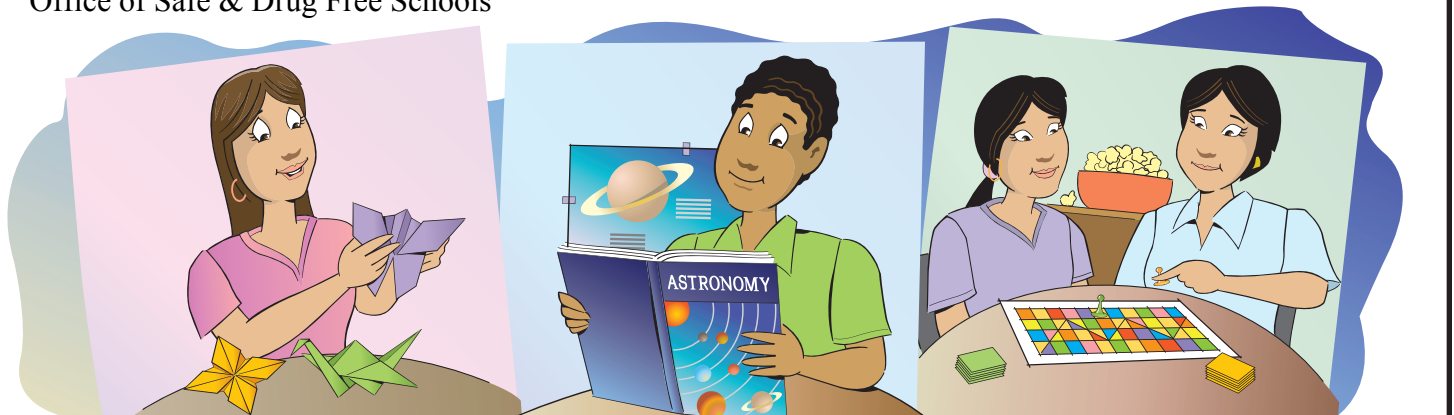


Daily Learning Planner

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

Fairbanks North Star Borough Schools
Office of Safe & Drug Free Schools



THE
PARENT
INSTITUTE®

March 2017

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

- 1. Make a family commitment to read for at least 20 minutes every day.
- 2. Celebrate National Nutrition Month by checking out some websites with your teen about healthy eating.
- 3. Let your teen invite some of her friends over for dinner and a sleepover.
- 4. Teach your teen to sew on a button. It's a basic life skill.
- 5. Suggest that your teen write a letter to someone who has had a positive influence on his life.
- 6. Keep talking about school. Every day, ask your teen what she's doing and learning about.
- 7. Let your teen plan a family activity. He must make all the arrangements.
- 8. It's not that teens can't read—it's that many don't. Challenge your teen to read more this month.
- 9. Encourage your teen to open a checking account.
- 10. Does your teen want to talk? Stop what you're doing and listen.
- 11. Visit the library. Suggest that your teen look for a new book by a favorite author.
- 12. Set aside time this month to work on a project or hobby with your teen. Write it on the calendar.
- 13. Go out to eat with your teen. Discuss her short- and long-term goals.
- 14. Millions of adolescents contract sexually-transmitted diseases each year. Talk to your teen about the risks and prevention.
- 15. Share some memories with your teen.
- 16. Keep magazines in the car. When you're driving and stuck in traffic, have your teen pick an interesting article to read to you.



- 17. Ask your teen to tell you what he thinks are the most rewarding aspects about being a parent. Share your thoughts with him.
- 18. Look over your teen's homework assignment and ask her questions to help her review.
- 19. Go outside for some exercise with your teen.
- 20. Ask your teen about a book he is reading. Can he relate to the main character? Why or why not?
- 21. Ask your teen, "What do you think you'll be like when you are 25?"
- 22. Have your teen make flash cards or posters to help with memorizing.
- 23. Watch an educational television show about science with your teen.
- 24. If you want your teen to get more involved, set an example. Join a club or group that interests you.
- 25. Start a family book club. Give each person a turn making a selection.
- 26. Encourage your teen to combine exercise and learning by listening to an audio book while she works out.
- 27. Urge your teen to avoid comparing himself to others.
- 28. Ask your teen to name her favorite subject in school. Why does she like it so much?
- 29. Make one of your teen's favorite foods tonight.
- 30. Teach your teen about investing. Start an imaginary stock portfolio.
- 31. Suggest a few activities to your teen that he can do alone.

Helping Students Learn[®]

Tips Families Can Use to Help Students Do Better in School

