

Daily Learning Planner

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

Rockdale County Public Schools



THE
PARENT
INSTITUTE®

September • October • November 2022

September 2022

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

- 1. Encourage your teen to set specific learning goals for this year.
- 2. Make plans to participate in back-to-school night. Learn what teachers expect of their students.
- 3. To increase your teen's vocabulary, use unfamiliar words in conversation. Curiosity may lead your teen to the dictionary.
- 4. Does your teen have a regular study schedule? Students should set aside time every day for homework and studying.
- 5. Explore the public library's nonfiction collection together. What subjects interest your teen?
- 6. Discuss the connection between rights and responsibility. Rights are earned with responsible behavior.
- 7. Collect photos and memorabilia from your teen's high school years. They will make a treasured graduation gift.
- 8. Charge laptops and cell phones out of your teen's bedroom at night. Teens should be sleeping, not texting or checking social media.
- 9. Teens respond best to praise that is specific rather than general. "You did a really thorough job of cleaning the kitchen," not "You're great."
- 10. Is your teen's room messy? Have your student set a timer for a 15-minute pick-up blitz before taking part in a recreational activity.
- 11. Prepare your teen's favorite breakfast and share it together. Make this a monthly tradition.
- 12. Ask your teen's opinion about something. Your student probably knows things you don't about topics of interest.
- 13. Discuss honesty with your teen, and why it is so important. Point to examples of people who demonstrate honesty.
- 14. Let your teen see you reading often.
- 15. Together, find out how and when your teen can register to vote.
- 16. Make an appointment with your teen to do something fun together. Write it on your calendar.
- 17. Why do teens use drugs? The three top reasons are: people I know do it, popular media makes it look cool, and to relieve stress or sadness.
- 18. If your teen wants a job, limit work hours to fewer than 10 per week. It's best for students to avoid working on school nights if possible.
- 19. Set a good example at homework time by doing some work yourself.
- 20. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 21. Today is International Peace Day. Talk with your teen about what it means to be at peace and ways to achieve it.
- 22. Challenge your teen to solve silly math problems, such as "How many hours until your birthday?"
- 23. Find out about school events for families this fall. Plan to attend one.
- 24. Encourage your teen to compare prices and return policies before buying something.
- 25. Emphasize the importance of attending every class, every day.
- 26. Bow out of power struggles. Unless it's a matter of safety, let your teen experience the consequences of misbehavior.
- 27. Help your teen set and stick to a regular bedtime.
- 28. Encourage your teen to schedule several short study sessions in the days before a test and to avoid all-night cramming.
- 29. Take a walk with your teen.
- 30. Say that you believe your teen can do well in school. This makes students more likely to do so.

October 2022

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- 1. Look for ways to give your teen more responsibility. Most teens can make their own medical appointments, for example.
- 2. Have your teen spend 10 minutes at night preparing for the next day.
- 3. Turn off all digital devices and have a family reading night. Make it a regular event.
- 4. Have a contest: How many words can family members make from the letters in the word OCTOBER?
- 5. Look for a skill you and your teen can learn together. It's a fun way to get to know each other on a new level.
- 6. Write an encouraging note and tuck it in a place where your teen will see it.
- 7. Help your teen look for a community service project.
- 8. Teens may say, "Everyone else is doing it." Don't cave in. Say, "Well, we aren't."
- 9. Share a funny cartoon or interesting article with your teen.
- 10. Have you met your teen's teachers? If not, set up appointments soon.
- 11. Ask if your teen has any school-related fears or concerns.
- 12. Keep nutritious foods handy, such as sliced vegetables and fresh fruit. Teens are more likely to make healthy choices when it's easy.
- 13. Go online with your teen to research information about colleges.
- 14. Ask your teen to plan and schedule a fun family night.
- 15. Help your teen see both sides of an argument. Trade sides, then each of you respond as you think the other person would.
- 16. Make sure your teen knows that schoolwork comes before part-time jobs, friends or sports.
- 17. Discuss friendship. What qualities does your teen value in a friend?
- 18. Mention how something you learned in school has helped you in life.
- 19. Talk with your teen about sex. Share your values and make it clear that not all teens are sexually active.
- 20. Encourage your teen to tutor. Teaching someone else can strengthen your student's own grasp of a subject.
- 21. Suggest that your teen check out the career planning services at school.
- 22. Watch the news together. Locate places mentioned on a world map.
- 23. Behavior says a lot. Pay attention to your teen's body language.
- 24. Help your teen set priorities when studying. Which task is most important? Due first? Most difficult?
- 25. Get two copies of a best seller so you and your teen can both read and discuss it.
- 26. Is your teen studying a foreign language? Look online to find publications in that language.
- 27. Ask your teen about favorite and not-so-favorite classes.
- 28. Make plans to include one of your teen's friends in a family weekend activity. It's a great way to get to know your student's peers.
- 29. Before a big test, encourage your teen to make a list of possible questions the teacher might ask and then answer them.
- 30. Encourage your teen to do a good deed for someone, like a neighbor or a teacher.
- 31. Challenge family members to learn two or three new vocabulary words each week. Try to use them in conversation.

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November 2022

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- 1. Use time in the car or on the bus to talk together. Ask if there's anything your teen would like to discuss. Then listen.
- 2. Teach your teen to ask *who, what, when, where, why* and *how* when doing research.
- 3. Remember that your teen learns from your actions more than your words.
- 4. When you are having a conversation, don't talk for more than 30 seconds at a time before letting your teen have a turn.
- 5. Have your teen practice estimating. How many miles should your family be able to drive on a tank of gas?
- 6. Talk with your teen about a choice you have made. Then talk about the consequences of that choice.
- 7. Teens need time alone with their thoughts. Suggest activities your teen can do alone—crafts, reading or listening to music.
- 8. If you're making a big purchase, list features that are important. Then ask your teen do the research to find the best buy.
- 9. Ask what your teen is thinking about education or career plans after high school.
- 10. When your teen tells you something important, repeat it to make sure you understood.
- 11. Teens don't always know how to say *no*. Role-play different situations so your teen can practice a variety of ways to say it.
- 12. Go to your teen's school events if possible. Being there shows that education is important to you—and so is your teen.
- 13. Enjoy some physical activity with your teen.
- 14. Tell your teen about your day in as much detail as you would like to hear about your teen's day.
- 15. Before engaging in conflict with your teen, ask yourself, "Is this really an issue that is worth a major battle? Or is compromise possible?"
- 16. Teach your teen the difference between goals and dreams. A goal is a dream with a deadline.
- 17. Ask about your teen's best experience at school today.
- 18. When your teen reviews class notes, suggest drawing pictures of the main concepts.
- 19. If your teen earns low grades, don't get angry. Instead, help your student set goals for improvement and plan steps to reach them.
- 20. Teens need positive feedback. Those who don't get enough may seek intimacy and the feeling of closeness from others.
- 21. Listen to an audiobook with your teen.
- 22. Ask your teen's advice on a problem you are facing.
- 23. Does your teen have an opinion on a subject of local interest? Suggest writing a letter to the editor of the newspaper or an elected official.
- 24. Make a list of all the things that make your family members thankful.
- 25. Ask your teen to photograph "A day in the life of our family."
- 26. Make tonight Teen's Night in the Kitchen. Your teen learns cooking skills—and you get a break.
- 27. Have your teen check out your local library's website.
- 28. When reviewing your teen's work, comment on correct answers before mentioning the incorrect ones.
- 29. Avoid compliments that really aren't—"You'd be great if only..."
- 30. Point out an example of prejudice to your teen. Talk about ways to deal with intolerance.

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