

Self-Monitoring Intervention Directions

When using this approach, frequent adult guidance, instruction, and feedback is required.

Purpose:

- To help students learn to become aware of their behavior related to academic difficulties
- To increase their accountability for their actions
- To provide feedback for their behavior without it constantly coming from teachers in a judgmental way
- To help them become engaged in the process

Steps:

- Explain to the student the reasons he/she is learning to monitor her own behavior. Discuss how this will help him/her become more independent.
- Discuss with the student the goals and target replacement behaviors.
- Review the rating scale you will use with the student.
- Each teacher will need to remind the student to complete the self-monitoring sheet until it becomes a habit.
- At the end of the day, discuss with the student how she did. What areas were difficult? Why?
- Gather the data sheets and chart the information. Each week review the student performance and guide the student to reflect upon what was challenging.
- For this method, the teacher does not rate the student for each class. This is to be an instructional approach to help the older student become more reflective and to help teach the student to monitor his/her own behavior.
- However, it can be useful for the instructor to rate the student in each area and compare their observations with the student's observations. This can provide additional feedback and help the student to understand perspectives.

The student will need to be corrected when necessary and receive acknowledgement or consequences when necessary.