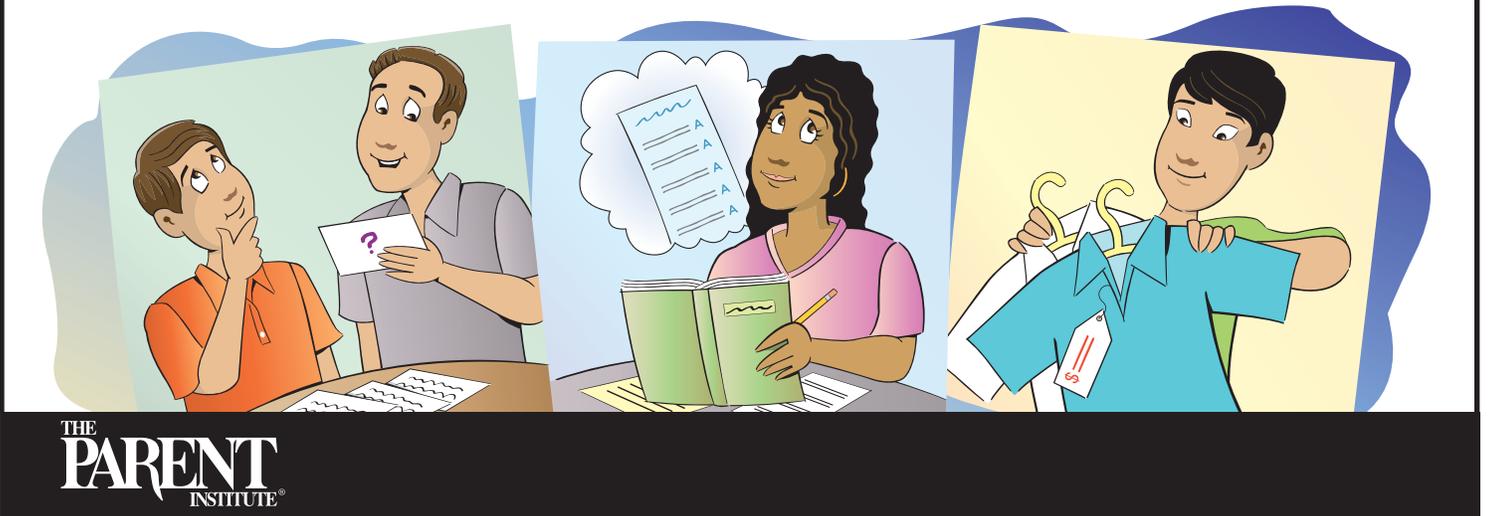


Daily Learning Planner

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

Tenino School District

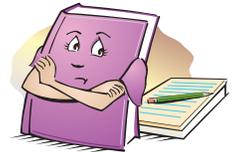


THE
PARENT
INSTITUTE®

October 2015

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

- 1. Look for ways to give your teen more responsibility, such as having her make her own medical appointments.
- 2. Avoid power struggles with your teen. You don't always need the last word.
- 3. Turn off the TV and have everyone read. Make it a regular event.
- 4. Challenge family members to learn two or three new vocabulary words each week.
- 5. Have your teen spend 10 minutes at night preparing for the next day.
- 6. Whether your teen is a freshman or a senior, he should be using the career planning services at school.
- 7. Help your teen look for a community service project.
- 8. Would your teen like to earn money? Perhaps she can start her own small business.
- 9. Leave an article or cartoon your teen will enjoy by his place at breakfast.
- 10. Go to the library. Check out a best seller you and your teen can both read and discuss.
- 11. Tuck your teen's favorite snack where she'll find it tomorrow. Attach a note that says you love her.
- 12. Talk with your teen about any school-related fears he has.
- 13. Go online to research information about colleges.
- 14. Watch a TV show with your teen. Discuss how it does and does not reflect your family's values.
- 15. Make sure your teen knows that school comes before part-time jobs, friends or sports.
- 16. Discuss the dangers of drugs and alcohol with your teen.
- 17. Talk with your teen about friendship.
- 18. Do something with your teen to help relieve hunger in your town.
- 19. Talk with your teen about sex. Make sure she knows that not all teens are sexually active.
- 20. A teen's behavior says a lot. Pay attention to your teen's body language.
- 21. Talk about the things your teen is learning, and how they have helped you in your life.
- 22. While he reads, have your teen jot down new words in a notebook. He can look them up later.
- 23. Don't let your teen have a TV in her room.
- 24. Discuss the conditions that are best for doing homework.
- 25. Encourage your teen to study with two highlighters: one color for important principles, the other for specific facts.
- 26. If your teen makes a mistake, separate the deed from the doer. The choice was bad; your teen was not.
- 27. If you use alcohol, lock it up when you aren't around.
- 28. Help your teen see two sides to an argument. Have him respond as he thinks you would.
- 29. Before a big test, encourage your teen to make a list of possible questions (and answers). It's a good way to review.
- 30. Ask your teen about her favorite and not-so-favorite classes.
- 31. Have breakfast with your teen. No agenda—just talk.



Helping Students Learn®

Tips Families Can Use to Help Students Do Better in School



HIGH SCHOOL