



## UNIT 7: SELF-MONITORING AND SELF-CHECKING

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### WHY THIS UNIT?

Self-monitoring and self-checking refer to the ways in which students edit and correct their schoolwork and daily behavior. One of the keys to academic success is students' ability to reflect on their learning and to recognize when and how they can use strategies to improve performance. This unit teaches students self-monitoring and self-checking strategies to become more effective learners.

### WHAT IS IN THIS UNIT?

**Lesson 1: What is Self-Monitoring? (1 hour):** Students learn the definition of self-monitoring and practice monitoring their behavior to ensure that they stay on task and reach their goals.

**Lesson 2: What is Self-Checking? (1 hour):** Students learn the definition of self-checking and participate in activities to help them understand when and how to use self-checking strategies.

**Lesson 3: The Top-3-Hits Strategy (1 hour):** Students use previously graded assignments to check for their most common errors. Students generate a list of their personal Top-3-Hits for checking their own future assignments.

**Lesson 4: Breaking Down Directions (1 hour):** Students learn to develop checklists for self-checking from the directions of an assignment.

**Lesson 5: Stop, Review, Reflect (1 hour):** Students review the SMARTS Online strategies they have learned. Then, they create a checklist of strategies they can use for their schoolwork.