

Daily Learning Planner

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

Hornell City School District



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. Watch a TV show with your teen. Talk about how it does or does not reflect your family's values.
- ☐ 2. It's a fact: 40 percent of teens try unsafe methods to lose weight. Encourage your teen to eat nutritious meals.
- ☐ 3. Ask your teen to name two ways he can be a better friend.
- ☐ 4. Check your calendar. Can you help at school at least once this month?
- ☐ 5. Suggest your teen make an emergency school supply kit.
- ☐ 6. New drivers are easily distracted. Limit the number of friends who can ride along when your teen is at the wheel.
- ☐ 7. During an argument, switch places with your teen. Each of you should present the other's point of view.
- ☐ 8. Have your teen's homework habits slipped a bit? Help her get back to a daily study time.
- ☐ 9. Watch the news with your teen. If a story strikes his interest, suggest he learn more about it.
- ☐ 10. Bake a batch of cookies with your teen. Together, take some to a neighbor who might appreciate some company.
- ☐ 11. When your teen wants to change a family rule, ask her to list three reasons why you should change it.
- ☐ 12. If your teen is confused in one of his classes, be sure he asks the teacher for help right away.
- ☐ 13. Encourage your teen to form a study group.
- ☐ 14. Some teens take too many risks. Talk to your teen about the difference between *courage* and *carelessness*.
- ☐ 15. Ask your teen if school is challenging. If the answer is *no*, tell her to talk to her counselor about taking more rigorous classes.
- ☐ 16. Emphasize an important message: *Not* all teens are sexually active.
- ☐ 17. Visit the library. Ask the librarian to suggest books teens are reading. Encourage your teen to try one.
- ☐ 18. Help your teen think of ways to maximize his time.
- ☐ 19. Teach your teen how to deal with a kitchen fire.
- ☐ 20. How is your teen doing at mid-year? There's still time to get help if grades are falling.
- ☐ 21. Tell your teen you love her.
- ☐ 22. Talk about how your teen can set priorities and balance his time.
- ☐ 23. Help your teen make healthy choices when she packs her lunch.
- ☐ 24. Be sure your teen knows that your rules apply when he's at a friend's house, and not just at home.
- ☐ 25. Email or text your teen an encouraging note.
- ☐ 26. Urge your teen to take notes in every class.
- ☐ 27. Have your teen figure out how many miles your car gets per gallon.
- ☐ 28. Check with your teen's counselor. Is your teen on track to graduate? If not, what steps should she take to get back on track?
- ☐ 29. Get a list of vocabulary words used on SATs. Challenge the family to learn two words a week.
- ☐ 30. Ask your teen to tell you what it means to be a leader.
- ☐ 31. Help your teen set goals for this year. Post them in his room.



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

HIGH SCHOOL