Using Self-monitoring Strategies

Encourage students to collect record and reflect on information about their own behaviour. Target a desired behaviour and provide the student with a strategy for recording the frequency of the behaviour during a specific time frame. For example, students could use sticky notes on their desks to record tally marks for each time they contributed to class discussions.

Provide checklists and criteria to help students evaluate their own behaviour. (e.g., arriving at school on time, completing tasks, getting along with others, resolving differences positively, etc.)

Work with students to use the data they collect. For example, they could identify what things they are getting better at and what things they need more work on. They could also use the data to set personal goals and celebrate success.

> I will check over my finished work before giving it to the teacher.

Example

Self-assessment: Working on my own	Most of the day	Some of the day	Not at all
1. I showed good listening skills.			
2. I followed teacher's directions.			
3. I asked myself, "What do I need to do?"			
4. I got started right away.			
5. I finished each task.			
6. I checked over my finished work.			
7. I told myself, "Good job."			

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