

Daily Learning Planner

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

Atlantic 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. 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.