**Operant Conditioning: Real World Applications**

Mentors \* Classroom Teachers \* Coaches/Instructors

Caregivers \* Parents and Guardians

Interventionists \* Social Workers \* Department of Child Services \* Public Health Officials

Medical Professionals \* Health Care Providers \* Doctors \* Nurses

Pick 3 of the 6 scenarios as your areas of interest. If there are 2 videos for a scenario, you’ll watch both of them.

1. [Disruptive Classroom Behavior](https://www.youtube.com/watch?v=Gnj1iCyrbvw) (6:54)
2. 11 and 8 year olds with Anger and Temper Problems – [Video 1](https://www.youtube.com/watch?v=rR7VOByEubk) (3:31) and [Video 2](https://www.youtube.com/watch?v=xbbHrcJcNP0) (4:54)
3. [Hoarding and its effects on children](https://www.youtube.com/watch?v=TSaxn0a1Cbk) (7:48)
4. [Childhood Obesity – The child’s behavior; the parent’s contribution](https://www.youtube.com/watch?v=wltEVDGU1Lo) (9:51)
5. [Anorexia](https://www.youtube.com/watch?v=z_nUV24ZoHk) (6:03)
6. Severe Autism Spectrum Disorder – [Video 1](https://www.youtube.com/watch?v=PPWL5yimhyg) (3:03) and [Video 2](https://www.youtube.com/watch?v=WIbBdZNb_b0) (4:16)

Circle the scenario you examine first: 1 2 3 4 5 6

What individuals are involved in this scenario, and what are their roles?

What are the appropriate behavior(s) (either observed are inferred) related to the scenario that should be reinforced?

What inappropriate behavior(s) (either observed are inferred) that should be punished or extinguished?

What type of reinforcement would you suggest to increase the appropriate behavior? Or would you administer a punishment in order to decrease the inappropriate behavior?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Circle the scenario you examine third: 1 2 3 4 5 6

What individuals are involved in this scenario, and what are their roles?

What are the appropriate behavior(s) (either observed are inferred) related to the scenario that should be reinforced?

What inappropriate behavior(s) (either observed are inferred) that should be punished or extinguished?

What type of reinforcement would you suggest to increase the appropriate behavior? Or would you administer a punishment in order to decrease the inappropriate behavior?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Name: Team Members:

You belong to a team of interventionists that has been called upon to improve the life (lives) of those affected in your video. Answer the following questions about your scenario.

Circle the scenario you are examining: 1 2 3 4 5 6

Imagine it is your job to bring a colleague up to speed who has not seen the video(s) you watched. Briefly describe the problem(s) that you observed:

As a problem solver, articulate 4 specific, behavior-related goals that would improve this situation. For each suggestion, be specific in naming whose behavior you are referencing and what change you want to see:









Using the basic principles of operant conditioning, there are many alternatives for helping the individual(s) reach these goals. Evaluate the options you have, and prepare a specific plan. For each strategy, use each of the following only once:

Positive (+) Reinforcement, Negative (-) Reinforcement,

Positive (+) Punishment (punishment by application), and Negative (-) Punishment (punishment by withdrawal).

Circle your strategy for Goal 1: + Reinforcement - Reinforcement + Punishment (application) - Punishment (withdrawal)

Describe your strategy for Goal 1:

Circle your strategy for Goal 2: + Reinforcement - Reinforcement + Punishment (application) - Punishment (withdrawal)

Describe your strategy for Goal 2:

Circle your strategy for Goal 3: + Reinforcement - Reinforcement + Punishment (application) - Punishment (withdrawal)

Describe your strategy for Goal 3:

Circle your strategy for Goal 4: + Reinforcement - Reinforcement + Punishment (application) - Punishment (withdrawal)

Describe your strategy for Goal 4:

**Where do you see yourself in 10 years?**

Give yourself a title or description that identifies where you see yourself.

Envision a scenario you could experience in this role that might involve a behavior problem. This could be a work-related scenario or one that involves your personal life such as family/friends. Describe this problem.

Prepare a plan for improving the situation involving aspects of Operant Conditioning. What technique(s) would you use?

How would you know if your plan was successful?

Plan B: Since things don’t always work out like we plan, what would you do if your original idea is unsuccessful?