**Steps for Teaching Students to Self-Monitor their Own Behavior**

1. **Identify and Define Problem Behavior**
   - Write Clear Specific Description of the Behavior
   - State In Positive Terms

2. **Collect Baseline Data**
   - Determine Data Collection Method
   - Observe and Record Behavior 5 days

3. **Meet With Student**
   - Discuss Behavior
   - Define Student Behavior
   - Discuss Rationale for Changing Behavior
   - Gain Commitment
   - Set Goals
   - Self-Reinforcement (Optional)

4. **Select Self-Monitoring Procedures**
   - Select/Design Age Appropriate Monitoring Forms
   - Determine Observation Times and Frequency
   - Determine Cue System (Self/Other)

5. **Teach Student to Self-Monitor**
   - Direct Instruction
   - Model
   - Verbal Rehearsal
   - Examples/Nonexamples
   - Practice
   - Feedback
   - Self-Instruction

6. **Implement Self-Monitoring**
   - Provide Assistance as Needed
   - Provide Frequent Encouragement and Feedback

7. **Monitor Student Progress**
   - Adapt and Change as Necessary
   - Reliability Checks
   - Evaluate
   - Review Progress with Student
   - Fade Self-Monitoring when Appropriate

8. **Follow-Up**
   - Check for Maintenance and Generalization of Self-Management Skills and Generalization
   - Reinstitute if Behavior Reoccurs

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McConnell, M. E. Ph.D., (1997) Teaching Students to Self-Manage Their Own Behavior