

Self Managed Behavior

IS IT FOR YOU?

TIER

One or Two

AGE RANGE

2-12

PROBLEM

Individual or group off task behavior; lack of self awareness / responsibility for

MATERIALS

Flip chart on stand or easel

Cards or sheets numbered 0 to 20.

Whole Group Tier I Behavioral Intervention

Response Cost to Increase Whole Class Stamina and Attention during Independent Class Work

Step One

Observation

Observe the behavior of your class during a particularly challenging period / subject. Record the number of infractions and positive behaviors you observe. (This need not be perfect, just record behavior when you notice). Repeat for four days.

Step Two

Procedure

Display the flip chart with the number 20 showing and tell students that they can earn up to 20 minutes of free time for working hard during the period.

Explain that you will be observing on task behavior during their independent work time. If all students are working on assignments, you will not subtract any points; however, if one or more students are off task, you will subtract a point to indicate one minute of free time lost.

Start with the plan during every independent work time and then fade to once per day.

Record the level earned daily by each group at the end of the day.

Step Three

Evaluation

Did it work? Compare the frequencies of off task behavior before and after the intervention.

What makes it research-based?

Reference

Rapport, M.D., Murphy, H.A., & Bailey, J.S. (1982). Ritalin vs. response cost in the control of hyperactive children: A within-subject comparison. *Journal of Applied Behavioral Analysis*, 15, 205-216.

Rathvon, N. (1999). *Effective School Interventions: Strategies for Enhancing Academic Achievement and Social Competence*. Guilford Press. pp. 262-263.