Self Monitoring

WHAT IS SELF MONITORING?

personal application of behavior modification tactics that produce a desire change in one's behavior (Cooper, et. al., 2007).

WHY TEACH/LEARN SELF MONITORING?

self monitoring leads to INDEPENDENCE

WHAT ELSE CAN IT DO?

- provide immediate/prompt feedback to students
- provide concrete illustrations of behavioral improvements
- increase individual investment in the process
    - empower the STUDENTS to determine areas for improvement
    - minimizes/eliminates the NEED for peers/adults to assist in controlling the student's behavior(s)

Strategies

W.A.T.C.H.

Write down the assignment when it is given + due date
Ask for clarification/help on the assignments, if needed
Task analyze the assignment and schedule tasks over days available to complete the assignment
CHeck all work for completeness, accuracy, and neatness.

Self Graph

Have student graph his/her homework completion and accuracy.
Could possibly compare with teacher's graphing.
Daily "matching" procedures:
- time homework begins
- length of time to complete homework
- where was the homework completed

Peer Tutored Self Monitoring

Peer and student paired for accountability and/or aide in self monitoring

A.C.T.R.E.A.C.T.

Articulate your goals
READY
(get paper, pen/pencil, assignment out)
AIM
(remain in seat, think strategically, work effectively)
FIRE
(be productive, focus on goals, be accurate, scan, self praise)
Create a work plan
Timer + "On Task" behavior photo
*Timer goes off, am I on task? Do I look like the picture?
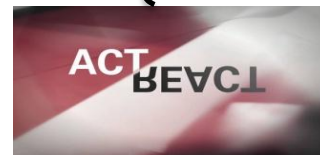
Take pictures
Reflect using self talk
      "Why didn't I reach my goals? When was I off task?"
Evaluate progress
Articulate goals
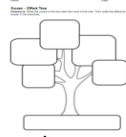**C**reate a work plan
Take pictures

Timing Devices
helps student stay on task with a visual and auditory representation of time limits

Graphic Organizer
Performance Goal Statements
Academic Attention
Performance Goal Evaluation Prompts

HOW IS THIS EFFECTIVE?
Self Monitoring encourages academic engagement and productivity
Previously high engaged students' motivation increased by 75%
Previously low engaged students' motivation increased by 51%