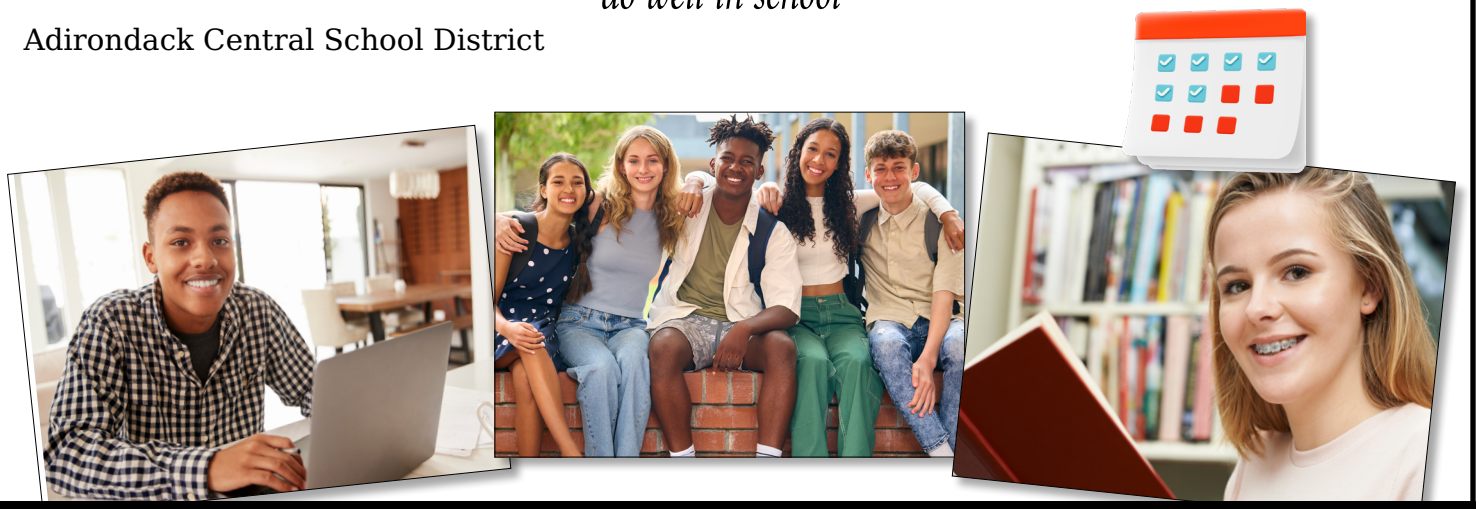
High School

Daily Learning Planner

Ideas parents can use to help students do well in school

Adirondack Central School District



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. Find out about back-to-school night and other events for families at school. Plan to attend.
2. Help your teen establish a regular study schedule. High school students should set aside time every day for schoolwork and studying.
3. Encourage your teen to set three or four learning goals for this school year and identify steps to take to meet them.
4. Ask your teen to play a favorite song. Talk about the lyrics. Share one of your favorite songs with your teen.
5. Give your teen a planner or a small notebook for writing down all assignments and school commitments.
6. Review school safety rules with your teen.
7. Keep important school phone numbers (the office, the attendance line, etc.) in your phone and posted in a handy place at home.
8. Today is International Literacy Day. Does everyone in your family have a library card? If not, visit the library this month to sign up.
9. Ask your teen to suggest nutritious snacks to keep on hand.
10. Does your teen need school supplies? Look for them early in the year. If providing them is a problem, let your teen's counselor know.
11. Talk with your teen about what makes a good friendship.
12. Join the school's parent-teacher group. These organizations help schools, students and their families in many ways.
13. Ask your teen to show you a favorite app or social media channel.
14. Make mornings easier. Encourage your teen to spend 10 minutes at night getting ready for the next day.
15. Teach your teen to use positive self-talk, such as "I can do this." It helps students stay motivated.
16. Stop by your teen's room at bedtime for a chat. Start the conversation by talking about things your teen has done well lately.
17. Learn a new skill with your teen, such as bread making. Look for how-to videos online.
18. Pick your battles with your teen. On some subjects, such as safety, don't budge. Look for compromises on others.
19. Remind your teen to use you as a scapegoat if necessary: "Sorry, but my family needs me at home tonight."
20. Most students have some long-term assignments. Help your teen break them down into small steps and set deadlines for each.
21. Challenge your teen to design a simple piece of furniture.
22. Ask to see your teen's assignments. Talk about the useful knowledge and skills your student is acquiring, such as thinking and problem-solving.
23. Share a funny cartoon or meme with your teen over breakfast.
24. Let your teen's teachers know how to get in touch with you. Send them your email address and phone numbers.
25. Play a board game with your teen.
26. Teach your teen how to change a tire, or brush up on the skill together.
27. Talk with your teen about a mistake you've made and what you learned from it.
28. Choose a letter from an advice column. Read it aloud at dinner. Ask family members to take turns being the columnist.
29. With your teen, start a family scrapbook with pictures and mementos.
30. Teens who take part in school-based extracurricular activities tend to feel more connected to school. Is there an activity that interests your teen?

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