

# Daily Learning Planner

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

Enterprise City Schools  
Parent & Family Engagement



THE  
**PARENT**  
INSTITUTE®

## January 2021

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

- ☐ 1. Teens need specific goals. Help yours set three or four learning goals for this year. Write them down.
- ☐ 2. Discuss your values with your teen, and why they are important to you.
- ☐ 3. Write a letter to your teen about an issue you think you need to discuss.
- ☐ 4. Try to have a conversation with your teen entirely in rhyme.
- ☐ 5. When your teen does math assignments, have her ask herself, "How does what I learned today relate to what I knew before?"
- ☐ 6. Suggest that your teen keep a notebook handy when reading. He can jot down unknown words and look them up later.
- ☐ 7. In conversations with your teen, try to listen more than you talk.
- ☐ 8. If your teen wants a part-time job, limit it to 10 hours a week.
- ☐ 9. Check in with your teen's school counselor. Is your teen on track to graduate? If not, what needs to happen?
- ☐ 10. Encourage your teen to read a few news articles every day this week. Choose an article to discuss.
- ☐ 11. Not all teens want to go to college. Help your teen explore other higher education options, such as technical school and the military.
- ☐ 12. Be respectful of your teen's privacy. Don't violate it without an important reason.
- ☐ 13. Find out how your teen is doing in her classes at mid-year. There's still time to get help if her grades are slipping.
- ☐ 14. Teach your teen how to cheer himself on. Positive self-talk, such as "I will get this if I stick with it" will keep him motivated.
- ☐ 15. Help your teen find some physical activity she enjoys.
- ☐ 16. Talk about the difference between *courage* and *carelessness*.
- ☐ 17. Is your teen's room messy? Set a timer for a 15-minute pick-up blitz before he relaxes for the evening.
- ☐ 18. Social media makes it easy to hurt someone. Tell your teen not to post anything she wouldn't say to someone's face.
- ☐ 19. Ask your teen to explain to you how he studies.
- ☐ 20. At your teen's next medical checkup, let her spend some time alone with the doctor.
- ☐ 21. Start a family savings plan for a special goal. Talk about how each person can contribute.
- ☐ 22. Encourage your teen to use sticky notes to write down things he needs to remember.
- ☐ 23. Have a Family Reading Night. Curl up with books and snacks.
- ☐ 24. Help your teen focus on improving work habits, rather than just grades.
- ☐ 25. Encourage your teen to ask the teacher for help right away if he is confused in a class.
- ☐ 26. Be a role model. Live up to the behavior you expect from your teen.
- ☐ 27. Encourage your teen to keep a journal.
- ☐ 28. Applaud your teen when she tackles a positive new challenge.
- ☐ 29. Teens, like adults, feel pressured for time. Talk about how your teen can set priorities and balance his time.
- ☐ 30. List three of your teen's successes last week. List three of your own. Post the lists where you can both see them.
- ☐ 31. With your teen, make a screen time schedule for the week. Help each other stick to it.