Steps for Teaching Students to Self-Monitor their Own Behavior

Identify and Define Problem Behavior
Write Clear Specific Description of the Behavior
State In Positive Terms

Collect Baseline Data
Determine Data Collection Method
Observe and Record Behavior 5 days

Meet With Student

- Discuss Behavior
- Define Student Behavior
- Discuss Rationale for Changing Behavior
- Gain Commitment
- Set Goals
- Self-Reinforcement (Optional)

Select Self-Monitoring Procedures

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

Teach Student to Self-Monitor

- Direct Instruction
- Model
- Verbal Rehearsal
- Examples/Nonexamples
- Practice
- Feedback
- Self-Instruction

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

Monitor Student Progress

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

Follow-Up

- Check for Maintenance and Generalization of Self-Management Skills and Generalization
- Reinstitute if Behavior Reoccurs

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