Student Self-Monitoring: **Behavior Rating Scale**

This self-rating scale allows you to rate how well you carry out selected behaviors.

How to Use This Behavior Rating Scale. This scale is to be used to rate your selected behaviors at the end of a pre-determined period (e.g., after independent work; at the end of the school day; at the end of math class.)

How to Set Up the Behavior Rating Scale: Follow these steps to prepare the rating scale:

- *Select Behaviors.* In the left column of the table below, write down up to 6 behavior goals that you plan to rate (e.g., stay in seat, complete seatwork, work well with others, participate in the activity, keep workspace clear).
- *Choose a Schedule for Completing the Rating Scale.* Decide when you will fill out this self-rating scale (e.g., after independent work; at the end of the school day; at the end of math class; just before lunch and again at school dismissal).

  I plan to complete this rating scale on the following schedule:

  _____.

Grade/Classroom: _____

Student Name: _____

Behaviors: How well did I...	1 Date ___/___/___	2 Date ___/___/___	3 Date ___/___/___	4 Date ___/___/___	5 Date ___/___/___
•	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor
•	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor
•	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor
•	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor
•	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor	☐ Good ☐ Fair ☐ Poor