

# Self-Monitoring

Self-Monitoring is a versatile intervention that can be used to address behavioral, social, or academic needs. In addition, it is relatively simple to implement. Students learn to observe and record their own behaviors with Self-Monitoring. In the observation component, students decide whether the target behavior occurred at the end of a given interval, such as a class period or a set amount of time. The student must make a determination as to whether or not he or she demonstrated the behavior during that period, then the student records his or her behavior, the second process of Self-Monitoring, using a behavior sheet or via mobile technology. Often, Self-Monitoring includes reinforcement when the student meets the targeted goal, so attention should be paid to the function of the behavior when selecting the reinforcer. In brief, people engage in behaviors to either access or avoid attention, activities, or sensory experiences. However, for other students, the act of monitoring and recording their behavior is reinforcing enough to increase the future probability of the target behavior occurring. Often progress is graphed by the student, an additional motivation towards success. In these materials you will learn more about Self-Monitoring, why it is effective, the supporting research for the use of Self-Monitoring, the benefits and challenges, and how to evaluate treatment integrity and social validity.