



Academic Self-Monitoring: Teacher / Student Planner Sheet

Student : _____ Teacher: _____ Classroom/Grade: _____ Date: _____

Directions to the Teacher: Meet with the student and use this Planner Sheet to put together an academic self-monitoring plan.

STEP 1: Define the academic target that will be the focus of the self-monitoring. Discuss with the student what academic area should be targeted for self-monitoring. Once you both agree on a monitoring target, write a problem-definition statement in the space provided (use the examples in the table on right as a guide):

Problem-Definition Statement: _____

STEP 2: Select a method for the student to self-monitor the academic problem. Decide with the student how the academic problem is to be monitored and write that monitoring method into the space provided (use the examples in the table on right as a guide):

Student Monitoring Method: _____

STEP 3 [Optional]: Decide on a rate of improvement per monitoring session. You and the student can agree on a fixed rate of expected improvement per session--as a help in updating goals (e.g., 'Ongoing goal: To get 1 additional digit correct than in the previous session'; 'Ongoing goal: To write 5 additional words on the writing assignment than in the previous session').

Fixed rate of improvement per monitoring session: _____

STEP 4: [Optional] Arrange for check-ins. You and the student can agree to meet for pre-session check-ins (to calculate self-monitoring goals) and/or post-session check-ins (to verify successful data collection and provide reinforcement and encouragement) for each self-monitoring session.

Will a pre-session check-in take place? ____ Y ____ N Will a post-session check-in take place? ____ Y ____ N

STEP 5: Fill in the student self-monitoring form. Based on the decisions reached at this planning conference, fill in the *Academic Self-Monitoring: Student Recording Form* and direct the student to begin the self-monitoring plan.

Academic Target Examples

- Fluency in basic math-facts
- Homework completion
- Independent reading
- Time spent engaged in independent study

Student-Monitoring Method Examples

- Number of correct digits on a timed (5-minute) math-fact worksheet
- Number of days per week when homework is turned in
- Number of pages or books read independently per week or month



Academic Self-Monitoring: Student Recording Form

Student Name: _____ Classroom/Grade: _____ School Year: _____

Academic Target

Student Self-Monitoring Method	Goal/Increase Per Session [Optional]

Directions to the Student: This form allows you to track your academic performance. Every time that you self-monitor, first record the date and set a goal that you hope to achieve, next perform the academic task, and finally record and evaluate your actual performance.

1	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
2	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
3	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
4	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
5	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
6	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
7	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N



Student Name: _____ Classroom/Grade: _____ School Year: _____

8	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
9	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
10	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
11	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
12	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
13	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
14	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
15	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
16	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
17	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
18	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
19	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N
20	Date: _____	Goal: _____	Actual performance: _____	Goal achieved?: ___Y ___ N