



On-Task Self-Monitoring Sheet for: _____

Student Name: _____ Date: _____ Class: _____

Directions: Set your timer for ____ minutes. When the timer rings, check 'Y' for Yes if you were paying attention and doing your work at that moment. Check 'N' for No if you were not paying attention and doing your work. Then reset the timer for the same number of minutes and repeat these instructions until the end of the session.

1	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
2	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
3	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
4	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
5	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
6	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
7	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
8	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
9	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
10	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
11	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
12	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
13	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
14	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N
15	I am paying attention to the academic task.	<input type="checkbox"/> Y <input type="checkbox"/> N

Percentage/On-Task Behavior: To calculate the percentage of on-task behavior for this session, (1) add up the number of 'Y' responses, (2) divide that number by the **total** number of intervals rated, and (3) multiply this quotient by 100.

%/On-Task Behavior:
_____ %