

# Daily Learning Planner

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

Perris Union High School District



THE  
**PARENT**  
INSTITUTE®

## January 2016

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

- 1. This month, try to attend one of your teen's activities.
- 2. Start a family journal for 2016. Record highlights and accomplishments.
- 3. At the library, help your teen find books about careers that interest him.
- 4. If you expect honesty from your teen, model it yourself.
- 5. Be sure your teen knows that your rules apply when she's at a friend's house as well as at home.
- 6. Is your teen thinking about a part-time job? Limit it to 20 hours a week or less.
- 7. Try to listen to your teen more than you talk to him.
- 8. Have you met and talked with all your teen's teachers? It's not too late to schedule a conference.
- 9. Check with a school counselor. Is your teen on track to graduate and apply to colleges? If not, what needs to happen?
- 10. Volunteer to host your teen's team/youth group/club dinner. You will realize how typical she is for her age!
- 11. Bake a batch of cookies together. Have your teen take some to a neighbor who might appreciate some company.
- 12. Encourage your teen to form a study group.
- 13. Teens who start drinking under age 15 are five times more likely to develop alcohol dependence than those who begin after age 21.
- 14. Talk to your teen about the difference between *courage* and *carelessness*.
- 15. Is your teen a couch potato? Help him find physical activities he enjoys.
- 16. Start a family savings plan for a special goal. Talk about ways each family member can contribute.
- 17. Can you get to the school at least once this month to help?
- 18. Celebrate Martin Luther King, Jr.'s life. Talk about what your family can do to promote equality.
- 19. Brainstorm with your teen about ways to conserve energy.
- 20. Encourage your teen to visit some college websites.
- 21. If your teen is an athlete, leave coaching to the coach. Sideline coaching will embarrass your teen.
- 22. Help your teen start a file of her volunteer and other work experiences.
- 23. Have a "Family Night In." Pop some popcorn. Curl up with books or a movie.
- 24. Ask your teen about his favorite class.
- 25. If your teen is confused in a class, make sure she asks the teacher for help right away.
- 26. Check to see how your teen is doing at mid-year. There's still time to get help if grades are slipping.
- 27. Learn about your teen's music or slang—but don't adopt them yourself. Teens want parents to be grownups.
- 28. Listen to your teen's point of view. Say, "You might be right. I need to think that over and get back to you."
- 29. Talk about how your teen can set priorities and manage his time.
- 30. Chat with your teen about her goals for the next five years.
- 31. Suggest that your teen study for several days before big tests. He will remember more than if he "crams."



**Helping Students Learn**<sup>®</sup>

Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL