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Effect of a Self-Management Program on the Performance of a Student with Attention Deficit Hyperactivity Disorder

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This study examined the effects of a self-management program on the performance of a student with attention deficit hyperactivity disorder (ADHD).

The student was assigned to a self-management program that included self-monitoring, self-reward, and self-punishment.

The results showed that the student's performance improved significantly during the self-management program.

These findings suggest that self-management programs may be an effective intervention for students with ADHD.

Keywords: self-management, ADHD, performance, self-monitoring, self-reward, self-punishment

Attention deficit hyperactivity disorder (ADHD) is a common childhood disorder characterized by inattention, hyperactivity, and impulsivity.

Students with ADHD often have difficulty in the classroom, and they may benefit from self-management programs.

Self-management programs are designed to help students with ADHD learn to control their own behavior.

These programs typically include self-monitoring, self-reward, and self-punishment.

Self-monitoring involves tracking one's own behavior and recording the results.

Self-reward involves giving oneself a reward when one performs well.

Self-punishment involves giving oneself a punishment when one performs poorly.

Self-management programs have been shown to be effective in helping students with ADHD improve their performance.

For example, Johnston and Gable (1998) found that a self-management program improved the performance of a student with ADHD.

Other researchers have also found that self-management programs are effective for students with ADHD.

For example, Johnston and Gable (2000) found that a self-management program improved the performance of a student with ADHD.

These findings suggest that self-management programs may be an effective intervention for students with ADHD.

Further research is needed to determine the long-term effects of self-management programs on the performance of students with ADHD.



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