



# Self-Management



PROJECT ACCESS

## WHAT IS IT?















Self-management is where the student is trained to monitor their own behavior and progress.

## SELF-MANAGEMENT IS DONE IN THREE PHASES

1. Students are taught to differentiate between correct and incorrect responses.
2. Prompting is used to teach students how to record their own behavior.
3. Students are given the ability to record their own behavior.

- This technique has been proven to increase the appropriate behavior in multiple settings, as well as decrease problem behaviors that could interfere with the appropriate behavior.
- The technique encourages children to record accurately by giving them something they enjoy after they complete a goal.
- This technique can be used with a variety of skills as long as there is a correct and incorrect response.
- Instruction can be given in a variety of environments and the children can apply it to other settings.

### My Schedule & Check-In

Art	just right voice 	in my space <input type="checkbox"/>	yes 	no 
Circle	just right voice 	in my space <input type="checkbox"/>	yes 	no 
Centers	just right voice 	in my space <input type="checkbox"/>	yes 	no 
Snack	just right voice 	in my space <input type="checkbox"/>	yes 	no 
Outside	just right voice 	in my space <input type="checkbox"/>	yes 	no 
	just right	in my space	yes	no

## ADDITIONAL RESOURCES



**HOW TO ABA**  
THE BX RESOURCE