









## STUDY TIPS : SELF-MONITORING

Self-monitoring is an important life skill for individuals to be able to recognise when they have done something well and what skills they need to continue to improve in, without necessarily relying on other people to point these things out.

**Self-monitoring** is the ability to evaluate one's behaviour or performance on tasks.

Below are some strategies for how you can help your child build their self-monitoring skills:

-  Teach your child to use checklists to review their work and processes. For example, the C.O.P.S. checklist helps children edit their written work.
-  Use the KWL strategy to activate your child's critical thinking skills. Prompt your child to ask themselves "What do I already **Know**?" "What do I **Want** to learn?" and "What did I **Learn** from that experience?" before and after learning experiences.
-  Encourage your child to ask themselves critical thinking or problem-solving questions such as, "How might I find out how to solve this problem?", "Is there another way of doing this?", "What can I do to help myself remember that information?"
-  Encourage your child to use contextual cues (e.g., headings in a textbook, what was taught in the last class) as a way to predict upcoming lessons or events. This will help your child be able to quickly answer the KWL questions.
-  Becoming aware of where your attention is at is a key aspect to self-monitoring. Mindfulness aims to help people become better able to control their focus. See the *Smiling Minds* website, or download the mobile app, for child-friendly guided mindfulness meditations.
-  Habitually ask your child questions about what they predict will occur in the future. For example, you might ask your child to predict what will occur later in a story or film. If possible, probe your child further about *why* they have chosen the prediction that they have.
-  Help and encourage your child to brainstorm a list of strategies to use if they feel "stuck" while studying. For example, they might want to conduct research on the Internet for more information, email their teacher for clarification, or ask a friend/parent for help.
-  Help your child keep a record of their productivity (e.g., how many items they complete) and accuracy. Keep logs for different tasks (e.g., spelling, maths) and present them in charts so that your child can easily see their progress.