**Questions to Determine if Self-Monitoring is an Appropriate Intervention**

Use the questions below to help the team determine if the selected target skill or behavior for self-monitoring is appropriate and the youth is likely to succeed in a self-monitoring plan.

1. Does the youth possess the skills to engage in the target behavior (i.e. a performance deficit)?
   * YES
   * NO - If not, additional instruction and support to learn the skill is needed.
2. Would the student be expected to engage in the target behavior at least a few times a week?
   * YES
   * NO - If not, there may not be enough opportunity to practice monitoring the skill.

1. Is the target behavior developmentally and cognitively appropriate for the student?
   * YES
   * NO - If not, the youth may not understand the importance of the skill, may not be able to easily monitor the skill, or may not be independent in the skill.

1. Is the behavior voluntary?
   * YES
   * NO - If not, then the youth will not be able to control and manage the behavior.
2. Is the behavior one that does not evoke harm on the student, the people around him or her or the environment?
   * YES
   * NO - If not, it is inappropriate to place the youth or others in an at-risk situation.
3. Is it clear that the student does not engage in the behavior for cultural reasons?
   * YES
   * NO - If not, respectfully work with the youth and family to understand the cultural issues and determine how to proceed in teaching new skills and behavior in an acceptable manner for the family’s culture.

Adapted from Step by Step Teaching Students to Self-Monitor, Lisa Rafferty. <https://gseuphsdlibrary.files.wordpress.com/2013/03/step-by-step.pdf>