



## Student Handout

### Behavior Modification Plan: Transferable Skills

**Purpose:** This lesson is designed to help you identify skills that are necessary for success in future environments. You will evaluate your strengths and perceived weaknesses and create a behavior modification plan to improve one transferable skill. This lesson will also allow you to apply terms from operant conditioning.

**Knowledge:** This assignment will also help you become familiar with the following important content knowledge in psychology:

1. Principles of operant conditioning and other learning theories

#### Task Instructions:

1. Go to [this Skills Assessment Worksheet \(https://ccv.edu/documents/2013/11/skills-inventory-worksheet.pdf\)](https://ccv.edu/documents/2013/11/skills-inventory-worksheet.pdf) and complete the survey and questions.
2. Take your answers to question 3 and choose one skill you would like to improve and create a behavior modification plan. This plan should include operant conditioning concepts, such as positive and negative reinforcement and schedules of reinforcement, punishment, overjustification effect etc.
3. Implement your plan and follow up with reflection on its success, for example, Which reinforcers worked well to modify behavior? Was there a particular schedule of reinforcement that worked better? What changes to your plan can you make to increase its efficacy?

#### Criteria for Success:

I can identify transferable skills that I would like to develop and can create (and implement) a behavior modification plan which accurately applies concepts connected to operant conditioning and learning theory.