

Daily Learning Planner

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

Santa Cruz Valley Union High School



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

- Find out about back-to-school night and other events for families at school. Plan to attend.
- Help your teen establish a regular study schedule. High school students should set aside time every day for schoolwork and studying.
- Encourage your teen to set three or four learning goals for this school year and identify steps to take to meet them.
- Ask your teen to play a favorite song. Talk about the lyrics. Share one of your favorite songs with your teen.
- Give your teen a planner or a small notebook for writing down all assignments and school commitments.
- Review school safety rules with your teen.
- Keep important school phone numbers (the office, the attendance line, etc.) in your phone and posted in a handy place at home.
- Today is International Literacy Day. Does everyone in your family have a library card? If not, visit the library this month to sign up.
- Ask your teen to suggest nutritious snacks to keep on hand.
- Does your teen need school supplies? Look for them early in the year. If providing them is a problem, let your teen's counselor know.
- Talk with your teen about what makes a good friendship.
- Join the school's parent-teacher group. These organizations help schools, students and their families in many ways.
- Ask your teen to show you a favorite app or social media channel.
- Make mornings easier. Encourage your teen to spend 10 minutes at night getting ready for the next day.
- Teach your teen to use positive self-talk, such as "I can do this." It helps students stay motivated.
- Stop by your teen's room at bedtime for a chat. Start the conversation by talking about things your teen has done well lately.
- Learn a new skill with your teen, such as bread making. Look for how-to videos online.
- Pick your battles with your teen. On some subjects, such as safety, don't budge. Look for compromises on others.
- Remind your teen to use you as a scapegoat if necessary: "Sorry, but my family needs me at home tonight."
- Most students have some long-term assignments. Help your teen break them down into small steps and set deadlines for each.
- Challenge your teen to design a simple piece of furniture.
- Ask to see your teen's assignments. Talk about the useful knowledge and skills your student is acquiring, such as thinking and problem-solving.
- Share a funny cartoon or meme with your teen over breakfast.
- Let your teen's teachers know how to get in touch with you. Send them your email address and phone numbers.
- Play a board game with your teen.
- Teach your teen how to change a tire, or brush up on the skill together.
- Talk with your teen about a mistake you've made and what you learned from it.
- Choose a letter from an advice column. Read it aloud at dinner. Ask family members to take turns being the columnist.
- With your teen, start a family scrapbook with pictures and mementos.
- Teens who take part in school-based extracurricular activities tend to feel more connected to school. Is there an activity that interests your teen?