

# Daily Learning Planner

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

**Sachem High School East  
Farmingville, NY**



**THE  
PARENT  
INSTITUTE®**

**December • January • February • 2007-2008**

## December 2007

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

- 1. Help your teen think about what she's learned this year.
- 2. If your teen is interested in a job that doesn't require a college degree, talk about what the job does require.
- 3. Check out an astronomy book at the library. Familiarize yourselves with constellations and planets.
- 4. Take a walk with your teen tonight and look for the constellations and planets you read about yesterday.
- 5. Learn about community events in your area. Are there any free concerts your teen might enjoy? Go to them.
- 6. Have your teen make a list of careers that interest him.
- 7. Give your child an IOU for time spent together.
- 8. Have your teen sit with you while you pay the bills. Have her figure out how much money is left for other things.
- 9. Compliment your teen on something she did today that was responsible.
- 10. Show your teen how to change a tire.
- 11. Ask your teen to keep a journal.
- 12. Talk with your teen about the good and bad aspects of stress.
- 13. Ask to see your teen's homework.
- 14. Put your teen in charge of the next birthday celebration.
- 15. Take your teen out for a special snack after school.
- 16. Ask your teen, "What's the bravest thing you've ever done?"
- 17. Read a book your teen is reading for English. Talk about it together.
- 18. Ask your teen to look in the newspaper and pick an age-appropriate film he'd like to see. See it together.
- 19. While you're driving, challenge your teen to point out driving rules he sees you following.
- 20. Develop codes with your teen to help her out of difficult situations. "I forgot my bag," may mean, "Come get me now."
- 21. Help your teen make a checklist of things to remember before coming home from school.
- 22. Encourage your child to use the career planning services at school.
- 23. Ask your teen to estimate the tax on a purchase.
- 24. Ask your teen if she'd like your family to get together with a friend's family. Meet the family at a favorite restaurant.
- 25. Challenge your teen to find the answer to an interesting question. Why do July and August have 31 days?
- 26. Practice setting priorities with your teen. Make a list of things to do in a day. Do the most essential tasks first.
- 27. Help your teen start a post graduation file. He might include a list of references, samples of schoolwork, and a résumé.
- 28. With your teen, reserve certain days for family events.
- 29. Help your teen develop abbreviations to use when taking notes. For example, w/ stands for *with*.
- 30. Ask your teen to show you how to find information on the Internet.
- 31. Take a "college trip" to the library with your teen. Find interesting books about colleges.



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# January 2008

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- 1. Watch a TV show with your teen. Discuss how it does or does not reflect your family's values.
- 2. Tell your teen what you like about her friends.
- 3. Ask your teen to name two ways he can be a better friend.
- 4. Encourage your teen to spend at least twice as much time reading as watching television.
- 5. Let your teen subscribe to an age-appropriate magazine.
- 6. Suggest your teen make an emergency school supply kit.
- 7. During an argument, switch places with your teen. Each of you should present the other's point of view.
- 8. After your teen takes notes, suggest that she highlight key ideas. Then have her draw a picture illustrating them.
- 9. Watch the news with your teen. If a story strikes his interest, suggest he learn more about it.
- 10. Challenge your teen to create a recipe, write it down, and prepare it for the family.
- 11. Talk with your teen about a mistake you've made and what you learned from it.
- 12. When your teen wants to change a family rule, ask him to list three reasons why you should change it.
- 13. Go to a used bookstore with your teen. For every book he buys, offer to get him another—a buy one, get one free deal.
- 14. When you talk with your teen, who does most of the talking? It's important to give teens chances to open up.
- 15. Help your teen think of ways to maximize her time.
- 16. Tell your teen to set a timer when completing boring tasks. Trying to "beat the clock" turns chores into challenges.



- 17. Ask your teen if school is challenging. If the answer is no, tell him to talk to his counselor about taking more difficult classes.
- 18. Ask your teen what she likes about her school life.
- 19. Teach your child how to deal with a kitchen fire.
- 20. Encourage your teen to form a study group.
- 21. Tell your teen you love him.
- 22. No homework tonight? Suggest your teen read ahead.
- 23. Encourage your teen to make healthy choices when he packs his lunch.
- 24. With your teen, talk about what it means to be a good citizen.
- 25. If you have email, use it to write to your teen.
- 26. Go to the library with your teen. Have her find a section she doesn't usually visit and check out a book.
- 27. Challenge your teen to figure out how many miles your car gets per gallon.
- 28. Write down what you and your teen have eaten for the past day. Compare this "food diary" to the Food Guide Pyramid.
- 29. If your teen has a decision to make, have him list every option. Write down the pros and cons of each one.
- 30. Look for a list of vocabulary words used on college entrance tests. Challenge the family to learn two words a week.
- 31. Help your teen set goals for this year. Post them in her room.

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# February 2008

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- 1. Cut out a cartoon your teen will enjoy. Leave it by her place at breakfast. Attach a note that says, "I love you."
- 2. Suggest that your teen keep a spending diary. Are there any habits he'd like to change?
- 3. Challenge your teen to eliminate pessimistic phrases from her vocabulary. Help her to think positively.
- 4. Ask your teen about his hardest school subject. Together, brainstorm ways to make it easier.
- 5. Suggest a few activities that your teen can do alone.
- 6. Tune in to a radio station that neither you or your teen usually listen to. Discuss what you hear.
- 7. Challenge your teen to run the household for the day. She is responsible for laundry, dinner and cleaning.
- 8. If your teen could meet anyone from the past, who would it be? Why?
- 9. Talk about The Golden Rule with your teen.
- 10. Encourage your teen to take pictures at a family outing.
- 11. Look through old family albums with your teen. Tell him stories about his relatives.
- 12. Make a "one-a-day" rule: Family members eat one meal together every day.
- 13. Talk with your teen about her plans for the day.
- 14. Quiz each other on math equations at the dinner table.
- 15. When your teen comes home from being out with friends, greet him with a cup of hot cocoa. Talk about his evening.
- 16. Enjoy some physical activity with your teen today.



- 17. Have your teen request some college catalogues. Look through them together.
- 18. Ask your teen to help you develop a new family tradition.
- 19. Talk with your teen about the qualities you each look for in a friend.
- 20. Have your teen check the schedule for school board meetings. Attend one together.
- 21. If your teen could change one thing about the world, what would it be?
- 22. Ask your teen to study her notes with two different highlighters. One highlights *main ideas*, the other *specific facts*.
- 23. Offer to help your child review for a big test. Call out vocabulary words or time her during a practice test.
- 24. Have your teen figure out how much he would need for a down payment for a car. What would monthly payments be?
- 25. Suggest your teen record key ideas from a chapter. Then she can play them back to study.
- 26. Give your teen a chore and suggest a wide time frame for completing it. Let him decide when to do it.
- 27. Go to an office supply store with your teen. Can she think of ways to be more organized for schoolwork?
- 28. Browse through the nonfiction section at the library with your teen. Check out one book of interest for each of you.
- 29. Tell your teen, "I believe in you."

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