

Classroom Participation

Self Monitoring

Chart



Part of a growing collection of self-monitoring tools for student success!

Two versions of the Classroom Participation Self-Monitoring Chart are shown. On the left is a printed paper version, and on the right is a tablet displaying the same chart. Both charts include a header with "Name:" and "Date:", followed by the title "CLASSROOM PARTICIPATION SELF-MONITORING CHART". Below the title are directions: "Directions: For each time of day, mark an X in the box that best describes how much you participated. Then, reflect on what helped you and what you can do differently next time." The chart itself is a table with four columns: "Time of Day/Activity", "I participated & stayed engaged" (with a happy face emoji), "I participated a little" (with a neutral face emoji), and "I didn't participate at all" (with a sad face emoji). The table has 10 rows. Below the table, there are lines for reflection, starting with "Ideas more?". The printed version has a teal border, while the tablet version has a black border. A copyright notice "©The Responsive Educator 2025" is visible at the bottom of both charts.

Supports Engagement & Active Participation

✨ A Simple, Effective Tool for Self-Monitoring of Classroom Participation

Why Do Students Need Self-Monitoring?

Many students struggle:

- waiting their turn to speak
- recognizing when to contribute vs. when to listen
- interrupting conversations or lessons

Studies show that self-monitoring improve:

- impulse control
- awareness of speaking habits
- classroom interactions



Low Engagement

- Some students rarely participate or contribute in class.



Uneven Participation

- A few students dominate while others stay silent.



Lack of Confidence

- Students hesitate to share ideas or answer questions.

Common Challenges Teachers Face

How This Chart Can Help



Encourages active participation



Supports classroom inclusion



Simplifies teacher tracking



Backed by research

*Research shows self-monitoring boosts confidence and classroom involvement

Name: _____ Date: _____

CLASSROOM PARTICIPATION SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how much you participated. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I participated & stayed engaged 😊	I participated a little 😐	I didn't participate at all 😞
	X		
		X	
	X		
	X		
			X
			X

What helped me participate in class today?
✓ Sitting away from the door helped me this morning

What can I do tomorrow to stay engaged and share my ideas more?
💡 I will ask the teacher to move me if my friend keeps talking to me tomorrow.

End of Day Teacher Notes (optional)

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SPECIFIC DETAILS

Name: _____ Date: _____

CLASSROOM PARTICIPATION SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how much you participated. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I participated & stayed engaged 😊	I participated a little 😐	I didn't participate at all 😞

✓ What helped me participate in class today?

💡 What can I do tomorrow to stay engaged and share my ideas more?

✍️ End of Day Teacher Notes (optional)

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Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: _____ Date: _____

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Directions: For each time of day, mark an X in the box that best describes how much you participated. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I participated & stayed engaged 😊	I participated a little 😐	I didn't participate at all 😞

✓ What helped me participate in class today?

💡 What can I do tomorrow to stay engaged and share my ideas more?

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