

# Daily Learning Planner

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

Cotulla Independent School District



THE  
**PARENT**  
INSTITUTE®

## April 2018

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

- ☐ 1. Set some family fitness goals.
- ☐ 2. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another. It may become a habit!
- ☐ 3. Let your teen know that the things that make her unique also make her precious to you.
- ☐ 4. Make tonight a No TV Night. Read instead.
- ☐ 5. Plan at least one college visit with your teen this spring.
- ☐ 6. Bring up a sticky situation before it occurs. Ask how your teen might handle it. Listen and ask questions.
- ☐ 7. Help your teen prepare a résumé. It will help if he wants a summer job.
- ☐ 8. Skim over your teen's homework. Ask her questions to help her review.
- ☐ 9. Encourage your teen to keep a journal—about his ideas or his travels or his thoughts about books he reads.
- ☐ 10. Volunteer to host your teen's team/youth group/club dinner. Meeting your teen's peers will give you insight into her life.
- ☐ 11. Help your teen make up a rhyming song about study facts.
- ☐ 12. Now is the time to start thinking about what your teen will do during the summer. Summer classes? A job? Volunteering? Camp?
- ☐ 13. Teach your teen to visualize success. If he wants to raise his grades, have him imagine the report card he wants.
- ☐ 14. Make a special breakfast for your teen. Each of you talk about your goals for the next five years.
- ☐ 15. Does your teen have a long-range project to do? Have her set a schedule for getting it finished.
- ☐ 16. Share what makes you happy and what causes stress in your life.
- ☐ 17. Play a board game with your teen.
- ☐ 18. Talk to your teen about health problems caused by using tobacco products—including e-cigarettes.
- ☐ 19. Ask what your teen thinks the world will be like in 100 years.
- ☐ 20. If your teen is faced with a big decision, talk about it within the context of your family's values.
- ☐ 21. Suggest that your teen write a letter to someone who has had a positive influence on his life.
- ☐ 22. Celebrate Earth Day. Look with your teen for things you can reuse, repurpose or recycle.
- ☐ 23. William Shakespeare's birthday is celebrated today. Read one of his sonnets with your teen.
- ☐ 24. If your teen has a cell phone, make sure it has the numbers of people she can contact in case of an emergency.
- ☐ 25. Teach your teen that sports are for fun. Winning isn't always the goal.
- ☐ 26. Ask to see your teen's social media pages. Follow or friend your teen.
- ☐ 27. Have your teen pick three places within driving distance he'd like to visit. Make plans to do so.
- ☐ 28. Teach your teen how to track her savings and spending.
- ☐ 29. Help your teen find a way to turn a loss into a positive experience.
- ☐ 30. Does your teen have final exams coming up? Talk to him about a study schedule.

**Helping Students Learn®**  
Tips Families Can Use to Help Students Do Better in School

HIGH SCHOOL