

NOTE – The Running head should go in the header. The first page is different than all subsequent pages as shown below. MS Word has a way to make the first and subsequent pages different from one another for the header. Please use it. Make sure you include the words Running head written EXACTLY as they are written above.

(My Target Behavior) Self-Management Plan Proposal

Your Name

Your ID Number

PSYCH 328

Current Semester

NOTE – The Running head should go in the header. The second page and on will look like this. Be sure you include page numbers.

General Guidance – Write in full, complete sentences. No bulleting. Make sure the whole document is in APA format – Times New Roman, 12-point, double-spaced font.

Section 1: Target Behavior

Be sure you include the following information:

- Using Planning Sheet 1:
 - State your target behavior.
 - Classify it as a deficit or excess.
 - State what dimension(s) you are changing.
- Using Planning Sheet 2:
 - Discuss the pros and cons of changing and maintaining. Look at the table and questions 2-4. Since the three questions summarize the table, these answers should be fine. Then share what you wrote for Question 5 about the total analysis.
 - Where are you in the process of change? Share your answer to Question 6.
 - State how successful you feel you will be with achieving your goal (self-efficacy). Use your answer to Question 7.

Section 2: Behavioral Definition and Goals

Be sure you include the following information:

- Using Planning Sheet 3:
 - State the behavioral definition for your target behavior from Question 2. Share the definition for problem or undesirable behaviors if you had any.
 - Share your goals and behavior counts under question 3a.
 - State the criterion to move from one goal to the next under question 3b.

Section 3: Recording Method

Be sure you include the following information:

- Using Planning Sheet 4:
 - State how you will record your behaviors, antecedents, and consequences, using questions 1 and 2.
 - Identify what cues or people you will use to help you to remember, using questions 3 and 4.
 - Describe the ABC chart, the journal you will keep, and any other recording instruments. Though you may use an app on your phone or other technology, ultimately you will want to record everything in ABC charts. Use Part 2 to help you with the description. This is new information you will write up. Note that this information will go into your final paper under Method → Materials. So if you do a good job writing it now, you will have this part of the final paper finished.

Section 4: The Functional Assessment

Be sure you include the following information:

- Using Planning Sheet 4:
 - Using Part 3, share your analysis. Unless there was an issue with what you wrote or your format, you should be able to just copy and paste it here.
 - Note that the Summary Table will be copy and pasted in Appendix 4.

Section 5: Self-Management Strategies Utilized

Be sure you include the following information:

- Combined Planning Sheets 5 and 6:
 - You will describe all antecedent, behavior, and consequence focused strategies you selected. Remember, goal setting under antecedent-focused and the token economy under consequence-focused are required.
 - Section 5 will be structured as shown under this guidance. Follow it.
 - Using Planning Sheet 5, describe your token economy using the answers you gave under Part 2. Do NOT include your tables here. They will go in the Appendix, but you can describe tokens earned for the behaviors, extra points, and non-contingent events. You will also describe the cost of back up reinforcers from Table 2. Discuss max tokens (Table 3) and total cost of your back up reinforcers. Is it positive? Share the difference calculation. The information in Part 1 may be relevant in terms of standalone reinforcers. Be advised that your token economy discussion will go under the Consequence-Focused section.
 - Using Planning 6, describe the various strategies you selected. Be specific as to how you will use them. Your strategies will fall under all three subsections unless you have no behavior-focused strategies.
- This is the longest section in the proposal by far. I cannot stress enough the need for detail. If you write this section well, it will become the Method – Procedure section of your final paper. Nail it down not to be that much closer to the completion of the final paper.
- **DO NOT** address strategies that you did not actually select. I know in Planning Sheet 6 you had to state why you did not use them, but you do not need to readdress that here.

- The structure you are required to use for this section is as follows:

Section 5: Self-Management Strategies Utilized

Antecedent Focused Strategies

Goal setting. This plan will utilize goal setting which was described in Section 2 of this proposal.

