Beacon

Self-Monitoring Checklist

Adherence:

Getting Started

- ☐ Collect baseline data on the student's work completion or off-task behavior to help focus your efforts. The Beacon system can assist you in this process.
- ☐ Decide on a self-management strategy that you feel comfortable with. This includes a prompt to use with the student and a way for the student to record their progress. Beacon has an example self-monitoring sheet here.

Implementation

- ☐ Introduce the intervention to the student
  - o Meet with the student to discuss your concerns about their work completion and on-task behavior.
  - o Discuss a reward system with the student if appropriate. Reward systems can be very effective with younger students.
- ☐ Provide frequent prompts to the student during appropriate periods
- ☐ Praise frequently when the student remains on-task
- ☐ Meet with the student daily to review their self-monitoring sheet
  - o Check completion of the sheet
  - o Discuss progress and provide reinforcement
- ☐ Use Beacon progress monitoring tools to evaluate the extent to which this intervention is improving the target behaviors as intended.

Quality:

- ☐ Praise student in a genuine and enthusiastic tone
- ☐ The sooner praise is given and the more the student understands why it is being given, the more effective it will be.
- ☐ Refrain from using a sarcastic tone.
- ☐ Self-monitoring works best when there is a strong teacher-student relationship. For tips on improving the relationship, see this handout.

Tips for Success

- ☐ At the start of the intervention, you may need to provide more guidance and prompting to ensure the student is using the self-monitoring system. Then, you can fade the prompts over time.
- ☐ Reinforcement is key in making this strategy effective. Provide frequent and genuine praise. For younger students, a reward system might be necessary.