

## Module 14 Activities

Name - \_\_\_\_\_

### Activity 1: The Move to Maintenance Phase and Problems During It

Your behavior modification plan had the following goals:

| Goal # | Stated Objective                              | Criterion to Move On |
|--------|---|----------------------|
| 1      | Read 15 minutes a day for 3 days of the week. | 2                    |
| 2      | Read 30 minutes a day for 4 days of the week. | 2                    |
| 3      | Read 30 minutes a day for 5 days of the week. | 2                    |
| 4      | Read 30 minutes a day for 6 days of the week. | 2                    |
| 5      | Read 60 minutes a day for 6 days of the week. | 3                    |

Which dimensions are being changed here?

What would be a reasonable behavioral definition for this plan?

How many weeks are in the plan?

At what point will you move on to the maintenance phase, assuming 100% success along the way?

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With our move to maintenance phase, we will keep some strategies, and remove others. Using the list below, classify each strategy as one to KEEP or one to REMOVE.

| Strategy                    | Keep or Remove | Comments |
|-----------------------------|----------------|----------|
| Presenting cue for DB       |                |          |
| Prompts                     |                |          |
| Social support              |                |          |
| Goal Setting                |                |          |
| Self-Instructions           |                |          |
| Token economy               |                |          |
| Self-praise                 |                |          |
| Record keeping              |                |          |
| Positive practice           |                |          |
| DRO (of a problem behavior) |                |          |
| Relaxation techniques       |                |          |

What is the difference between a maintenance problem and a transfer problem?

What do we do about each?

When should we worry about a mistake or a slip up during maintenance phase?

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### Activity 2: Final Exam Practice

**Directions:** Using antecedent, behavior, and consequence focused strategies suggest specific strategies that can be used to change the behavior in question, whether increasing a deficit or reducing or eliminating an excess. Select all strategies that may apply to the scenario.

Ever since Stanley left home and came to school, family and friends have written letters to him. However, he rarely writes back. He wants to, but never seems to get around to it. He is in school most of the day and spends about 1-2 hours studying per evening. The rest of the evening he watches TV or videos, or spends time in the game room playing pool. How might you use behavior modification procedures to help himself write letters to the people who write letters to him?

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