

Daily Learning Planner

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

Santa Cruz Valley Union High School



THE
PARENT
INSTITUTE®

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

- 1. Give your teen a say in decisions about where and when to study.
- 2. Find quotations that will motivate your teen. Post one on the bathroom mirror. Put up a new quote every few weeks.
- 3. Talk with your teen about a community issue that concerns young people. Ask your student's opinion about how to improve things.
- 4. Teens often tell you as much through behavior as through words. "Listen" to your teen's body language.
- 5. Ask to see a copy of your teen's syllabus for each class so you know what students will be learning this year.
- 6. Ask your teen specific questions about school. "Which class do you think is going to be the most interesting?"
- 7. Ask your teen for suggestions of nutritious snacks to keep on hand.
- 8. Help your teen learn new vocabulary. Do a crossword puzzle together today.
- 9. Review the school rules with your teen.
- 10. Teach your teen to use positive self-talk. Saying things like "I can do this" can help keep students motivated.
- 11. Turn mistakes into learning opportunities. Instead of criticizing, say, "What have you learned from this?"
- 12. Make it clear that you expect your teen to attend every class, every school day.
- 13. Avoid giving your teen labels ("the shy one"). Kids tend to live up to roles cast for them by their families.
- 14. Discuss your teen's commitments outside of school. Make sure your student has time to complete schoolwork.
- 15. Together, watch a movie you loved as a teen.
- 16. Teens know their shortcomings. They need you to remind them of their strengths.
- 17. Ask your teen, "What would your dream job be like?"
- 18. Encourage your teen to ask at least one question in each class.
- 19. Read a book your teen is reading for school and discuss it together.
- 20. Don't use screen time as a reward or punishment. It will make it seem even more important to your teen.
- 21. Look for a skill you and your teen can learn together.
- 22. Do you know your teen's friends? Make a list of their names and phone numbers to keep on hand.
- 23. Tell your teen about your day in as much detail as you would like to hear about your teen's day.
- 24. Remind your teen to use you as a scapegoat if necessary: "Sorry. My folks need me at home tonight."
- 25. Point out how subjects that your teen is learning have helped you in your life.
- 26. Encourage your teen to use sticky notes to write down things to remember, and place them in a prominent spot.
- 27. Help your teen brainstorm about ways to make daily life easier—like taking 10 minutes each evening to get ready for school the next day.
- 28. Encourage your teen to review class notes every day.
- 29. Have your teen use a calendar to keep track of project and test dates.
- 30. Talk to your teen about the dangers of vaping.