

Daily Learning Planner

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

Riverview Gardens School District
Saint Louis, MO



THE
PARENT
INSTITUTE®

September 2020

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

- ☐ 1. Suggest that your teen create a scrapbook of photos, notes from teachers and other memories of this school year.
- ☐ 2. Talk to your teen about something you learned recently.
- ☐ 3. Ask for your teen's opinion about an issue in the news.
- ☐ 4. Remind your teen that there are no stupid questions. If she really wants to learn, she should ask questions in class.
- ☐ 5. Give your teen a say in where and when he studies.
- ☐ 6. Let your teen see you reading often. This shows that reading is important and fun.
- ☐ 7. Suggest that your teen start each study session by prioritizing assignments.
- ☐ 8. Brainstorm with your teen about ways to make life easier—such as by spending 10 minutes each night getting ready for the next day.
- ☐ 9. Reassure your child that whatever changes this school year brings, you and the teachers will help him succeed.
- ☐ 10. Remind your teen how important it is to turn in work. Just one zero can bring down her grade an entire letter.
- ☐ 11. Teens may say, "Everyone else is doing it." Don't cave in. Instead, say, "Well, we aren't."
- ☐ 12. Watch a funny movie with your teen. Relax and laugh together.
- ☐ 13. Encourage your teen to set a goal he's excited about. Help him plan exactly how he'll reach it, step by step.
- ☐ 14. Write an encouraging note to your teen. Let her know you believe she can succeed.
- ☐ 15. Teach your teen to keep to-do lists. When he writes down things he needs to do, he is less likely to forget them.
- ☐ 16. Read a book your teen is reading for school. Discuss it with her.
- ☐ 17. Think about the rules you have for your teen. Are there any that should be revised based on his maturity?
- ☐ 18. Be an attentive listener. This helps keep the lines of communication open with your teen.
- ☐ 19. Have a special one-on-one breakfast with your teen.
- ☐ 20. Turn a mistake into a learning opportunity. Don't criticize. Instead, say "What have you learned from this?"
- ☐ 21. Talk to your teen about how to balance schoolwork and the rest of her life. Remind her that education must come first.
- ☐ 22. Ask your teen to tell you about the similarities and the differences between his classes.
- ☐ 23. Set a digital curfew. TVs, computers, phones and other devices not needed for schoolwork must be turned off by a certain time at night.
- ☐ 24. Encourage your teen to find out when teachers are available to give extra help.
- ☐ 25. Look at magazine ads with your teen. Which statements about the product are facts? Which ones are opinions?
- ☐ 26. Promote healthy eating. Allow your teen to request any green vegetable available the grocery store.
- ☐ 27. Listen to an audiobook together. Many libraries offer free downloads.
- ☐ 28. Schedule a family meeting. Talk about challenges and successes.
- ☐ 29. Don't use technology time as a reward or punishment. It will make it seem more important to your teen.
- ☐ 30. Ask your teen who her role models are and why. You may learn something new about her.