TOOLS FOR STUDENTS’ SELF-MANAGEMENT

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Self-management helps you become a positive learner. It refers to techniques, approaches and strategies we use to direct your school activities effectively. When it comes to study, self-management includes planning, goal-setting and managing your time for your class activities. Self-management is a key to make you become mindful for the activities that should be done in its required time. Learners should be invited into the process of managing learning at home. Here are some tools to empower students to self-manage. With parents and caregivers struggling their students’ schedule for homeschooling, learners of all ages will need to learn and use self-management skills on their own. Management doesn't have to be, nor should it be, something parents or caregivers decide or handle on their own. Students should be invited into the process of managing learning at home. They should be the one to plan their own schedule for their school activities for them to understand what must be done accordingly.

First is goal setting. Students and teachers should collaborate in setting accessible goals that the students can work toward. Goals can be anything from “working quietly for 10 minutes” to “turning in homework consistently.” By allowing the student to contribute in setting their goals, you allow them to take an active role in their self-management strategies, as well as self-management interventions. Next is monitoring their behavior. Behavior-monitoring, occurs when students observe and record their behaviors, readdressing themselves when necessary. Through behavior-monitoring, students become more aware of where they struggle and where they do well. As their self-awareness increases, they gain confidence in their ability to make themselves improve and grow more.
Next is self-reinforcement. Self-reinforcement is the act of rewarding oneself after completing a task or meeting a goal. Rewarding positive behavior increases the chance that the student will show the same positive behavior. According to Psychology Today, 85% of people who don’t learn self-reinforcement have trouble in other areas, like self-esteem. Rewards can be a chance to be a motivation and move after finishing an assignment.

Lastly is self-evaluation. While students may look forward to the rewards they can get, reflection on the process teaches them the most. What made them inspired? What was the most challenging part of the process? Was the reward worth of their hard work? What could be the things they need to do for improvement? These questions and answers help both the teachers and students gain learning, confidence and growth. They can also identify areas where the teacher and student progress. They learn that failure can happen anytime, but if they keep on trying, they will succeed.

References:

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