



Unit 6: Self-Monitoring and Self-Checking

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 a student's ability to reflect on his or her learning and to recognize when and how he or she 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.