Behavior Change Proposal Paper

If you would like to earn an "A" in this class, you must write and receive a passing grade on a behavior change proposal. The proposal should describe a behavior change program that you could implement for yourself (self-management program) or someone else (e.g., friend, family member, pet). The program should incorporate and specify at least <u>two</u> basic principles of behavior discussed in class (e.g., reinforcement, punishment, extinction, generalization, discrimination, respondent conditioning). You may elect to increase/decrease the frequency of an existing behavior, establish a new behavior, or some combination.

Proposals should be 4-6 pages, typed, and double-spaced. **Use the following outline for your proposal:**

<u>Introduction</u>: Describe in a few sentences: (a) the behavior(s) targeted for change, (b) the person/animal whose behavior you wish to change (i.e., yourself or someone else), and (c) a rationale for changing the behavior(s) (i.e., why is it important?)

<u>Response Definitions</u>: Provide an operational definition (including situational context if relevant) of each behavior you wish to change. Describe each behavior in objective terms so that it can be observed and counted.

<u>Response Measurement</u>: Describe how you will: (a) observe and collect data on each behavior, and (b) how the data will be summarized (i.e., calculated, graphed, etc.)

<u>Behavior Change Strategies</u>: Describe how you will arrange conditions to change the behavior(s). Select at least two procedures from the following categories (i.e., the program will consist of at least two strategies): stimulus control, reinforcement/shaping, punishment, extinction, respondent acquisition/extinction.

The paper should include a justification using the material from the textbooks and from notes as to why you are choosing the methods you did as well as a description of what you expect in terms of results (number of trials, obstacles, etc.). Papers should be submitted to Canvas by the date due; students will have one opportunity for revision if they do not pass the first time.