

Daily Learning Planner

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

Clay County Schools



THE
PARENT
INSTITUTE®

September • October • November 2017

September 2017

Daily Learning Planner: Ideas Parents Can Use to Help Students Do Well in School—Try a New Idea Every Day!

- ☐ 1. Give your teen a say in where and when she studies.
- ☐ 2. Think your teen is too old for reading aloud? Try it. Listen to audiobooks together, too.
- ☐ 3. Talk with your teen about a community issue that concerns him. Ask his opinion about how to improve things.
- ☐ 4. Discuss the connection between rights and responsibilities with your teen. Rights are earned by responsible behavior.
- ☐ 5. Ask to see a copy of your teen's syllabus for each class so you know what she'll be learning this year.
- ☐ 6. At your teen's next checkup, give him time alone with the doctor.
- ☐ 7. Review the school rules with your teen.
- ☐ 8. Tell your teen about your day in as much detail as you would like to hear about her day.
- ☐ 9. Ask your teen specific questions about school. "Which class do you think is the most interesting?"
- ☐ 10. Teach your teen a useful life skill, such as how to do laundry or keep track of spending.
- ☐ 11. Turn mistakes into learning opportunities. Instead of criticizing, say, "What have you learned from this?"
- ☐ 12. Encourage your teen to find an extracurricular activity at school that interests him.
- ☐ 13. Don't give your teen negative labels ("the shy one"). Kids tend to live up to roles cast for them by their parents.
- ☐ 14. When your teen studies, suggest that she start reviewing at a different place in her notes every time.
- ☐ 15. Emphasize the importance of school attendance. Attendance is also important in the working world.
- ☐ 16. Challenge family members to learn three new words every week.
- ☐ 17. Together, watch a movie you loved as a teen.
- ☐ 18. Limit your teen's hours at a part-time job to 10 per week.
- ☐ 19. Read a book your teen is reading for school. Discuss it with him.
- ☐ 20. Give your teen some index cards to make into flash cards for studying. It will force her to choose only the most important points.
- ☐ 21. Look for a skill you and your teen can learn together.
- ☐ 22. Think about the rules you have for your teen. Do any need adjusting now that he's more mature?
- ☐ 23. Bake cookies with your teen.
- ☐ 24. Help your teen schedule study time and avoid cramming before a test.
- ☐ 25. Point out how things your teen is learning have helped you in your life.
- ☐ 26. Let your teen experience the consequences of her misbehavior.
- ☐ 27. Brainstorm with your teen about ways to make his life easier—like taking 10 minutes each evening to get ready for school the next day.
- ☐ 28. Involve your teen in decisions about her curfews or other limits.
- ☐ 29. Have your teen use a calendar to keep track of project and test dates.
- ☐ 30. Don't cave in if your teen says, "Everyone else is doing it." Say, "Well, you aren't."

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HIGH SCHOOL

October 2017

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- ☐ 1. Think of something nice you and your teen could do for someone else. Set aside time to do it.
- ☐ 2. Today is the birthday of Mahatma Gandhi. Talk with your teen about resolving conflicts without violence.
- ☐ 3. Ask your teen to describe his dream job.
- ☐ 4. Is your teen studying a foreign language? Look on the internet for publications in that language.
- ☐ 5. Teach your teen a problem-solving process: brainstorm solutions, write down the pros and cons of each, choose the best one and carry it out.
- ☐ 6. Talk with your teen about a mistake you made and how you fixed it.
- ☐ 7. Have your teen use a camera or a notepad to record "A day in the life of our family."
- ☐ 8. Remember, your teen needs a parent more than just another friend.
- ☐ 9. Set aside time to talk with your teen today.
- ☐ 10. Encourage your teen to listen to music she doesn't normally listen to.
- ☐ 11. Set limits on how many weekdays your teen can go out with friends.
- ☐ 12. Keep computers and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting or browsing social media.
- ☐ 13. Ask your teen to proofread something you've written.
- ☐ 14. Encourage your teen to volunteer. He can learn valuable lessons while he helps others.
- ☐ 15. Give your teen some examples of difficult situations. How would she handle them?
- ☐ 16. When you are having a conversation with your teen, stop talking after 30 seconds and let him have a turn.

