

Self-Monitoring

Self-monitoring is a cognitive strategy used by the reader to determine whether they understand what they are reading.

To self-monitor, students must:

- Approach reading tasks expecting to gain information;
- Listen to one's self and expect what is read to make sense;
- Question when decoding attempts result in a non-word;
- Recognize errors because of context and stop to self correct;
- Monitor pace and is motivated to reach optimal rate;
- Use word learning tools to determine the meaning of words;
- Work to stay focused when reading.

Oakhill, Cain, & Elbro, 2015

Stop at the end of paragraphs and texts, ask:
“Did I understand what I read?”
If so, keep reading!

Actions to Take When Struggling with Text

I can't decode the word.

Stop! Slow down.	Read sound by sound.
Look for prefixes or suffixes.	Chunk text.
Read ahead and come back.	

I don't know the word's meaning.

Look for prefixes or suffixes.	Find a base word.
Read ahead and come back.	Part of speech
What is the passage about so far?	
Does it look like another word you know?	
Do other words in the sentence offer clues?	

I don't understand the sentence.

Remember purpose for reading.	Adjust pace.
Facts gathered so far?	Text features help?
Read ahead and come back.	