

Check-In & Check-Out (CICO)

- ❖ **Morning Check-In** – students “check-in” with their mentor each morning after arriving at school. Tasks are review goals, collaboratively set goals, and provide encouragement.
- ❖ **Monitoring, Evaluation** - Throughout the day, the mentor observes the student's behaviors. Focus on student's efforts to meet positive behavioral goals.
- ❖ **Feedback** - should occur at the end of each class period or during natural transitions throughout the day and should be positive, specific, and corrective when appropriate. Using the expectations listed on the student's daily progress report as a reference, the mentor shares regular feedback with the student. In addition to giving regular verbal feedback, the mentor can use a “point card” to assign points when the student meets daily goals.
- ❖ **Check-Out** - At the end of the day, students meet with the same adult whom they began the day with. Together, they assess the total on their “point card” and discuss if the daily goals and target behaviors were reached. If students met their goals, the mentor provides verbal praise. If the point goal was not met, the mentor offers supportive encouragement.

Key Points

- ❖ CICO questions are a great technique for re-centering your student, and yourself especially if you have students you see on a more regular basis.
- ❖ The goal of this strategy is to prevent future problem behavior by checking in with students daily to share clear expectations, feedback, and support.
- ❖ As a school counselor, you are in a coach/mentor role and can typically implement CICO in less than 5-10 minutes per day.
- ❖ CICO works best for students who are struggling with social interactions in the classroom, exhibiting behavioral issues, or need extra motivation.