- ☐ 17. Talk with your teen about her plans for life after graduation.
- ☐ 18. List three of your teen's successes last week. List three of your own. Post the lists where you can both see them.
- ☐ 19. Start a family calendar with your teen. Have each family member use a different colored pen to record activities.
- ☐ 20. Consider hosting a party for your teen's club or team. It will help you get to know his peers better.
- ☐ 21. Look for ways to give your teen more responsibility, such as getting herself up in the morning, making her doctor's appointments, etc.
- ☐ 22. Notice nonverbal messages. If you see your teen smile, you might say, "You seem happy."
- ☐ 23. If your teen challenges you, don't lose your cool. Instead, ask for a break and talk when you're in control.
- ☐ 24. Plan to attend an activity at school with your teen.
- ☐ 25. Ask your teen to help you make a decision.
- ☐ 26. Share a laugh with your teen. Leave a cartoon by his place at breakfast.
- ☐ 27. Ask your teen to tell you some things you've done together that she enjoyed. If possible, make plans to do these activities again.
- ☐ 28. Some time today, exchange notes with your teen instead of talking.
- ☐ 29. Teach your teen to track his savings and expenses.
- ☐ 30. Watch a movie together. Talk about the choices the characters make.
- ☐ 31. Show your teen how to read nutrition labels.

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November 2017

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- ☐ 1. Practice estimating with your teen. How many miles away is school? Check to see how close your estimates were.
- ☐ 2. Encourage your teen to keep a daily to-do list. She is less likely to forget tasks if she writes them down.
- ☐ 3. Tell your teen why you value your education—or why you wish you'd learned more.
- ☐ 4. Take a trip to the library with your teen.
- ☐ 5. Go shopping for nutritious snacks with your teen.
- ☐ 6. Make sure your teen is setting aside time every day for homework and studying.
- ☐ 7. Do your "homework" alongside your teen—pay bills, do chores or read.
- ☐ 8. Avoid criticizing your teen unnecessarily.
- ☐ 9. Ask, "If you could be the first one to do something, what would it be?"
- ☐ 10. Don't violate your teen's privacy. By providing privacy, parents demonstrate respect.
- ☐ 11. Have your teen collect gently-used clothing your family has outgrown. Donate it to a local shelter or clothing bank.
- ☐ 12. Consider giving your teen a clothing allowance. It teaches budgeting.
- ☐ 13. Have a geography challenge at dinner. Who can name the most African countries?
- ☐ 14. Be an attentive listener. It will improve communication with your teen.
- ☐ 15. Discuss ways your teen could get more sleep.
- ☐ 16. Ask your teen about which new words should be in the dictionary.
- ☐ 17. Learn about holidays around the world. As a family, choose a new holiday to observe, or invent one.

- ☐ 18. Have your teen teach you! He may know things you don't about subjects that interest him.
- ☐ 19. Find a map of Europe from the 1950s. Have your teen compare it to a current map. How many changes can she find?
- ☐ 20. Talk to your teen about bullying. Has he ever been bullied at school or online? Has he ever bullied another student?
- ☐ 21. Suggest that your teen start a book club with her friends.
- ☐ 22. Can your teen study with music playing? Some can and some can't. Experiment to figure out which way works best for your teen.
- ☐ 23. Make a list of all the things that make your family members thankful.
- ☐ 24. Talk about the ways your teen has shown responsibility recently. Let him know you are proud of him.
- ☐ 25. Teach your teen to change a tire. It's a skill all teens should have.
- ☐ 26. If your teen is saving for a special purchase, have her keep a picture of the item in her wallet for motivation.
- ☐ 27. Make an appointment with your teen to do something fun. Write it on your calendar.
- ☐ 28. When your teen has strong opinions on an issue, encourage him to write a letter to the editor of the local newspaper.
- ☐ 29. Read a textbook assignment with your teen. Then ask her to tell you about it in her own words.
- ☐ 30. Serve healthy breakfast foods. Hungry teens can't focus on learning.

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