

Daily Learning Planner

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

Dodgeville 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. Ask your teen to help you develop a new family tradition.
- 2. Want your teen to get more involved? Set an example by joining a club or group that interests you.
- 3. Look for the positive in your teen and celebrate it. At dinner, make a special toast in your teen's honor.
- 4. If your teen gets headaches, squints or holds books too close, schedule a vision check-up.
- 5. Brainstorm ways your family could help beautify your neighborhood.
- 6. In areas where your teen struggles, focus more on progress than grades.
- 7. Offer to help your teen make a study schedule.
- 8. Remind your teen that big goals can't be achieved in a day. But your teen can take actions to reach them, one step at a time.
- 9. Check with a school counselor. Is your teen on track to graduate and apply to colleges? If not, what needs to happen?
- 10. Ask your teen to estimate how far your car can drive on three quarters of a tank of gas.
- 11. Ask your teen to help plan a family outing.
- 12. Encourage your teen to greet teachers at the beginning of class. Making contact can help students feel connected to what's going on.
- 13. Make sure your teen's free time includes screen-free time for exercise, in-person conversations and creative thinking.
- 14. Explain that responsibility is more than just fulfilling commitments. It also means saying *no* when your teen can't handle one more thing.
- 15. When your teen has something to memorize, suggest breaking it into several short lists instead of one long list.
- 16. Declare this an Acts of Kindness Day. Make a special effort to be kind to each other.
- 17. Take advantage of time in the car with your teen to talk privately without interruption.
- 18. Have your teen solve silly math problems, such as "How many hours until summer vacation?"
- 19. Ask, "If you could be the first to do something, what would it be?"
- 20. Model coping skills when you face your own letdowns. "I'm disappointed. I'm going to think of other ways to approach this."
- 21. Watch a TV program about the arts with your teen.
- 22. With your teen, brainstorm about ways your family can lower gas, electric or water usage at home.
- 23. Encourage your teen to look up answers to questions that come up in family conversations.
- 24. Allow your teen some privacy. By providing privacy, parents demonstrate respect.
- 25. Remind your teen that classwork and assignments count just as much in the last quarter as they did in the beginning of the year.
- 26. Help your teen recognize how good it feels to do a good job.
- 27. Encourage your teen to make schoolwork legible.
- 28. Reinforce the idea that while doing the right thing may be hard in the moment, it makes things easier in the long run.
- 29. Encourage your teen to take positive school risks, such as signing up for a rigorous course or trying out for a team.
- 30. Read a book with your teen.