

# Self-Monitoring Skills For Effective Learning.

- paying attention to me!

Done By:

Mrs. Elahie-Mirza

Guidance Counsellor

ASJA Boys' College

San Fernando

# What Is Self-Monitoring?

- It is when we pay close attention to our own behavior in an attempt to understand and evaluate it.
- It is applying relevant strategies or techniques to improve our behavior in a particular area or social setting.
- It is modifying our behavior to one that is socially acceptable.



# Why Is Self-Monitoring Important For Learning?

It helps us to:

- Understand how we learn
- Improve our learning ability
- Gain responsibility for our learning
- Set desirable standards for ourselves
- Keep evolving as learners



# There Are Two Types Of Self-Monitors:

- 1. High self-monitors –

persons who can easily change their behavior to one that they think is most appropriate for a particular social situation. They are mostly concerned with their appearance to others than their own selves.

- Low self-monitors –

persons who are less observant of their behavior in social settings and its effects on themselves or others. They are characterized as being unwilling, uncompromising and insistent on others.



# What Behaviors Do You Display At Study Time?

Are you suddenly hungry or thirsty?

Do you get sleepy?

Do you distract yourself with social media or music?

Are you a procrastinator?

Or you have no idea?

The following information will help you to determine your behaviors and better them for success!!



# 7 Steps To Effective Self-Monitoring.

1. Define the learning behavior(s) you want to evaluate.
  - These behaviors can be ones you wish to increase (sticking to your time table) or decrease (procrastination).
  - The desired behavior must be clearly defined.



2. Decide on a method to record behavior
  - Rating scales (rate behavior from 1-5/ excellent-poor), checklist of desired behaviors, frequency count (how often the behavior was displayed).

Mathematical Disposition Checklist

	Student 1	Student 2	Student 3	Student 4	Student 5
Date:					
Name:					
Classroom:					
Teacher:					
Is every answer well thought out?	✓		✓	✓	
Is every answer well explained?		✓	✓	✓	
Does the student work independently?	✓			✓	
Does the student work with others?					✓
Does the student work with the teacher?	✓	✓			
Does the student work with the parent/guardian?			✓	✓	
Does the student work with the community?					
Does the student work with the environment?					
Does the student work with the world?					
Does the student work with the future?					
Does the student work with the past?					
Does the student work with the present?					
Does the student work with the future?					
Does the student work with the past?					
Does the student work with the present?					

# 7 Steps To Effective Self-Monitoring Continued

3. Set a self-monitoring time frame.

- Schedule specific dates, time frame for a specific assignment, time frame for specific behaviors to stick.



4. Decide on a monitoring cue.

- Set reminders on your phone or ask a friend to help you to remember that you are self-monitoring.



5. Choose a reward for successful behavioral change.

- Nothing too extravagant!



# 7 Steps To Effective Self-Monitoring Continued

6. Match your progress to your goals to keep on track.

- From time to time, check your records to determine if you're on target or need to change strategies.




7. Gradually stop self-monitoring.

- Once the desired behavior is achieved, slowly stop self-monitoring.







“  
When we strive  
to become better than  
we are, everything  
around us becomes  
better, too.

”

Paulo Coelho  
#WISEWORDS



