Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour\_\_\_\_\_\_\_\_\_\_

Behavior modification project

ABSTRACT

 Write an abstract of your project. This is a summary of the target goal, methods of reinforcement, length of time and expectations along the way, goals met or not met. This is as short as you can make it, yet it needs to describe the goals, methods and results.

METHODS AND GOALS

 Describe generally what behavior you are trying to change and why. If it is your behavior, state that here and then henceforth refer to yourself as the subject. Write your baseline prior to modification. Include your social support and methods used for behavior modification. State target goal to be met and any shaping used along with reinforcers or punishers or other conditioners. Don't discuss results yet.

RESULTS CHART

 Make a small chart of your ten days here with daily goals, reinforcers, and results.

RESULTS AND FUTURE RECOMMENDATIONS

 Describe the results in this paragraph along with any changes you made in your schedules of reinforcement and why those changes were made. If there is something you could have done to make your project more effective write about it here. You can give your opinion here. Conclude with saying whether or not you will continue beyond the ten days and how you plan to sustain the new behavior.

*Please turn in your original proposal and chart stapled to this typed report of your behavior modification project.*