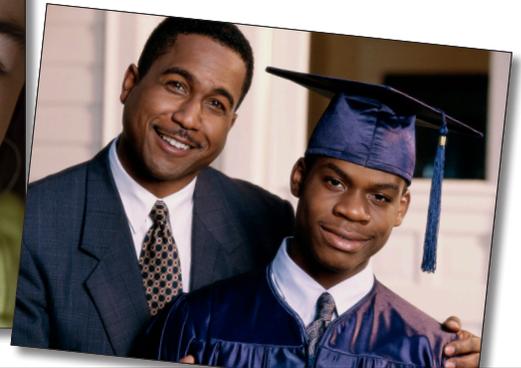


Daily Learning Planner

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

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THE
PARENT
INSTITUTE®

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

- 1. Memorize something with your teen today. Try a poem or a quotation.
- 2. At the library, encourage your teen to find books on his special interests.
- 3. Make a to-do list with your teen.
- 4. Remind your teen of the long-term benefits of achieving in school.
- 5. Help your teen make a budget.
- 6. Encourage your teen to keep a record of her accomplishments. Reviewing it can boost her confidence.
- 7. Don't want your teen to "judge a book by its cover?" Then don't judge his friends by their clothes.
- 8. Avoid putting so much emphasis on grades that your teen feels she has to cheat.
- 9. Keep healthy snacks handy for study time. Hungry teens can't focus.
- 10. Talk with your teen about the dangers of steroid use.
- 11. Work on a number or logic puzzle with your teen.
- 12. Watch the news with your teen and discuss it.
- 13. Plan a reading dinner. Let each family member bring a book to the table and share a favorite passage.
- 14. Remind your teen that mistakes are not the end of the world. They are the beginning of learning.
- 15. Have your teen spend 10 minutes at night preparing for the next day. It will make mornings smoother.
- 16. Bake cookies together today. Review math skills by asking your teen to tell you the amounts of ingredients you'd need to double the recipe.
- 17. Give family members marshmallows and uncooked spaghetti. See who can build the tallest tower.
- 18. Do you know your teen's friends? Make a list of their names and phone numbers to keep on hand.
- 19. When did you last tell your teen you love him? Tell him today.
- 20. Encourage your teen to use small chunks of free time to study or review.
- 21. Find an interesting word in the dictionary. Challenge the entire family to use it as often as possible today.
- 22. Be on the lookout for things your teen does right. Compliment her on her successes.
- 23. See if your teen can shadow or talk with someone in a career field that interests him.
- 24. Take a walk with your teen and use all five senses to observe the world.
- 25. Choose a letter from an advice column. Read it aloud. Then ask everyone to take a turn being the advice columnist.
- 26. Discuss the connection between rights and responsibilities. The right to be trusted is earned by responsible behavior.
- 27. Encourage your teen to use graph paper when working with columns of numbers. It reduces careless math errors.
- 28. Have family members each make a gratitude list. Then share your lists.
- 29. If your teen doesn't have an assignment to work on, suggest that she read the newspaper for 30 minutes.
- 30. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another. It may become a habit!

Helping Students Learn
TIPS Families Can Use to Help Students Do Better in School

HIGH SCHOOL