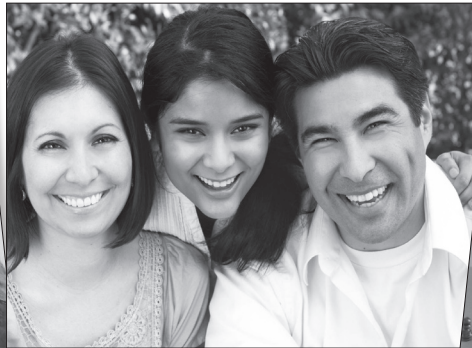


Daily Learning Planner

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

Region 16 ESC Title III SSA



THE
PARENT
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December • January • February 2020-2021

December 2020

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

- 1. Tell your teen that students remember more from two 20-minute study sessions than from one 40-minute session.
- 2. Is your teen learning a foreign language? Ask him to teach you some phrases. Use them around the house.
- 3. Suggest that your teen look online for a ready-made study guide to help with a challenging novel in English class.
- 4. Let your teen overhear you say something positive about her to someone else.
- 5. If your teen is saving for a special purchase, keeping a picture of it in his wallet may help him avoid impulse spending.
- 6. Ask your teen to write a poem about what she thinks describes and defines "December."
- 7. Encourage your teen to make flash cards to study vocabulary words.
- 8. When your teen tells you something important, restate it in your own words to confirm your understanding.
- 9. Challenge your family to learn—and use—three new words a day. That's over 1,000 words a year!
- 10. Ask your teen: "Do you think honesty is always the best policy? Why or why not?"
- 11. Encourage your teen to find a study partner for each class.
- 12. Give your teen low-risk opportunities to make decisions, such as when to complete a chore.
- 13. Set aside some time to spend one-on-one with your teen today.
- 14. Leave an encouraging note for your teen on his pillow.
- 15. Look for win/win solutions—when both you and your teen benefit from the outcome.
- 16. Talk with your teen about a choice you have made. Then talk about the consequences of that choice.
- 17. Help your teen end each day by focusing on what went right.
- 18. Bow out of power struggles. Instead, let your teen experience the consequences of her misbehavior.
- 19. Promote creative thinking by asking your teen to help you solve problems around the house.
- 20. Teens need some space of their own, even if it is just a drawer or the corner of a room.
- 21. Tonight is the longest night of the year. Go outside and look at the stars with your teen.
- 22. Encourage your teen to do a good deed for a neighbor or teacher.
- 23. Have your teen research the history of one of his favorite bands.
- 24. Ask your teen to take photos during family events. This may build her interest in participating.
- 25. Give your teen the best gift—an IOU for time with you.
- 26. Share a cartoon your teen will enjoy. Leave it by his place at breakfast.
- 27. Remind your teen that one of the best ways to prepare for college entrance tests is to read every day.
- 28. Encourage your teen to draw a self-portrait.
- 29. Teens often tell you as much through behavior as through words. "Listen" to your teen's body language.
- 30. Tell your teen how something you studied in school has helped you at work or in your life.
- 31. Talk with your teen about the best things you each can remember from the past year.

