Student self-monitoring

Instructions

Students can be encouraged to develop skills to monitor their own behaviour. This can be particularly useful if they need support to encourage a behaviour or to minimise inappropriate behaviour. Self-monitoring is where a student is given a tool to set a target behaviour or goal so they can increase or decrease its frequency.

Step 1.

Identify the target behaviour or goal with the student. Think about whether it is an important behaviour or goal to target for the student.

Step 2.

Describe the behaviour or goal in a clear and specific manner that can be measured. For some students this might be a visual image of the behaviour. Add the target to the self-monitoring form.

Step 3.

The student can draw a tick or smiley face in the square when they engage in the target behaviour (or use a stamp). You may need to remind the student to use the form. If so, do this in a way as to not attract attention to the student. Provide encouragement as the student uses the form. Over time the form can be phased out as the student learns to automatically engage in the target.

Examples:

Target	1	2	3	4	5
I can ask 5 questions during mat time today	✔	✔	✔	✔	✔

Target	1	2	3	4	5
At the start of each lesson I will wait for my teacher to finish telling us instructions before asking a question	🙂	😛	🙂		

Target		1	2	3
I can leave my seat up to three times during my mathematics lesson	(seated figure)	Good 😉	Good 😉	Good 😉

Student self-monitoring form

Name: _____   **Date:** _____

Target:	1	2	3	4	5

Target:	1	2	3	4	5

Target:	1	2	3	4	5

Target:	1	2	3	4	5