

# Daily Learning Planner

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

Title I-Educational Service Unit 10



THE  
**PARENT**  
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**September • October • November 2025**

## September 2025

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

- 1. Encourage your teen to set a learning goal. Together, brainstorm ways your student can reach it, step by step.
- 2. Talk with your teen about something you learned recently.
- 3. Ask your teen, "How could we make our home a place where your friends would feel comfortable?"
- 4. Emphasize the importance of school attendance. Say you expect your teen to attend every class (except in cases of illness or emergency).
- 5. Ask your teen to tell you about each of this year's teachers.
- 6. Let your teen see you reading often. This shows that you think reading is enjoyable and important.
- 7. Encourage your teen to save for a long-term goal, such as education or training after high school.
- 8. Set aside time every day to talk to your teen about school.
- 9. Suggest that your teen create a daily checklist of materials to bring home from school to complete assignments.
- 10. Review the school rules together. Expect your teen to follow them.
- 11. Make an appointment with your teen to do something fun together. Write it on your calendar.
- 12. Remind your teen that there are no stupid questions. Students who want to learn should ask questions in class.
- 13. Encourage your teen to spend 10 minutes each night getting ready for the next day.
- 14. Set a digital curfew. All devices must be turned off at least 30 minutes before bedtime.
- 15. Help your teen think of ways to use small chunks of spare time—solve two of tonight's math problems, find a source for a paper, etc.
- 16. Peer pressure can be positive. Encourage your teen to participate in group activities at school, such as sports and service clubs.
- 17. Pick your battles. On some subjects—such as health and safety rules—don't budge. Look for ways to compromise with your teen on others.
- 18. Listen attentively when your teen talks. It's an effective way to encourage open communication.
- 19. Have a movie night with your teen. Let your student pick the movie.
- 20. When you drop your teen off at practice, stay a few minutes and watch.
- 21. Remind your teen how important it is to turn in work. Just one zero can bring down a grade an entire letter.
- 22. Encourage healthy eating. Let your teen to pick out some fruits and vegetables at the grocery store to have on hand for snacks.
- 23. Ask your teen, "What do you think are your three best qualities?"
- 24. Remind your teen that real friends are caring, accepting and kind.
- 25. Help your teen make and prioritize a to-do list. Organization is a stepping stone to independence.
- 26. Set some family fitness goals.
- 27. Say to your teen, "If there's anything you need to talk about, please remember I'm here to listen."
- 28. Is your teen shy? Encourage your student to seek out someone at school who looks ill at ease, then smile and start up a conversation.
- 29. Test observation skills. Challenge each other to describe someone you just passed on the street.
- 30. Limit drinks with caffeine at night. They can deprive your teen of needed sleep.

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- 1. Write an encouraging note to your teen. Put it in a place where your student will find it later.
- 2. When looking at graded schoolwork, focus first on what your teen has learned, not on the grade.
- 3. Suggest that your teen keep flash cards in handy places, such as in the glove compartment of the car.
- 4. Remind your teen to use you as a scapegoat if necessary: "My parents want me home tonight. Sorry."
- 5. Ask your teen to brainstorm dinner ideas for the week.
- 6. Tell your teen, "It matters more to me that you *do* your best than that you *be* the best."
- 7. Try to be available right after school—in person or by phone. That's often when teens are ready to talk.
- 8. Set limits on how often your teen can go out with friends on weeknights.
- 9. Challenge your teen to figure out the time difference between Cairo, Illinois and Cairo, Egypt.
- 10. Charge devices away from your teen's bedroom at night. Students should be sleeping, not texting or checking social media.
- 11. At dinner, ask everyone to share one thing they learned today.
- 12. Stand your ground once you have made a decision about something. Avoid giving in to repeated demands from your teen.
- 13. Encourage your teen to tutor. Teaching someone else strengthens students' own understanding of a subject.
- 14. When your teen studies for a test, suggest starting at a different place in the notes or reading every time.
- 15. Talk about safety with your teen. Review simple first aid.
- 16. Start a conversation with your teen by noticing nonverbal messages. If you see a smile, say, "You seem happy."
- 17. Does your teen have assignments to do over the weekend? Make sure your student schedules time to complete them.
- 18. Ask for your teen's advice on a problem you are facing.
- 19. Does your teen want to play sports in college? Together, research the high school academic requirements your student must meet.
- 20. Encourage your teen to study for tests in many short sessions spaced out over time rather than cramming the night before.
- 21. Teens need time alone with their thoughts. Suggest activities your teen can do alone—such as crafts, reading or listening to music.
- 22. Look for a skill or hobby you and your teen can learn together.
- 23. Discuss the link between rights and responsibilities. The right to be trusted is earned by behaving responsibly.
- 24. Take advantage of time in the car to talk privately with your teen.
- 25. Tell your teen how much you appreciate your education—or why you wish you had learned more.
- 26. Ask your teen to show you a favorite app or website.
- 27. Let your teen experience the consequences of misbehavior.
- 28. When you're upset with your teen, wait until you are calm before speaking. Then, say "I love you" before saying anything else.
- 29. Have your teen make a list of careers of interest.
- 30. Suggest that your teen draw a picture or diagram to illustrate at concept in today's class notes.
- 31. Ask your teen to research options before you make a family purchase.

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- 1. Before your teen attends a party, make sure that a responsible adult will be present.
- 2. Teens may say, "Everyone else does it." Don't cave in—say, "Well, we don't."
- 3. Watch the news together. Suggest that your teen learn more about a story that sparks interest.
- 4. Talk about the importance of alerting an adult if your teen is aware of bullying.
- 5. Learn a tongue twister. At dinner, challenge everyone to repeat it three times fast.
- 6. Ask your teen, "If you could change one thing about the world, what would it be?"
- 7. Talk together about your teen's character traits that will be valuable in the workplace, and why.
- 8. Help your teen draw up a monthly budget, including plans for unexpected expenses.
- 9. Declare this an Acts of Kindness Day. Make a special effort to be kind to one another.
- 10. Have your teen find out about dual-enrollment opportunities at a community college in your area.
- 11. Is your teen having a problem at school? Help brainstorm ways your student could address it without your involvement.
- 12. Allow your teen to take over some life-management tasks, such as making medical appointments.
- 13. Teach your teen that sports are for fitness and fun. Winning isn't the only goal.
- 14. Declare Teens Night in the Kitchen. Let your teen choose what to cook.
- 15. Introduce new words in conversations with your teen.
- 16. Play a game with your teen that builds thinking skills, such as chess.
- 17. Have your teen tell you about the assignments that are due this week.
- 18. Challenge your teen to draw a self-portrait.
- 19. Ask about your teen's hardest school subject. Together, brainstorm ways to make it easier.
- 20. No assignments due tomorrow? Have your teen use study time today to review or read ahead.
- 21. Compliment something about your teen's appearance.
- 22. Encourage your teen to use self-stick notes to write down tasks and items to remember.
- 23. Ask for your teen's input on a family decision.
- 24. When you are having a conversation, don't talk more than 30 seconds at a time before letting your teen have a turn.
- 25. Pass on compliments you hear *about* your teen *to* your teen.
- 26. Share stories with your teen that convey your values and your family's history.
- 27. Make a list of all the things that make your family members thankful.
- 28. Write a thank-you note for something your teen has helped you with. "Thank you for doing the dishes last night."
- 29. If your teen doesn't already know how to do laundry, teach this essential life skill.
- 30. Ask what low-cost things you've done together that your teen most enjoyed. Plan to do them again.

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