

Techniques for Increasing Self-Management

Teachers may ...

- *...ask students to set goals.*
- *...ask students to evaluate their performance.*
- *...explain to the student what behavior resulted in reinforcement (following delivery of reinforcement).*
- *...ask the student to relate part of the contingency for reinforcement.*
- *...ask the student to state the entire contingency for reinforcement.*
- *...involve students in choosing reinforcers and in determining their cost in terms of behavior.*

