

00:00 let's discuss self monitoring  
00:03 self-monitoring is an intervention in  
00:05 which the student observes their own  
00:07 behavior and systematically records the  
00:10 occurrence and non occurrence of a goal  
00:12 behavior self-monitoring is another  
00:15 intervention that helps students be an  
00:16 active participant in their intervention  
00:18 efforts it has two components involving  
00:21 measurement and evaluation the student  
00:24 measures his own behavior and then  
00:26 compares it to a predetermined standard  
00:29 self monitoring can take many forms one  
00:33 way is through the use of  
00:34 self-monitoring forms which we will  
00:36 discuss later devices and technology  
00:40 such as stop watches timers smartphone  
00:43 timers vibrating watches can be useful  
00:46 to provide cues for the student during  
00:48 self monitoring while the use of  
00:51 technology can be helpful it is  
00:53 important to only use technology and  
00:55 devices as needed and to fade dependence  
00:58 on external devices if possible now  
01:01 let's look at some of the benefits of  
01:02 self monitoring it has been used  
01:05 successfully with multiple age groups  
01:07 and individuals with varying  
01:09 disabilities it can lead to less  
01:12 monitoring needed by teachers students  
01:16 can easily implement this intervention  
01:17 independently without much supervision  
01:20 by the teacher after the student has  
01:22 been taught the procedures it is easily  
01:25 and effectively implemented in the  
01:28 classroom self monitoring plans are easy  
01:32 non-invasive simple to create and  
01:34 usually require no additional financial  
01:37 costs it has been used successfully in

01:40 both the general education and special  
01:42 education classrooms it is effective in  
01:46 addressing academic social and behavior  
01:49 skills skills such as work completion  
01:52 calling out having materials for class  
01:56 initiating greetings with peers and  
01:58 personal hygiene additionally research  
02:02 demonstrates that behaviors improve even  
02:05 when participants are not completely  
02:08 accurate in reporting or recording their  
02:12 own behavior using  
02:13 self-monitoring

English  
(auto-generated)