September 2018

1. Encourage your teen to set a learning goal. Help her decide exactly how she’ll reach it, step by step.
2. Have your teen pick out some nutritious snacks to keep on hand.
3. Talk to your teen about how you could make your home a place where his friends would feel comfortable.
4. Ask to see a syllabus for each of your teen’s classes so you know what she’ll be learning this year.
5. Write a nice note to your teen and place it where he will see it.
6. Is your teen shy? Encourage her to seek out someone who looks ill at ease, then smile and start up a conversation.
7. Encourage your teen to save for a special goal, such as college tuition.
8. Involve your teen in making decisions about curfews and other rules.
9. Tell your teen to make a checklist of things to take home before leaving school.
10. Don’t use problems with schoolwork as an excuse to criticize or argue with your teen about other issues.
11. Make an appointment with your teen to do something fun together. Write it on your calendar.
12. Ask your teen, “What’s one thing you did today that you are proud of?” Remind him that the little things count.
13. Ask your teen to show you her favorite app or website.
14. Can your teen study with music playing? Some can and some can’t. Have your teen experiment to figure out which way works best.
15. Set aside time every day to talk to your teen about school.
16. Establish limits on how often your teen can go out on weekdays.

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

17. Pick your battles. On some subjects—sex, drugs, alcohol—don’t budge. Look for compromises on others.
18. Encourage your teen to work math problems on graph paper. It helps students keep digits lined up and reduces careless errors.
19. Help your teen think of ways to make the most of small chunks of time.
20. Ask your teen’s opinion on a topic he knows more about than you do.
21. When you drop your teen off at practice, stay a few minutes and watch.
22. Take your teen out for breakfast, or serve a favorite breakfast at home. Make this a regular monthly habit.
23. Ask your teen to name her three best qualities.
24. Kids who take part in extracurricular activities do better in school. Is there an activity that interests your teen?
25. Help your teen make a to-do list. Organization is a stepping stone to independence.
26. Ask your teen to tell you about each of his teachers.
27. When you’re angry with your teen, wait until you are calm before speaking. Then say “I love you” before saying anything else.
28. Be an attentive listener! It improves communication.
29. Pick a movie that’s based on a book. Watch it with your teen.
30. Talk about how things your teen is learning in school will be useful in her life after graduation.