OPERANTLY CONDITION YOURSELF

Extra Credit Project

Task: Use the principles of operant conditioning to train yourself to develop a desired behavior or remove an undesired behavior.

Directions: Design and implement an operant conditioning procedure where you will utilize a schedule of reinforcement to increase a desired behavior or punishment to decrease an undesired behavior. Afterward, compose a paper where you identify your process and label all of the appropriate terminology (positive/negative, reinforcement/punishment, schedule type, etc.).

- BE SURE NOT TO MIX THIS UP WITH CLASSICAL CONDITIONING! OPERANT CONDITIONING INVOLVES A REWARD OR PUNISHMENT ONLY! THERE SHOULD BE NO BIOLOGICAL ASSOCIATION INVOLVED. IF YOU MIX THESE UP, YOU WILL RECEIVE A ZERO AND BOTH YOU AND I WILL BE SAD.

Terminology to be labeled:

- Type of operant conditioning: reinforcement or punishment
  - If positive reinforcement, the type of reinforcer: primary or conditioned (secondary)
- Type of reinforcement/punishment: positive or negative
- Schedule of reinforcement/punishment: continuous, fixed ratio, variable ratio, fixed interval, variable interval

Other information to include:

- What was the behavior being attempted to be reinforced/punished?
- Why did you want to change this behavior?
- How many times was the behavior reinforced/punished?
- How long (in hours/days/etc.) was the duration of the reinforcement/punishment period?
- How successful was the reinforcement/punishment? Will you continue this procedure going forward?

Paper Requirements: I care more about content than actual paper mechanics, but in general write your paper like any other you would for school: 1” margins, appropriate formatting and grammar, etc. Some kids can perfectly describe something in one sentence while others might need a paragraph (this does not mean your paper should be a short as a paragraph; I’m just giving an example). As long as I feel you’ve exhaustively identified and explained each of the elements required, the length is fine.

RUBRIC:

_____/ +2 points: needs to be about operant rather than classical conditioning, includes description of procedure followed, includes appropriate labeling (reinforcement or punishment, positive or negative, schedule), includes other information as required above

Total: _____ / 2 extra credit points