

Student name _____ Evaluator _____ Date _____

Self-Monitoring*

| | Current Level of Competency | | | |
|---|-----------------------------|------------|---------------------|-----------------------|
| | Emerging | Developing | Gaining Consistency | Effectively Sustained |
| Ability to Delay Gratification [Thinks Before Reacting] | | | | |
| Distinguishes feelings from actions or wants from needs | | | | |
| Avoids attention-seeking or high levels of stimulation | | | | |
| Able to slow down and use self-talk to calm down | | | | |
| Internalizes known rules and procedures | | | | |
| Possesses many appropriate response options | | | | |
| Internalizes structure and routine | | | | |
| Understands how personal actions affect others | | | | |
| Copes with Frustration [Faces Feelings of Discouragement or Helplessness] | | | | |
| Able to articulate problem or feelings | | | | |
| Handles both difficult and mundane situations | | | | |
| Can identify stressors and problem triggers | | | | |
| Acts appropriately toward perceived mistreatment | | | | |

| | Current Level of Competency | | | |
|--|-----------------------------|------------|---------------------|-----------------------|
| | Emerging | Developing | Gaining Consistency | Effectively Sustained |
| Copes with Frustration (conti.) [Faces Feelings of Discouragement or Helplessness] | | | | |
| Can reframe situations into a new perspective | | | | |
| Knows how to appropriately gain power, attention, and control | | | | |
| Expects to succeed due to past successes | | | | |
| Adjusts Behavior to Situation [Aware of Behavior Affecting Others] | | | | |
| Clearly understands expectations and goals | | | | |
| Picks up on feedback that indicates the need to alter behavior | | | | |
| Willing to practice appropriate behavior scenarios | | | | |
| Predicts consequences accurately | | | | |
| Accepts positive corrective feedback | | | | |
| Uses past experiences to self-correct | | | | |

*Pertains to Noncognitive Factor "Social Skills"

(Based on Root Causes - Searle Enterprises Inc., 2014)