How To: Self Management

What does it look like?

When individuals are taught to manage and monitor their own behaviors, they are better prepared to regulate their own emotions and behaviors. Self-management systems include self-monitoring (e.g. recording), self-evaluating (e.g. rating) behaviors, or both in conjunction with reinforcement strategies.

Students need to be taught how to use self-management systems, as well as the purpose of monitoring or evaluating one's own behavior. National Center on Intensive Intervention. (2016). *Self-Management*. https://intensiveintervention.org/

How?

Benefits to teaching Self-Management
• Increase in desirable behavior
• Increase in independence
• Decrease in need for adult or another individual to intervene with behavioral strategies

How to choose a Self-Management System

Self-Management: An individual is taught strategies to support him or herself in taking responsibility for one's own behavior, (e.g. being prepared for an assignment or project by having necessary materials ready).
• Should be used in conjunction with reinforcement strategies
• Teach individuals to focus on appropriate behaviors

Self-Monitoring: An individual can monitor progress towards his or her goal of a specified, observable behavior.
• Identify a problem behavior and a replacement behavior that can be monitored.
• Define the behavior-what does it look like?
• What is the goal for your child?
• How frequently or how long is your child engaging in the behavior now?
• Teach your child how to record their behavior.
• Review your child's performance with him or her at the end of a learning session, following class time each day, or after a behavior episode.
• If your child met their goal, reinforce him or her with a preferred item or activity.

Self-Evaluation: An individual can evaluate their behavior and compare it to pre-determined performance expectations. (e.g. filling out a reflection sheet or a behavior rubric).

Tips?

Reinforcement should be used in conjunction with self-management systems.
• Individuals using self-management systems should have the ability to articulate his or her behavior or emotion.
• In the beginning, self-management systems should be used with support. As your child begins to demonstrate an increase in accuracy in self-recording or self-evaluating, support can be reduced so your child can increase independence.