

SELF-MONITORING RESOURCE GUIDE

Recommended readings to get started:

Practitioner Articles

Menzies, H. M., Lane, K. L., & Lee, J. M. (2009). Self-Monitoring strategies for use in the classroom: A promising practice to support productive behavior for students with emotional or behavioral disorders. *Beyond Behavior, 18*, 27-35.

Vanderbilt, A. (2005). Designed for teachers: How to implement self-monitoring in the classroom. *Beyond Behavior, 15*, 21-24.

Research Articles

Blich, A., & Belfiore, P. J. (2013). The effects of automated prompting and self-monitoring on homework completion for a student with attention deficit hyperactivity disorder. *Journal of Education and Learning, 2*, 51-60.

Rock, M. L. (2005). Use of strategic self-monitoring to enhance academic engagement, productivity, and accuracy of students with and without exceptionalities. *Journal of Positive Behavior Interventions, 7*, 3-17. Doi: 10.1177/10983007050070010201

For further learning:

Websites

Intervention Central

How To: Teach Students to Change Behaviors Through Self-Monitoring
https://www.interventioncentral.org/self_management_self_monitoring

Books

Knapczyk, D. (2004). *Teaching self-discipline: A self-monitoring program*. Verona, WI: Attainment.

Lane, K. L., Menzies, H., Bruhn, A., & Crnabori, M. (2011). *Managing challenging behaviors in schools: Research-based strategies that work*. New York, NY: Guilford Press.

Referred Journal Articles

Pelco, L. E., & Reed-Victor, E. (2007). Self-regulation and learning-related social skills: Intervention ideas for elementary school students. *Preventing School Failure: Alternative Education for Children and Youth, 51*(3), 36-42. doi: 10.3200/PSFL.51.3.36-42

Amato-Zech, N. A., Hoff, K. E., & Doepke, K. J. (2006). Increasing on-task behavior in the classroom: Extension of self-monitoring strategies. *Psychology in the Schools, 43*, 211-221. doi: 10.1002/pits.20137

Hughes, C., Agran, M., Copeland, S. R., Wehmeyer, M. L., Rodi, M. S., & Presley, J. A. (2002). Using self-monitoring to improve performance in general education high school classes. *Education and Training in Mental Retardation and Developmental Disabilities, 37*, 262-272.