**Behavior Modification project** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This paper due Tuesday, Jan. 22 (20) points) (see sample on my website)

You are to plan a behavior modification plan using conditioning methods to change, alter or begin a habit or behavior. You may want to reduce or stop a behavior or increase or start a behavior. Research shows to be most affective you should state specific goals to reach and tell someone of your plans for social support.

On this paper, fill in the blanks regarding what behavior you would like to modify and how you plan to do it. Do not start the B-mod project until you receive this paper back, but do establish a baseline by observing and documenting how much you do the behavior now prior to modification. You have 4 days outside of school to document your baseline, and the behavior modification schedule will run for 10 days after you get this paper back.

1. State the general behavior change you want to see.

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2. What is your baseline now?

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3. State your target goal and how you will reach it.

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4. Who will be your social support?

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5. Write your method for behavior change. Will you use shaping where you reinforced successive approximations? What are your reinforcers, negative and/or positive? Will there be any punishers? Will you use any classical conditioning or desensitization methods?