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## Goal Setting and Self Monitoring Among High School Students With Exceptionalities

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Abstract

Many students with learning difficulties struggle to maintain focus which leads to off-task behavior and missing assignments. This occurs with students of all ages but is most prevalent with students in middle school and high school. This project investigated the effects of goal setting and self monitoring among high school students with exceptionalities. It also includes research, evidence, and summaries of other studies conducted related to goal setting and self monitoring. These case studies include strategies used to increase student productivity in the classroom. All published literature used in this text have been published within the last nine years and have proven to be valid and reliable.