

Self Management Checklist

- Conduct a functional assessment to identify the function maintaining the problem behavior
- Encourage the student to list possible reinforcers that can be used and assist the team in creating the self management plan
- Develop a recording form that is easy to use and will not create a lot of extra work for either the teacher or student
- Initial training sessions may be necessary to assure the student understands how to use the recording form and implement the self-management plan
- Designate a small amount of time to confirm that the student understands the self-management plan and evaluate the accuracy of the student's recording
- Some self-management studies have included incentives to the student for high levels of accuracy in self-recording
- Review progress with the student on a regular basis and celebrate success