

Positive Reinforcement

This act or gesture involves anything that follows a behavior that makes it more likely that the behavior will occur again in the future. When a favorable outcome, event, or reward occurs after an action, that particular response or behavior will be strengthened. One of the easiest ways to remember positive reinforcement is to think of it as something being added.

By thinking of it in these terms, you may find it easier to identify real-world examples of positive reinforcement. It is important to use praise and encouragement to support students. Thoughtful notes, even an upbeat email can be a small gesture that speaks volumes to students. If you are speaking one-on-one, remember to use verbal and non-verbal praise and affirmation with students.