



## SELF-MONITORING WITH TIMETIMER®:

*A Tool for Supporting Prosocial Behavior in Emotional Support Students*

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The Time Timer® Watch offers an innovative solution for self-monitoring behaviour in students requiring emotional support. This intervention uses a simple, discrete watch to encourage independent behaviour management, empowering students in both general and special education environments.

### Key Features of the Time Timer®

#### Discreet and User-Friendly:

Looks like a regular smartwatch and vibrates instead of using audible cues, minimizing distractions and stigma.

#### Automated Prompts:

The watch can be set to vibrate at intervals, helping students stay engaged without anticipating the session's end.

### Study Participants

Middle School Students receiving emotional support, specifically those with Autism Spectrum Disorder, ADHD, and Anxiety.

### How It Works

Students are prompted by the watch to self-monitor their behavior at regular intervals, tracking whether they're on task or off task.



## RESULTS

### Consistent Behavior Management

Increased engagement with target behaviors and reduced reliance on external prompts across multiple educational settings.

### Unobtrusive

Students felt more comfortable with self-monitoring due to the watch's discrete appearance and minimal intrusiveness.

### Increased Autonomy

The intervention encouraged greater independence and reduced behavioral disruptions in the classroom.



SCAN TO VIEW  
ORIGINAL  
STUDY POSTER



Time Timer® believes in creating products that truly help people of all ages and abilities conquer time. While time can be a challenge for differently abled people, we aim to provide intuitive and innovative solutions that can make a real difference. To learn more, visit [timetimer.eu](http://timetimer.eu).