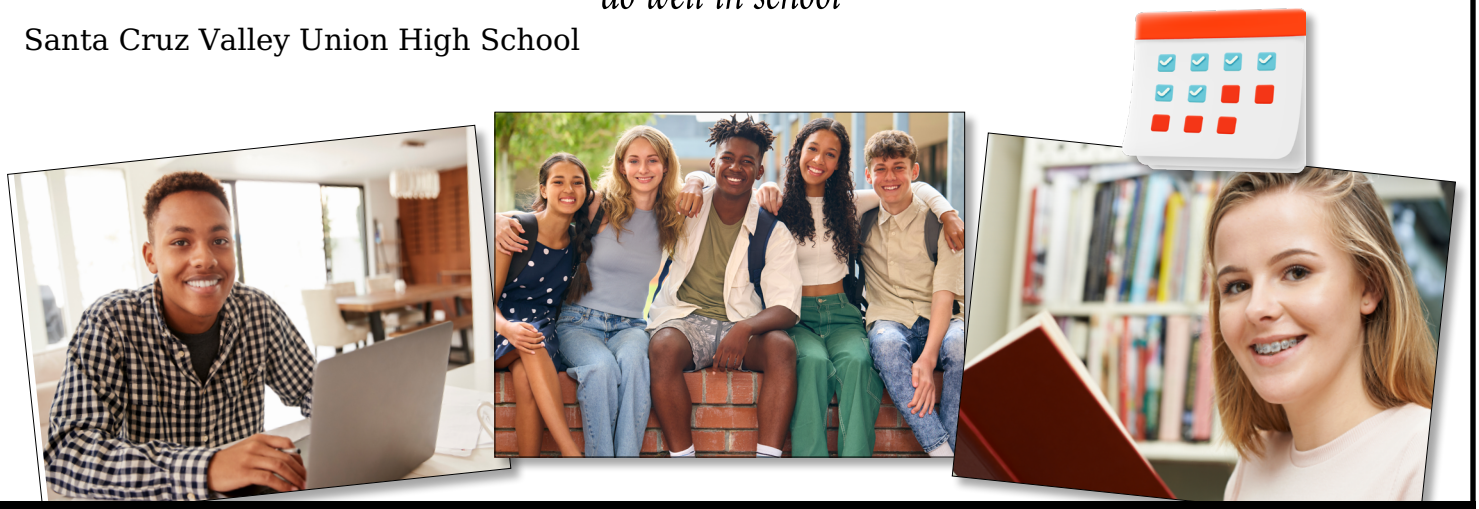
High School

Daily Learning Planner

Ideas parents can use to help students do well in school

Santa Cruz Valley Union High School



THE PARENT INSTITUTE®

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

1. Help your teen make a budget for the month, including plans for unexpected expenses.
2. When you hear your teen's wake-up alarm, walk past the bedroom and say a cheerful "Good morning." An upbeat mood is contagious.
3. Check in with the school about your teen's attendance. Make sure your student is showing up to all classes.
4. Say "no" to unchaperoned parties, even if "everyone is doing it."
5. Memorize something with your teen today. Try a poem or a quotation.
6. Hear a compliment about your teen? Be sure to pass it on. Teens need positive reinforcement.
7. Model fairness. Judge your teen's friends by their actions, not their clothes.
8. Encourage your teen to visit the school's college and career center this week and explore the resources available.
9. Remind your teen that mistakes are not the end of the world. They are the beginning of learning.
10. Help your teen make the connection between rights and responsibilities—rights come with responsibilities attached.
11. Is your home "teen friendly"? Ask your teen what you could do to make it a place where friends would like to come.
12. Work on a number or logic puzzle with your teen.
13. When your teen is upset and you aren't connecting, say, "Help me understand."
14. Is your teen a reluctant reader? Ask a librarian to suggest a book that ties in with a popular movie.
15. Make a to-do list with your teen and put tasks in order of priority.
16. With your teen, check out the "front page" stories of a variety of local and national news outlets. Compare and contrast the coverage.
17. Encourage your teen to use graph paper when working with columns of numbers. It reduces careless math errors.
18. Make flash cards with your teen. They are an effective tool for studying vocabulary words, science concepts, etc.
19. Encourage your teen to use small chunks of free time to study or review.
20. Is your teen's room messy? Set the timer for a 15-minute pick-up blitz before your student goes out with friends.
21. Find an interesting word in the dictionary. Challenge the entire family to use it as often as possible today.
22. Teens can prepare for success in the workplace while in high school. Check out the school's career and technical training classes.
23. Look at ads with your teen. Which statements about the products are facts? Which ones are opinions?
24. Ask your teen, "How is your life outside of school?"
25. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another. It may become a habit!
26. Have family members make gratitude lists. Share your lists at dinner.
27. Give family members marshmallows and uncooked spaghetti. See who can build the tallest tower.
28. Make tonight Teens' Night in the Kitchen. Your teen will learn to cook, communicate and cooperate!
29. Remind your teen of the long-term benefits of achieving in school.
30. Avoid giving your teen compliments that really aren't—"You'd be great if only … ."

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