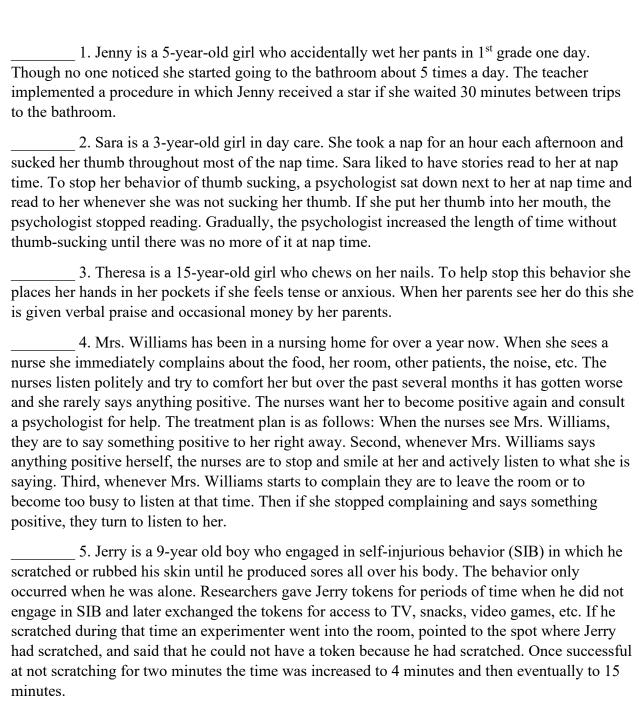
Name -			
1 valitie		 	

Activity 1: Food for Thought

Think back to your rebellious teenage years to a time when your parents punished you for some behavior that they found to be unacceptable. Did the punishment really reduce your likelihood of repeating the behavior? Did the punishment/consequence show you what behavior was appropriate?

Activity 2: Differential Reinforcement

Identify the following as DRA, DRO, DRI, or DRL. Each is used twice. For DRL, choose full or spaced session (one of each is used).



6. Jason is an 8-year old boy in a third-grade class. When his teacher asks him to do
schoolwork he slams his fists on his desk and rocks back and forth violently in his seat. The
teacher has him take a break and sit in a chair by himself at the back of the room until he calms
down. But now Jason does not get much work done. The school psychologist recommends the
following: First, each time Jason completed a workbook problem he was allowed to get up and
sit in a chair at the back of the room by himself for a few minutes. Initially, Jason only
completed easy workbook problems to make his success greater and lead to more opportunity for
reinforcement. When he did act out and throw a tantrum the teacher did not allow him to escape
from his work. He had to stay in his seat at the front of the room and after he calmed down, do
the problem again.
7. A teacher told students before class that if they talked-out fewer than five times in
the class period they would all receive two pieces of candy at the end of the day.
8. Marissa loves to drink soda. Really, she just likes to have something to drink. The
soda is full of empty calories and is causing her to gain weight. As such, she needs to make a
change. To keep from drinking soda she carries water to and from work and school. At the end of
each day if she has drank something other than soda (in other words, the water replaces the soda
and while she is drinking water she cannot drink soda) she rewards herself with 10 bingo chips in
her token economy. On occasion, she does allow herself to have a soda with dinner, and
according to a FI schedule.

Activity 3: Consequence Focused Strategies

1. Your child gets upset about being punished for doing poorly on a math test and destroys his room. What type of punishment procedure might you use to discourage this behavior in the future?

2. Why would a token economy not be the best technique to use in a college classroom to increase student effort on exams? What other strategy would you recommend?
3. Your child hates having to deep clean the living room on the weekend. He acts out and is punished by being sent to his room. Is this punishment effective? Why or why not? What would you propose be done instead by the parents?
you propose of done more and pureme.

Activity 4: Self-Reflection

How did what you learned affect your understanding of consequence focused strategies? What are you still confused about? Identify specific areas.