January 2021

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

- 1. Teens need specific goals. Help yours set three or four learning goals for this year. Write them down.
- 2. Discuss your values with your teen, and why they are important to you.
- 3. Write a letter to your teen about an issue you think you need to discuss.
- 4. Try to have a conversation with your teen entirely in rhyme.
- 5. When your teen does math assignments, have her ask herself, "How does what I learned today relate to what I knew before?"
- 6. Suggest that your teen keep a notebook handy when reading. He can jot down unknown words and look them up later.
- 7. In conversations with your teen, try to listen more than you talk.
- 8. If your teen wants a part-time job, limit it to 10 hours a week.
- 9. Check in with your teen's school counselor. Is your teen on track to graduate? If not, what needs to happen?
- 10. Encourage your teen to read a few news articles every day this week. Choose an article to discuss.
- 11. Not all teens want to go to college. Help your teen explore other higher education options, such as technical school and the military.
- 12. Be respectful of your teen's privacy. Don't violate it without an important reason.
- 13. Find out how your teen is doing in her classes at mid-year. There's still time to get help if her grades are slipping.
- 14. Teach your teen how to cheer himself on. Positive self-talk, such as "I will get this if I stick with it" will keep him motivated.
- 15. Help your teen find some physical activity she enjoys.
- 16. Talk about the difference between *courage* and *carelessness*.
- 17. Is your teen's room messy? Set a timer for a 15-minute pick-up blitz before he relaxes for the evening.
- 18. Social media makes it easy to hurt someone. Tell your teen not to post anything she wouldn't say to someone's face.
- 19. Ask your teen to explain to you how he studies.
- 20. At your teen's next medical checkup, let her spend some time alone with the doctor.
- 21. Start a family savings plan for a special goal. Talk about how each person can contribute.
- 22. Encourage your teen to use sticky notes to write down things he needs to remember.
- 23. Have a Family Reading Night. Curl up with books and snacks.
- 24. Help your teen focus on improving work habits, rather than just grades.
- 25. Encourage your teen to ask the teacher for help right away if he is confused in a class.
- 26. Be a role model. Live up to the behavior you expect from your teen.
- 27. Encourage your teen to keep a journal.
- 28. Applaud your teen when she tackles a positive new challenge.
- 29. Teens, like adults, feel pressured for time. Talk about how your teen can set priorities and balance his time.
- 30. List three of your teen's successes last week. List three of your own. Post the lists where you can both see them.
- 31. With your teen, make a screen time schedule for the week. Help each other stick to it.

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February 2021

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

- 1. Avoid criticizing your teen unnecessarily.
- 2. Tell your teen that you believe she can succeed. This will make her more likely to do so.
- 3. If your teen tries and fails at something, help him make a plan for what he'll do to prepare for the next time he tries.
- 4. Talk to your teen about bullying. Has she ever been bullied at school? Online? Has she ever bullied another student?
- 5. Watch a travel program together. Talk about where you'd like to visit.
- 6. Encourage your teen to read a biography of a person he admires and figure out what they have in common.
- 7. Give your teen a camera or a notepad and ask her to record "A day in the life of our family."
- 8. On days when there's no homework, have your teen use study time to review.
- 9. Mail your teen a valentine so it will arrive by the 14th.
- 10. Encourage your teen to make decisions. Involve him with decisions on allowance, curfews and other rules.
- 11. Look for a TV program about a controversial issue. Use it as a springboard for discussion with your teen.
- 12. Index cards are great for studying. Taking notes on them forces students to choose only the most important points.
- 13. Tell your teen about something you did in school that you would do differently now.
- 14. At dinner, have each family member say something nice about every person at the table.
- 15. Stock up on valentines when they go on sale. Send them to your teen throughout the year.
- 16. Call out some words from the dictionary during breakfast. See who can spell them.
- 17. When your teen sets a goal, have her say it aloud. This helps her believe she can do it.
- 18. Ask your teen to draw a diagram of something he is learning in school.
- 19. When choosing courses for next year, tell your teen a B in a tough class is better than an A in an easy one.
- 20. Invent a recipe with your teen. If it doesn't work, brainstorm together about ways to fix it.
- 21. Do you have a home improvement project to do? Ask your teen to help.
- 22. Strong report card? High grade on a test? Find a way to celebrate with your teen.
- 23. Parenting a teen can be challenging. Carve out some time to take care of yourself.
- 24. Ask your teen, "What do you wish we did differently at home?" Be open to her suggestions.
- 25. Post an inspirational quote where your teen will see it. Replace it often.
- 26. Teens know their shortcomings. They need you to remind them of their strengths.
- 27. At dinner, ask everyone to share one thing they learned today.
- 28. Enjoy some physical activity with your teen. You'll both get exercise—and it may lead to some great conversation.

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