

Daily Learning Planner

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

Gadsden City Schools



THE
PARENT
INSTITUTE®

December • January • February 2024-2025

December 2024

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

- 1. With your teen, set aside certain days this month for family events.
- 2. Encourage your teen to look up the nutrition in snack foods. Could your student make some healthier choices?
- 3. Practice setting priorities with your teen. Make a list of things to do today. Do the most essential tasks first.
- 4. Every day, ask about what your teen is learning and thinking.
- 5. Help your teen start a college and career portfolio. Include a list of activities and dates of participation, schoolwork samples and a résumé.
- 6. Have your teen solve personal math problems: "How many hours until your birthday?"
- 7. Challenge your teen to find the answer to an interesting question. For example, "How did our town get its name?"
- 8. Share a favorite family tradition from your own childhood. Recreate it with your teen.
- 9. Go window-shopping with your teen. Discuss what you see.
- 10. Talk about how your family can do something for others this month.
- 11. Have your teen write test dates on your family calendar. Make sure your student gets to school on time and well-rested on those days.
- 12. Focus on listening to improve communication with your teen.
- 13. Talk with your teen about positive and negative aspects of stress.
- 14. Is your teen's room messy? Set the timer for a 15-minute pick-up blitz before your student gets together with friends.
- 15. Encourage your teen to use the career planning services at school.
- 16. Enjoy a physical activity with your teen. You'll get exercise—and it may lead to some great conversation.
- 17. Ask your teen, "What's the bravest thing you've ever done?"
- 18. One important way for your teen to prepare for college entrance tests is to read every day.
- 19. Be on the lookout for responsible behavior from your teen. When you see it, offer a compliment.
- 20. Have your teen estimate the tax on a purchase.
- 21. Develop codes your teen can use to ask you for help in difficult situations. "I forgot my bag," could mean, "Please come get me now."
- 22. Let your teen pick a screen-free game for you to play together, such as cards, charades, a board game.
- 23. Teach your teen that "A goal is a dream with a deadline."
- 24. Avoid criticizing your teen unnecessarily. If a situation is unlikely to come up again, let it go.
- 25. Read a short story aloud with your teen.
- 26. Keep devices out of your teen's bedroom at night. Your student should be sleeping, not texting or scrolling.
- 27. Talk to your teen about the importance of thanking people for gifts or help. Thank-you notes are great writing practice, too!
- 28. Prepare an old family recipe with your teen. Or, have your teen pick a favorite dish to prepare together, and write the recipe down for future.
- 29. Is your teen planning a party? Limit the guest list. Be present. Walk through the party occasionally, offering snacks.
- 30. Together, brainstorm a list of things your teen learned in 2024.
- 31. Have your teen create a time line of this past year.

January 2025

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

- 1. Start a family journal for 2025 to record highlights and achievements.
- 2. Set limits on how often your teen can go out on weeknights.
- 3. Ask your teen's advice about an issue you are facing.
- 4. Dig out a favorite children's book and read it together. There are still lessons to be learned.
- 5. Does your teen want you to change a rule? Ask for a list of three reasons why you should.
- 6. Challenge family members to learn and use one new word every day.
- 7. Ask what your teen likes about school life.
- 8. Introduce your teen to historical fiction. It brings history to life.
- 9. Have you met and talked with all your teen's teachers? It's not too late to schedule a conference.
- 10. Stop talking every 30 seconds or so during conversations to give your teen a chance to speak.
- 11. Visit the library. Look for a book you and your teen might both enjoy.
- 12. At the grocery store, have your teen compare two sizes of the same product. Which is the better buy?
- 13. Suggest that your teen draw pictures or diagrams of the main ideas the teacher discusses, as well as taking notes.
- 14. Establish a digital curfew. All family devices must be turned off for the night at a certain time.
- 15. Teach your teen a few stress-relieving techniques, such as deep breathing and slowly counting to 10.
- 16. When you make a mistake with your teen, set an example by taking responsibility and apologizing.
- 17. If you are arguing with your teen, switch places and present the other person's point of view.
- 18. Don't criticize your body in front of your teen. Talk about trying to be healthy and strong instead.
- 19. Is your teen shy? Encourage your student to seek out someone who looks ill at ease, smile and start a conversation.
- 20. Help your teen learn about Martin Luther King Jr.'s life and legacy.
- 21. Suggest that your teen make an emergency school supply kit.
- 22. Offer a reminder that turning in assignments on time is essential for getting the grades your teen's work deserves.
- 23. Allow your teen to experience the consequences of poor choices.
- 24. Discuss the importance of laws with your teen. What if there were none? What happens when laws are ignored?
- 25. Does your teen have a part-time job? Insist that your student save some of the income for future plans, such as higher education.
- 26. Teens who read regularly earn the highest grades. Start a daily reading time for the entire family.
- 27. Encourage your teen to ask the teacher for help right away if class material is confusing.
- 28. Be available by phone or in person right after school. It's often when your teen is most ready to talk.
- 29. Check in with your teen's school counselor. Is your student on track to graduate? If not, what needs to happen?
- 30. Discuss *integrity*. Offer examples of people who show this key trait.
- 31. Allow your teen to take over some life-management tasks.

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February 2025

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

- 1. Make sure your teen—and any passengers—wear a seat belt every time they're in the car.
- 2. Discuss a controversial issue with your teen. Ask, "What do you think?"
- 3. See if you can find someone in a career field that interests your teen. Could your student visit this person at work?
- 4. Remind your teen that there are no stupid questions. Students who really want to learn should ask questions in class.
- 5. Go to an office supply store with your teen to get some ideas for ways to keep schoolwork organized.
- 6. Encourage your teen to make decisions. Involve your student in decisions about family activities, plans and rules.
- 7. Assign your teen a chore with a wide time frame for completing it. Let your teen decide when to do it to meet the deadline.
- 8. Browse through the nonfiction section at the library with your teen.
- 9. Have your teen check the schedule of school board meetings. Attend one together, in person or online.
- 10. Call out words from the dictionary during breakfast. Take turns trying to spell them.
- 11. Challenge your teen to replace negative phrases with positive ones.
- 12. Say often that you believe your teen will succeed in school.
- 13. Social media makes it easy to hurt others. Make it clear that it's not OK to post anything your teen wouldn't say to someone's face.
- 14. Ask your teen to help you start a new family tradition.
- 15. Suggest a few screen-free recreational activities that your teen can do alone.
- 16. Encourage your teen to write a letter to a teacher or coach who has been a positive influence.
- 17. Avoid using problems with school as an excuse to criticize or argue with your teen about other issues.
- 18. Give your teen responsibilities that matter. Teens learn accountability when they know people are depending on them.
- 19. Ask your teen, "If you could meet anyone from the past, who would you choose?"
- 20. Index cards are great for memorizing information. The limited space forces students to identify the most important points.
- 21. Encourage your teen to double-check answers before turning in schoolwork.
- 22. Talk with your teen about a choice you have made. Then, talk about the consequences of that choice.
- 23. Help your teen review for a big test. Call out vocabulary words for your student to define or offer to time a practice test.
- 24. Ask your teen to take photos to record a day in the life of your family.
- 25. Try not to criticize or get angry with your teen in front of others. Wait until you can speak to your teen privately.
- 26. If your teen gets headaches, squints or holds books too close, make an appointment with an eye doctor for a vision check.
- 27. Exercise gives teens the energy to stay alert so they can study. Exercisers sleep better, too.
- 28. Talk about stereotypes with your teen. Discuss why they're unfair.

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