



CAPTAIN X

Evidence-Based Practice of the Month:

Self-Management (SM)

Self-management (SM) is an intervention package that teaches learners to independently regulate their own behavior. Self-management involves teaching learners to discriminate between appropriate and inappropriate behaviors, accurately monitor and record their own behaviors, and reinforce themselves for behaving appropriately.

(National Clearinghouse on Autism Evidence and Practice Review Team, 2020)

Skills that can be addressed using self-management include task completion, requesting help, responding to verbal initiations, increasing rule following, increasing transitions and schedule following, increasing play skills, and more.

Free module to learn more about Self-Management:

<https://afirm.fpg.unc.edu/self-management>

IN THE CLASSROOM:

AT HOME:

- Cueing device can be alarm clock, timer, phone, tapping on shoulder
- Recording device can be clicker, token board, smiley faces
- Modeling, prompting, and role play can assist the learner in learning self-management
- Reinforcement, visual cues, and priming are helpful in setting up for success

Stay up to date on the latest EBP news! @CAPTAINXEbps



YouTube

