

Self-Modification Proposal Guidelines

Guidance:

Your task is to now develop a proposal for your behavior modification plan. The good news is that you are not really developing this from scratch but have been developing the main elements over the past several weeks.

At this point, you should gather up the following worksheets, some of which were submitted for approval by the instructor and others you were to work on alone:

- Identify Your Target Behavior – Submitted to Instructor
- Pros and Cons of Changing or Not Changing the Behavior – Completed on Own
- Values and Mindset – Completed on Own
- Operationally Defining Your Target Behavior and Setting Goals – Submitted to Instructor
- Gathering Data and Conducting a Functional Assessment – Completed on Own
- Baseline Phase ABC Charts – Submitted to Instructor
- Selecting Reinforcers and Designing a Token Economy – Submitted to Instructor
- Selecting Strategies – Submitted to Instructor
- Formalizing Rules for Your Plan – Completed on Own

This proposal will include the following:

- A Title Page in APA format, 7th edition
- Body of the Paper with the following required sections – be sure you use the correct format for headings – the section name should be a Level 1 heading.
 - Target Behavior
 - State target behavior, classify as a deficit or excess, and state which dimension(s) is/are being changed.
 - Discuss pros and cons of changing and not changing, where in the process of change you are, your self-efficacy, and comment on values and mindset.
 - It would be prudent to draw off some external sources to solidify the reason to engage in change. This will bolster what you did in the pros and cons worksheet. Be sure to include these sources in the reference section at the end.

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- Behavioral Definition and Goals
 - State the behavioral definition for the target behavior and identify and problem behaviors worth noting.
 - Share the goals, behavioral counts, and criterion. These SHOULD NOT be bulleted in the paper.
- Recording Method
 - State how you will record your behaviors, antecedents, and consequences.
 - Identify what cues or people you will use to help you to remember.
 - Describe the ABC chart, the journal you will keep, and any other recording instruments. Though you may use an app on your phone or other technology, ultimately you will want to record everything in ABC charts.
- The Functional Assessment
 - Share the analysis you wrote after your baseline phase ended. You should also reference the summary table which will be found at the end in the appendices.
 - Be sure you address temptations in this section, if you did not already in the functional assessment. You can add new ones if they have been identified since baseline phase.
- Strategies to be Used to Bring about Behavioral Change
 - You will describe all antecedent, behavior, and consequence focused strategies you intend to use.
 - Goal setting under antecedent-focused and the token economy under consequence-focused are required. Goal-setting has already been addressed earlier so no need to add it here.
 - Be sure you describe exactly how you will use all strategies.
 - There is no need to address strategies that are not being used. I know I asked you to do this on the Selecting Strategies worksheet but that was just to ensure you did not overlook a necessary strategy. If you mention strategies you are not using in the proposal, you will be deducted.
 - This section should utilize three levels of headings per APA 7th edition.
- Potential Mistakes
 - Describe the types of mistakes you might make and how you would deal with them.

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- Plan Rules and the Behavioral Contract
 - In relation to rules, start by defining what rules are and why they are needed. Then describe the general classes of rules in your plan. Give examples of rules under each class. There is no need to provide ALL rules here. In fact, if you do, you will be deducted. A few examples are sufficient and refer the reader to the appropriate Appendix.
 - Describe your behavioral contract. Do not include the actual contract here. It will be included in the appendices. You can describe what a behavioral contract is in general here using your textbook.
- Appendices
 - You should have the following appendices in APA 7th edition formatting. Be advised, all of the information below has been previously developed on the worksheets, whether submitted to me or not, and are merely being copy and pasted into the proposal. Some will be assessed for the first time. Others have already been assessed and are being checked for corrections.
 - Behavioral Contract
 - Token Economy Tables
 - Baseline ABC Charts
 - Baseline Summary Table
 - Plan Rules
- Reference Section
 - You should have at least found 2 external sources to support your reason for change.
 - Use APA 7th edition format for these references which can be websites from legitimate sources.

It is advised that you compare your proposal against the grading rubric to ensure you have all required content. See below.

The proposal is worth **100 points**.

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SELF MODIFICATION PLAN PROPOSAL RUBRIC

Name: _____

Section	Completed? Yes/No	Standard
Title Page _____/5 points		Is there a well-composed title? (3) Does the student state his name, ID number, and semester and year of the class? (2) Is APA format correct? (-1 point)
I. Target Behavior _____/ 25 points		Was the target behavior stated? (1) Was there a clear indication of excess or deficit? (1) Did you indicate which dimension(s) are being modified? (1) Are pros and cons listed for not changing and changing the behavior? Are they clear? (5) Were quality external support/sources found for engaging in this behavioral change? (5) Was there mention of where in the process of change the individual is? (2) Was there an indication of how successful he/she feels about achieving the goal? (3) Was there an adequate discussion of that individual learned from the values and mindset activity? (7) Are in-text citations include in correct APA format? (If not, -3)
II. Behavioral Definition and Goals _____/ 10 points		Was there a clear behavioral definition? (2) Were the goals and behavior counts stated? (5) Was a criterion stated as well as an indication of how long the plan would take? (3)
III. Recording Method _____/10 points		Was a recording method listed? (5) Were cues and people to help remember given? (1) Was the ABC chart described? (4)
IV. The Functional Assessment _____/ 10 points		Was an analysis given for the results of the baseline phase? Did it include a listing of temptations that were encountered or that could be encountered by the individual? (8) Was the results of the baseline phase discussed briefly and the summary table referenced? (2)
V. Self-Management Strategies Utilized _____/15 points		Were all antecedent, behavior, and consequence focused strategies that intend to be used discussed adequately to include the token economy? (15) Were 3 levels of heading used as required? (-3 if not)

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VI. Potential Mistakes ____/3 points		Were potential mistakes listed and addressed? (3)
VII. Plan Rules ____/7 points		Were rules used in this plan described in general and specifically? (5) Was the behavioral contract described? (2)
Appendices ____/ 15 points		Was the behavioral contract included? Was it accurate? (3) Were the three token economy tables included? Do they make sense? (7) Were 4 sample ABC charts included from the baseline phase? (2) Was the baseline summary table included? (1) Were the rules included and formatted correctly? (2)
General Requirements Deduct up to 10 points if not followed		Were there grammatical or spelling errors? Was APA format followed in the body of the proposal? Was APA 7 th ed. followed for the reference section? Were at least 2 external sources found? Typed, 12 point font? Double spaced? Other issues?

Total - _____ / 100

How many days late? _____

-10% per day, up to 3 days for lateness

FINAL GRADE - _____ /100

Comments: