

Self-Management

Transfer locus of control from parent to child.

5 general steps to teach self-management:

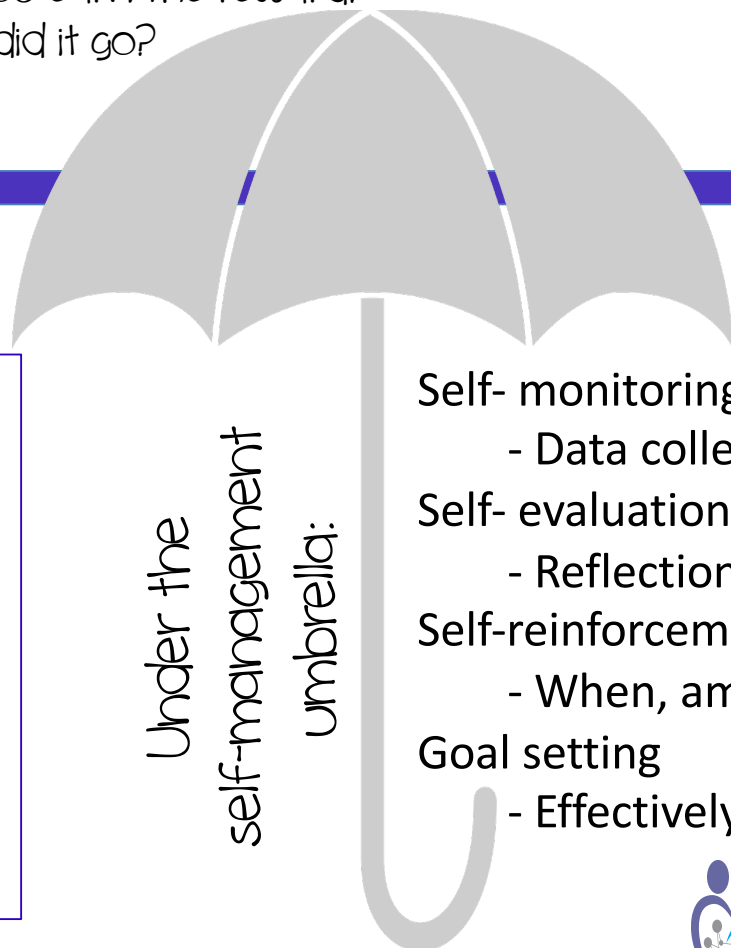
1. operationally define the target behavior
2. identify functional reinforcers
3. design or choose a self-management method or device
4. teach the individual to use the self-management device
5. teach self-management independence

--Koegel, Koegel and Parks (1995)

Start to build in interventions: ✓ How do you think you did?
to parent-led ✓ Did you earn the reward?
interventions: ✓ How did it go?

Tips & tricks:

- ❖ Set clear goals.
- ❖ Set up intermediate outcomes.
- ❖ Make the reinforcement match the effort.
- ❖ Check response effort- don't make it too hard to earn the reinforcement.
- ❖ Make it visual.
- ❖ Graph your progress.



Self- monitoring

- Data collection

Self- evaluation

- Reflection

Self-reinforcement

- When, amount

Goal setting

- Effectively

Learn more about

Self-Management

Recommended Easy Reads :

1. <https://blog.difflearn.com/2015/06/18/tips-on-effective-self-management-with-aba-techniques-by-daniel-sundberg/>
2. <https://bsci21.org/three-steps-to-effective-self-management/>
3. <https://abatechnologies.com/quick-guide-self-management/>
4. <https://www.iidc.indiana.edu/pages/Dont-Forget-About-Self-Management>
5. http://www.specialconnections.ku.edu/?q=behavior_plans/positive_behavior_support_interventions/teacher_tools/teaching_self_management_skills

Legit Research References

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