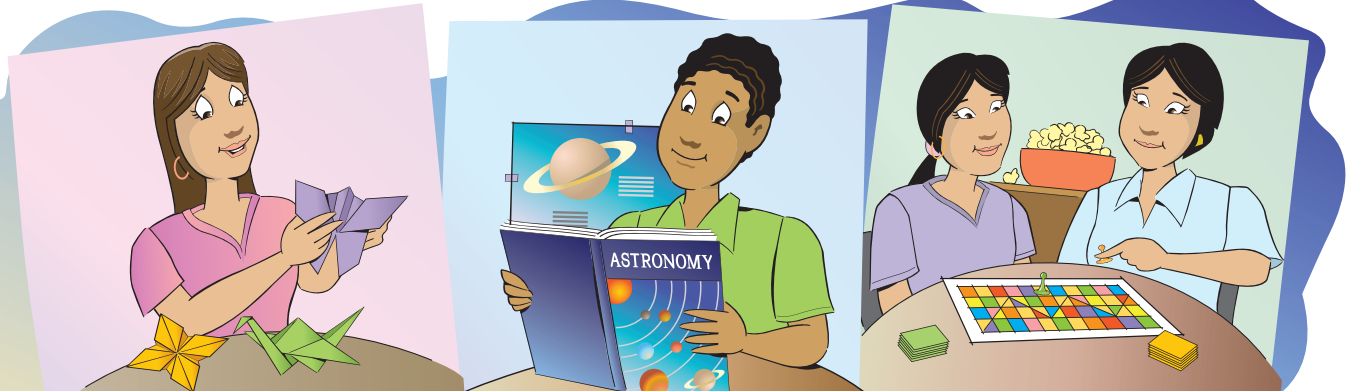


Daily Learning Planner

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

Title 1 Cooperative
Educational Service Unit #10



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. Look for a way to give your teen more responsibility. For example, he might make his own medical appointments.
- 2. Review your calendar. Can you schedule time to get to the school at least once this month to volunteer?
- 3. Help your teen create a résumé. Include babysitting and volunteer experience. Add skills and activities that show responsibility.
- 4. Invite your teen's friends to spend time at your house. You'll get to know them and your own teen better.
- 5. If there's a college near your home, tour the campus with your teen.
- 6. When your teen brings graded schoolwork home, focus first on what she learned, not on her grade.
- 7. Show your teen your old high school photos.
- 8. Encourage your teen to write a letter to a teacher or coach who has positively influenced him.
- 9. Ask your teen, "What's the bravest thing you've ever done?"
- 10. Talk about how you and your teen could do something for others this holiday season. Set aside time to do it.
- 11. Watch an educational show on TV with your teen.
- 12. Books and magazines make great gifts for teens.
- 13. Ask your teen what she would do if someone offered her drugs or alcohol. Role-play ways to say *no*.
- 14. If your teen fails at something, encourage him to come up with at least one thing he can learn from the experience.
- 15. Teens, like adults, feel pressured for time. Talk about how to set priorities and manage time.
- 16. Write a letter to your teen about an issue you need to discuss.
- 17. Give your teen your last five grocery receipts. Ask her to tell you the average you spent per visit.
- 18. Start a family savings plan for a special goal. Choose the goal together.
- 19. Keep the TV off today. Think of fun activities to replace TV viewing.
- 20. Ask your teen about the best gift he ever received. Why was it special?
- 21. If someone asked your teen how she knows her parents love her, what would she say? Ask her.
- 22. Brainstorm with your teen about things you both could do to conserve energy and natural resources.
- 23. Have a healthy snack with your teen.
- 24. Create a new family tradition. Ask your teen for ideas.
- 25. Teach your teen that sports are fun. Winning isn't always the goal.
- 26. Encourage your teen to talk with a student who is home from college about what college is like.
- 27. Read a letter from an advice column aloud. How would your teen solve the problem?
- 28. What is your teen most confident about doing? Ask him.
- 29. Ask your teen to explain how she studies.
- 30. Be aware that teenage holiday parties often involve alcohol. Call the host's parents before you say it's OK for your teen to attend.
- 31. Teach your teen, "A goal is a dream with a deadline."



Helping Students Learn

Tips Families Can Use to Help Students Do Better in School

