

Making Self-Monitoring Work

- ▶ Always combined with a reward component for meeting a preset goal to increase self-regulation and self-control
 - Adds value or meaning to recording behavior of the chart
- ▶ Use of technological device or natural breaks or transitions to prompt self-reflection and self-recording of behavior
- ▶ The student must comprehend the self-monitoring chart
- ▶ Rest assured that teachers find this intervention to be the most acceptable Tier 2 intervention
 - Enhances independence and self-reliance
 - Little teacher time
 - Viewed as more ethical and acceptable than other approaches

How to Do a Self-monitoring Intervention....

- ▶ Step 1:
 - **Identify what the student should be doing instead of the problem behaviors**
 - Can be more than one thing:
 - e.g., Sitting in seat, keeping desk clean, respectful to others, following directions, waiting patiently in line, etc.
 - **Make sure that student understands and knows how to perform the behaviors that are expected of him/her**
 - **Link the behaviors to the specific performance goals**

How to Do a Self-monitoring Intervention....

- ▶ Step 2:
 - Determine how frequently the student will self-monitor and record his/her behaviors
 - Rule of thumb is the more times the problem behavior occurs, the more frequently students need to self-monitor
 - Can have student self-monitor once every five minutes, at every natural break during the day, or twice daily (e.g., once before lunch and once at the end of the day)

How to Do a Self-monitoring Intervention....

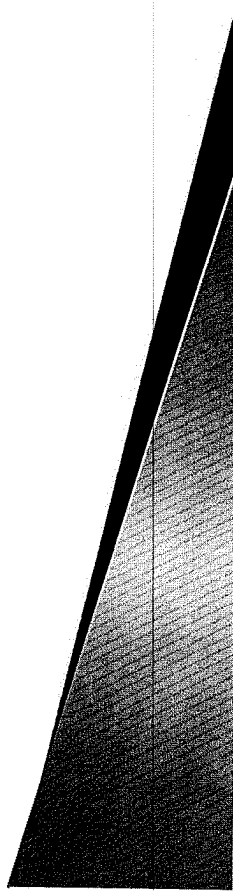
- ▶ Step 3:
 - Develop self-monitoring chart and decide how student will be prompted to self-monitor
 - Have natural breaks in the class (e.g., recess, lunch, transition to library) prompt student to self-monitor.
 - Use of vibrating watches or clocks to trigger student to self-monitor
 - Computer software
- ▶ Step 4:
 - Develop a goal with the student and identify the reinforcers the student will earn if the goal is met

How to Do a Self-monitoring Intervention....

- ▶ Step 5:
 - Start the self-monitoring intervention
 - Student will likely need reminders to self-monitor
 - Teacher conducts periodic honesty checks of the student's recording
 - Put a slash (/) through the circle if you agree with the student and an X if you disagree

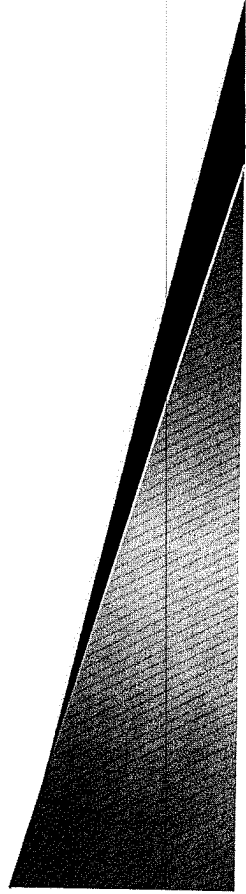
How to Do a Self-monitoring Intervention....

- ▶ **Step 6:**
 - Collect the self-monitoring charts
 - Determine whether the student is complying with the intervention and meeting preset goals
 - Provide feedback to the student based on performance



How to Do a Self-monitoring Intervention....

- ▶ Step 7:
 - Data-based decision
 - Leave the intervention in place
 - Student is responding, but not enough
 - Change the intervention
 - Intervention is not working
 - Stop the intervention (back to Tier I)
 - Student responded adequately to the intervention



Self-mointoring Technology

