The *Self & Match* System is a self-monitoring and motivational system firmly grounded in principles of Applied Behavior Analysis (ABA). This behavioral intervention encourages a collaborative approach to promoting systematic behavioral success for children and young adults using self-monitoring with a match component. *Self & Match* has been implemented internationally across a variety of settings including: special and general education; home; camp; clinic; public, private, and parochial schools; post-secondary education; and sports programs. *Self & Match* can be incorporated into individualized behavior systems, class-wide, and school-wide management procedures as a part of SWPBIS. Systematic planning before beginning an intervention makes a world of difference and is a fundamental element of the *Self & Match* system. Each system is individually developed using a comprehensive considerations guide that is included within the manual. *Self & Match* is an inexpensive, data-based, & interactive intervention.

Overview of Self & Match Procedures

- **STEP 1:** At predetermined times, the student independently answers all questions on his/her *Self & Match* form
- **STEP 2:** Then, the teacher/clinician/parent independently answers all questions
- **STEP 3:** Teacher and student compare answers and identify all matches
- **STEP 4:** Student receives 2 points or more for each "Yes" match (1 point for engaging in appropriate behavior and 1 point for being honest). Student receives 1 point for each "No" match (for being honest and taking ownership for behavior)
- **STEP 5:** Student receives reinforcement at pre-determined time(s) contingent on percentage of points earned

Four fundamental elements of the *Self & Match* System:

#1) SYSTEMATIC PLANNING <u>BEFORE</u> BEGINNING AN INTERVENTION MAKES A WORLD OF DIFFERENCE.
The *Self & Match* system incorporates a thorough *Considerations Guide* to implement PRIOR to beginning the intervention.

#2) NO ONE IS PERFECT (NOT EVEN YOU)
We often advocate setting a student's criteria for reward at 80-85% (sometimes even lower). No one is perfect, no should need 100% to access a reward, no one has a 100% day (not even your best student).

#3) LINKING FUNCTION OF BEHAVIOR TO REWARD OPTIONS LEADS TO HIGHER RATE OF SUCCESS
Self & Match strongly urges the users of this (and other) interventions to link rewards to the student's behavioral function(s).

#4) INTERVENTIONS CHANGE AS A STUDENT CHANGES
We highly suggest reviewing the data on a frequent basis to determine whether any phase changes are necessary. A great thing about this system is that it will change and advance with the student.

Every *Self & Match* form is individualized and therefore nearly every *Self & Match* form looks different. There are thousands of ways to individualize your *Self & Match* forms to meet the needs of your target student(s). We encourage individualization! Here are a few samples of *Self & Match* forms: