

# GUIDELINES FOR USING MOMENTARY TIME SAMPLING

Momentary Time Sampling is an interval recording strategy involves observing whether a behavior occurs or does not occur during specified time periods. The observer looks up and records whether a behavior occurs or does not occur at the very end of the interval.

## WHEN TO USE IT



- When the behavior you are looking at is not easily counted.
- When it is difficult to tell exactly when the behavior begins or when it ends.
- When the teacher little or no time to observe continuously but wishes to get an approximation of the degree to which a student engages in a high frequency behavior.

- Define behavior and interval length, then observe.
- At the end of each interval, record whether the behavior is occurring AT THE END of the interval (+ or 0).
- At the end of the observation period, count up all the positive occurrences (+) and divide by total intervals observed to get the percentage of intervals in which behavior occurred.

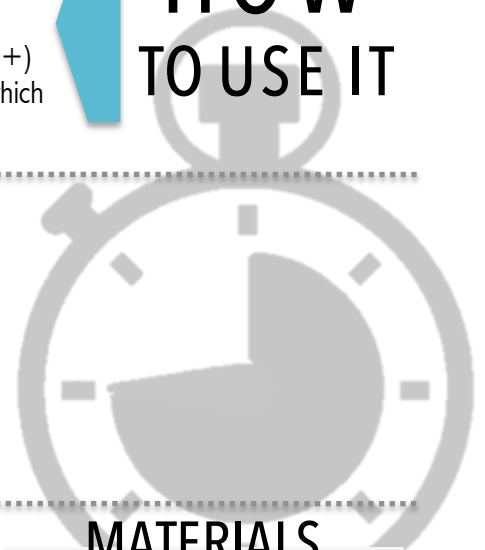


## HOW TO USE IT

## EXAMPLES



- Percent of intervals in which student is cursing.
- Percent of intervals in which student was writing in journal.
- Percent of intervals in which student was engaged in conflict with others at recess.



## ADVANTAGES

- Good with high rate behaviors (those that occur frequently).
- Minimizes observation of student (more than other interval recording techniques).

## DISADVANTAGES

- Approximation of behavior – will tend to underestimate frequency of the behavior and overestimate the duration.
- Requires timing device..

## MATERIALS

Timer of some sort that can signal the observer to record at regular intervals and a recording sheet.

## CONSIDERATIONS



- The shorter the interval the more accurate the data will be – but it will require more work by the observer.
- If the behavior occurs at a low frequency then partial interval recording is indicated.

## DATA LABEL

*Percentage of intervals in which the behavior was observed to occur.*

To view a short video, scan here:

