



Self-Monitoring and Review Table – SMaRT

Warning: Your honest and objective answers are essential. SMaRT is strictly for the examiner use only. Do not share your results with others to avoid show off affect.

Directions: Go over the list and in each item simply ask yourself if you have performed it as trained. If you did as you have been taught than checkmark the adjacent “Yes (+)” column box. If you have not followed what you were taught than checkmark the “No (-)” column box. In those instances in where you are indecisive because you have partly followed what you were taught than checkmark the “Inco. (0)” column box.

For example:

	Yes (+)	Inco. (0)	No (-)
introduces yourself	✓		

Basically the table is similar to the three point scale numerical scoring in were +1, 0 or – 1 are designated.

Positive numbers means that there is correlation between your training and practice, while negative numbers means the opposite and inconclusive means incomplete and approximate correlation.

To be more specific in order to spot your weak areas, sub-total each section (aa, ab, etc.) separately and feed the figures into the **Performance Tracking Table – PTT**.

Table interpretation:

Add up the numbers in the positive column. If your positive numbers are between 64 to 71 it means that there is very high correlation between your training and actual performance (.90 to 1.00).

- If your positive numbers are between 50 to 63 it means that there is high correlation between your training and actual performance (.70 to .90).
- If your positive numbers are between 35 to 49 it means that there is moderate correlation between your training and actual performance (.50 to .70).
- If your positive numbers are between 21 to 34 it means that there is low correlation between your training and actual performance (.30 to .50).
- If your positive numbers are between 0 to 20 it means that there is very low correlation between your training and actual performance (.00 to .30).

For a free of charge Excel SMaRT table which automatically sums up each section and automatically indicate your correlation, mail your order to ta@amsel.co.il

The table is anonymous, no need to identify and/or leave any identifying details.

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