

Module 1 Activities

Name - _____

Activity 1: Food for Thought

Skinner said behavior must be overt or observable and did not believe covert behavior could be studied. Do you agree with this statement? Reflecting on what you have learned about research methods in psychology, why is this a reasonable statement for him to make? (If you don't remember much, no worries. We will cover them in Module 2). How would you study covert behavior?

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Activity 2: The ABCs of Behavior...and More

Think of some behavior you made within the last hour.

1. What was the behavior (please nothing improper)? Was it something you did, said, or thought, or a bit of two or three of them?
2. Describe its occurrence in terms of the dimensions of behavior (frequency, duration, intensity, and/or latency).
3. Is it an overt or covert behavior (from the perspective of another person)?
4. What was the antecedent(s) that led to its occurrence? Briefly describe it(them).
5. What consequence followed it? Was it positive or negative? Briefly describe it. If there were more than one, describe each.
6. Would you want to continue making this behavior? Why or why not?