Antecedent manipulations. X

Self-instructions. X

Behavior Focused Strategies

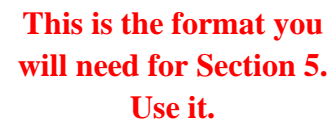
Relaxation techniques. X

Cognitive restructuring. X

Consequence-Focused Strategies

Token economy. Describe your token economy here using Planning Sheet 5

Overcorrection. X



**This is the format you
will need for Section 5.
Use it.**

Again, the major section headings shown above are required, as is the third level heading for the strategy used. As you will come to find out in your research methods class, APA format allows for up to 5 levels of heading and we are using 3 of the five. So we are clear, these are the three levels:

Section 5: Self-Management Strategies Utilized – Level 1

Antecedent Focused Strategies – Level 2

Goal setting. Level 3

Antecedent manipulations. Level 3

Self-instructions. Level 3

Also, I gave a few sample strategies under each Level 2 heading. Outside of goal setting which is already described for you in the sample so use it as is (no need to restate the goals here since they were mentioned in Section 2 already) and token economy which are required, what other strategies you use will vary. So the Level 3 headings outside of these two are just provided as examples. Change them to fit your specific project, but again, the exact APA format given here is required. Also, you can describe all antecedent manipulations in one paragraph. No need to have separate Level 3 headings for each one.

Section 6: Temptations and Mistakes

Be sure you include the following information:

- Using Planning Sheet 7:
 - Describe the types of mistakes you might make and how you would deal with them. See Question 1.
 - Describe temptations (people and things) you might encounter and how you would deal with them. See Question 2.
 - Describe different situations/places where the temptations may arise and how you would deal with them. See Question 3.
 - Address if you had to revisit/add strategies based on this analysis of temptations and mistakes. The new or revised strategies are already included in Section 5, and all you are doing here is making note of how your plan was changed to include the information learned from Planning Sheet 7. This is Question 4 on PS 7. So no need to write anything new.

Section 7: Plan Rules

Be sure you include the following information:

- Using Planning Sheet 8:
 - In general, describe the rules you will use in your plan. See Part 1. This section will be written in text format and then a full list of your rules will be given in Appendix 5 of this proposal. So no need to describe them all here. If you do this well, you will have part of the Method – Procedure section done for your final paper.
 - Describe your behavioral contract. See Part 2. Do not include the actual contract here. It will be included in Appendix 1. You can describe what a behavioral contract is in general here using the notes from lecture and your textbook. If you do this well, you will have the final part of the Method – Procedure section done for your final paper.

Be advised that once you have written the 7 sections, you will proceed to the Appendices. They begin on a NEW page. Do not include them right under Section 7. Also, each appendix is on a separate page.

Appendix 1: Behavioral Contract

Copy and paste your behavioral contract from Planning Sheet 8 here.

Appendix 2: Token Economy Tables

Table 1. Behaviors and Token Values

Copy Table 1 from Planning Sheet 5 here.

Table 2. Reinforcers and Cost

Copy Table 2 from Planning Sheet 5 here. Be sure to use backup reinforcers that have meaning to you and are not something you get to partake in every day. Add up the maximum number of tokens that you can earn throughout the project to make sure the cost (exchange rate) for all backup reinforcers is attainable. Also, the backup reinforcers should be in order, from top to bottom, of least to most expensive. The last item in the list should be some highly coveted reinforcer, be expensive, and thus serve as an establishing operation.

Table 3. Max Tokens Table – Projected Numbers if 100% Successful

Copy Table 3 from Planning Sheet 5 here.

Appendix 3: Baseline ABC Charts

Please include 4 sample ABC charts from the BASELINE phase. You will have to include 2 sample ABC charts from baseline in your final paper and if these are fine and given full points, you can just use two of them again in the final paper. See Planning Sheet 4 for the charts. Again, you are only submitting 4 of the 14 here.

Appendix 4: Baseline Summary Table

Copy and paste your baseline summary table from Planning Sheet 4 here.

Appendix 5: Plan Rules

Copy and paste your plan rules from Planning Sheet 8 here. Be sure you have the headings shown below and bullet this. This should match what you had on Planning Sheet 8 so nothing new is needed to be created.

Behavioral Definition and Goals Rules

- X

Method of Recording Rules

- X

Strategies Rules

- X

Temptation and Mistakes Rules

- X
- X

Feel free to use other categories if you want, but your rules will be written in bulleted format under each section. Use the APA format given here which reflects 2 levels of headings.

Final Note: Be sure you have deleted all guidance in red and/or yellow highlight. Your text in black font color and some black and bold headings is all that should be left when you are ready to submit. Review the rubric on the next page to ensure you have included all required elements.

Ask questions if you have any.