



Student Self-Monitoring Checklists

Here are sample items for a student's classroom self-monitoring checklist.

Checklist Item
AT THE START OF CLASS:
<input type="checkbox"/> I have a sharpened pencil.
<input type="checkbox"/> I have a pen.
<input type="checkbox"/> I have paper for taking notes.
<input type="checkbox"/> I have my homework ready to turn in.
<input type="checkbox"/> I have put my cell phone away in my backpack.
<input type="checkbox"/> I have closed up my backpack and placed it on the floor.
<input type="checkbox"/> I have cleared my desk of unneeded materials.
<input type="checkbox"/> I am sitting quietly.
<input type="checkbox"/> I am working on the assigned start-of-class activity.
WHEN THE TEACHER IS TALKING:
<input type="checkbox"/> I am looking at the teacher.
<input type="checkbox"/> I am not talking to other students.
<input type="checkbox"/> I am sitting up straight.
<input type="checkbox"/> I raise my hand and wait to be called on to comment or ask a question.
<input type="checkbox"/> I ask questions if I don't understand what is being taught.
<input type="checkbox"/> To avoid distracting myself or others, I do not play with objects at my desk.
WHEN TOLD TO TAKE NOTES:
<input type="checkbox"/> I am sitting up straight.
<input type="checkbox"/> I am looking at the board or at the teacher.
<input type="checkbox"/> I am listening to the teacher's presentation.
<input type="checkbox"/> I am writing down my notes.
<input type="checkbox"/> I am not talking to other students.
<input type="checkbox"/> To avoid distracting myself or others, I do not play with objects at my desk.
WHEN WORKING WITH OTHER STUDENTS:
<input type="checkbox"/> I am talking only with my work partners.
<input type="checkbox"/> I participate in discussion with my partners.
<input type="checkbox"/> I do my share of the work when in pairs or groups.
<input type="checkbox"/> I do my share of the work when in pairs or groups.



<input type="checkbox"/> I talk only about the topic(s) assigned by the teacher.
<input type="checkbox"/> I keep my voice level down so that I don't distract other students.
<input type="checkbox"/> I seek help from my partners if I don't understand something.
<input type="checkbox"/> I ask the teacher for help if my partners cannot answer my question.
WHEN WORKING ON AN INDEPENDENT ASSIGNMENT:
<input type="checkbox"/> I am sitting up straight.
<input type="checkbox"/> I have cleared my desk of unneeded materials.
<input type="checkbox"/> I am working on the assignment.
<input type="checkbox"/> I am not talking to other students.
<input type="checkbox"/> To avoid distracting myself or others, I do not play with objects at my desk.
<input type="checkbox"/> I ask my neighbor if I have a question about the assignment.
<input type="checkbox"/> I ask the teacher if I still have a question about the assignment.
<input type="checkbox"/> I use any extra time when I have finished the assignment to check my work.
WHEN TAKING A QUIZ OR TEST:
<input type="checkbox"/> I look over the test at the start to decide how much time to spend on each section.
<input type="checkbox"/> I am giving my full attention to working on the test.
<input type="checkbox"/> I am not talking to other students.
<input type="checkbox"/> I use any extra time when I have finished the test to check my answers.
WHILE TRAVELING THROUGH HALLWAYS:
<input type="checkbox"/> When in a group, I walk in single-file.
<input type="checkbox"/> When in a group, I look straight ahead.
<input type="checkbox"/> When in a group, I keep my hands to myself.
<input type="checkbox"/> When in a group, I am not talking to other students.
<input type="checkbox"/> When alone, I go straight to my destination.
<input type="checkbox"/> When alone, I do not stop to chat with others that I meet.
WHEN ENTERING THE ROOM DURING CLASS:
<input type="checkbox"/> I enter quietly and walk directly to my seat without drawing attention to myself.
<input type="checkbox"/> I do not talk to other students.
<input type="checkbox"/> I take out my work materials.
<input type="checkbox"/> I immediately join the learning activity.
<input type="checkbox"/> I seek help from my neighbor if I don't understand what activity I am supposed to be doing.
<input type="checkbox"/> I seek help from the teacher if I still don't understand what activity I am supposed to be doing.



WHEN LEAVING THE ROOM DURING CLASS:

- I have informed my teacher in advance of my reason for leaving class.
- I put away all work materials.
- I do not talk to other students.
- I leave my seat and exit the room quietly and without drawing attention to myself.

AT THE END OF CLASS:

- I am not talking to other students.
- I check that I have written down the homework assignment correctly and completely.
- I put all work materials needed for homework into my backpack.
- I clear my desk or other workspace.
- I put all classroom materials back in their proper place.
- I wait to be dismissed by the teacher before leaving the classroom.