

WHAT IS SELF-MONITORING?

Self-Monitoring is the ability to be aware of your skills while you are speaking. The skills needed to self-monitor may change depending on what area of communication you are working on.

ARTICULATION SKILLS



THINK

Think about your speech sound(s) while speaking.



ATTEMPT

Attempt to use correct speech sound production while speaking.



CORRECT

Try to correct any mistakes or mis-articulations you make while speaking.



SLOW RATE

Use a slow rate of speech.



CHECK-IN

Check-in with your conversational partner. Did they understand what you were trying to say?

LANGUAGE SKILLS



THINK

Think about your using correct language skills while speaking.



ATTEMPT

Attempt to use correct correct language skills while speaking.



CORRECT

Try to correct any mistakes you make while speaking.



SLOW RATE

Use a slow rate of speech.



CHECK-IN

Check-in with your conversational partner. Did they understand what you were trying to say?

PRAGMATIC SKILLS



THINK

Think about your using appropriate pragmatic skills while interacting with others.



ATTEMPT

Attempt to use using appropriate pragmatic skills while interacting with others.



CORRECT

Try to correct any mistake or inappropriate behaviors you make while interacting with others



CHECK-IN

Check-in with your conversational partner. Did you listen to them and respond appropriately?