**Self-Monitoring Intervention Features and Goals**

|  |  |
| --- | --- |
| FEATURE | GOAL |
| 1. Identify Target Behavior | * + State in positive terms   + Consider where and when the behavior occurs   + Identify possible function of the behavior |
| 1. Define the Target Behavior | * + Use the OMPUA guidelines to help you   – Observable, measureable, positively stated, understandable, always applicable   * + The skill must be in the student’s repertoire |
| 1. Collect Baseline Data | * + Frequency counts – record each time behavior occurs or look at permanent products   + Time sampling – observing the occurrence or non-occurrence of the target behavior during a fixed amount of time   + 3-5 data points   + Graph analysis for visual evaluation. |
| 1. Design Procedure and Materials | * + Determine when the student will self-monitor. How will student be cued to do so?   + Create age appropriate Self-Monitoring Daily Progress Report. List the target behavior and any steps needed to complete the skill. |
| 1. Teach Student to Self- Monitor | * + Discuss target behavior with student.   Use examples and non-examples.  Explain why the behavior is important.   * + Determine when and where the student will monitor behavior and what will be used to cue student to complete DPR.   + Teach use of DPR and have student practice.   + Set a goal – allow for student input |
| 1. Monitor Progress | * + Positive feedback given for student accurately assessing and recording until teacher and student agree at least 80% of the time   + Teacher check of accuracy is faded to periodic checks (1/5 average)   + Adult provides specific verbal feedback when target skill is displayed. |
| 1. Follow Up and Fade | * + Reteach or review skills as needed   + Review progress and celebrate success   + Having student graph progress allows for quick visual evaluation and may increase student rate of improvement (Harris, Graham, 1994)   + When student is consistently using skill and attaining goal, reduce the times per week that student monitors   + Periodically check for maintenance |