



What is Behavior?

# Behavior Defined

What is Behavior?

1. Behavior serves two purposes: (1) to get something or (2) to avoid something.
2. All behavior is learned.
3. Behavior is an action that is observable and measurable.

# Observable

- Behavior is observable. It is what we see or hear, such as a student sitting down, standing up, speaking, whispering, yelling, or writing.
- Behavior is not what a student is feeling, but rather how the student expresses the feeling. For example, a student may show anger by making a face, yelling, crossing his arms, and turning away from the teacher.
- These observable actions are more descriptive than just stating that the student looks anxious.



# Measurable



1. This means that the teacher can define and describe the behavior.
2. The teacher can easily spot the behavior when it occurs, including when the behavior begins, ends, and how often it occurs.
3. For example, “interrupting the teacher all the time” is not measurable because it is not specific. However, “yelling ‘Hey, teacher!’ 23 times each math period” is specific and measurable.
4. Given the definition, even an outside observer would know exactly which behavior the teacher wants to change.

3 Important Components

1.A (Antecedents)

2.B (Behaviors)

3.C (Consequences).

# Positive Reinforcement

- Positive reinforcement is when something is gained and it increases the occurrence of a behavior.
- An example would be if a student makes a 100 on a trial spelling test on Thursday, she would get free time.
- The student performs well on the future tests too.
- The student's study behavior for their spelling test has increased due to earning free time on Fridays, which is the positive reinforcer

# Negative reinforcement

- is when something is taken away and it increases the occurrence of a behavior.
- An example would be if a student does not finish his homework, his parents tell him that he does not get to watch TV that night at home.
- The next time the student has homework, he finishes as soon as he can so that he will not miss out on his TV time at home.
- His homework completion is the behavior that has been reinforced with the loss of TV privileges as the negative reinforcer

# Punishment

- Punishment is a type of consequence that decreases future occurrences of the behavior.
- If the student finds the consequence unpleasant or undesirable and decreases the occurrence of the behavior in the future, then it is punishment, even if the teacher or other students do not perceive the consequence as unpleasant