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-moistening Technology