

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
 - [Meet with the student](#) to discuss your concerns about their work completion and on-task behavior.
 - [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
 - Check completion of the sheet
 - 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 [Positive Student-Teacher relationship](#)

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.