**What does Self-Monitoring look like?**

Selecting and defining a behavior you want to see more of (i.e. staying focused on your work), selecting a prompt that checks to engaging in the behavior (i.e. working without distraction), and recording your performance at regular intervals (i.e. every 5 minutes you check to see if you are working on what you supposed to be working on and ignoring distractions).

**What is Self- Monitoring?**

Routinely observing what you are doing and recording your performance.

**Getting started with I-Connect**

* Go to: <https://portal-iconnect.ku.edu/> Create a non-school district employee account on the I-Connect Portal to create an account and self-monitoring program for your child
* To create the program you will need to
	+ Select a target behavior for your child to monitor (i.e., are you on task?)
	+ Select the interval length between prompts to monitor (i.e., every 5 minutes)
	+ Set a goal for how many time your child will be demonstrating the target behavior (i.e. your child will be on task 75% of the time, or 3 out of 4 times)
* Download the app on a device for your child that is not being used for remote learning.
* Introduce the app to your child, be sure to provide a rationale for why it will help them.
* Demonstrate how to use the app (log in, start monitoring, select prompt type etc.)
* Start monitoring!

**How can Self-Monitoring Help Students during Remote Learning?**

Remote learning from home means there are plenty of distractions that can take away from academic time. I-Connect is a app that help kids to self-monitor to ignore distractions and stay focused on their work. I-Connect is a research-proven method for using self-monitoring that has demonstrated positive outcomes for reducing behavior challenges and increasing academic productivity.

**How does Self-Monitoring Work?**

When we are aware of our own behavior we can change or adjust our behavior to something more appropriate. For example, when you record your performance (i.e. on task or not?) you are reminded to get back on task if you are off or you can acknowledge success when you are. The act of recording your performance prompts you to adjust or reinforce your behavior over time.

**Tips for Success**

**When using I-Connect to Support Remote Learning at Home**

Selecting the Target Behavior

* Use a positively worded question as the target behavior, this will serve as a prompt to get back on task and gentle encourage your child towards what they should be doing.
* Use language that is familiar and positive for your child, sometimes being silly can be helpful (i.e. Are you keeping up the good work?)
* Remind your student that there is no right or wrong answer to the prompt, the purpose to help them to do what needs to be done not to monitor their behavior from afar.

Selecting the Interval

* Think about how often you have to remind your child about the target behavior or how long they can do it (i.e. your child usually focuses for 5 minutes before checking her phone). Set the interval for something a little less than this (e.g., 4 minutes 45 seconds) to avoid getting off track.
* Shorter intervals, more frequent prompts are better for helping sustain attention, 3-5 minutes is common.
* If the interval seems to short, you can start slow and when your child succeeds you can slowly increase the interval.

Selecting the Goal

* Similar to the interval you will want to set a goal that is attainable, so think about what they are currently doing and set the goal for something just under that. This will help to build momentum.

Adding an Incentive

* Adding a incentive or reward can help to sustain self-monitoring over time.
* A reward can be offered if the child meets a goal at the end of the monitoring session, or meets a goal across a certain number of days.
* The my charts feature on the mobile app and portal provide color coding bar graphs that show your child’s progress over time.