

Planning Sheet 4: Gathering Data and Conducting a Functional Assessment

30 points

Instructions: The fourth step to developing your self-management plan is to determine how you will collect data and then actually collect data during the two-week baseline phase. Once done, examine your ABC charts/structured diaries to see what patterns emerge in relation to your Antecedents, Behavior, and Consequences.

Be advised this Planning Sheet is 18 pages long and you are expected to submit all 18 pages.

FIRST:

Restate your target behavior and behavioral definition from Planning Sheet 3.

Target Behavior –

Behavioral Definition -

Part 1: Your Data Collection Plan

6 points

Carefully answer the questions below.

1. How will you record your behavior? Be specific, such as where you will keep this record.
2 points
2. How will you make recording easy and convenient? Describes any codes you will use.
2 points
3. Will anyone help you remember to record the behavior(s)? If so, who? **1 point**
4. What other cues will you use to help you remember to **record** your behavior? **1 point**

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Questions 1-4 will make up Section 3 of your Plan Proposal.

Planning Sheet 4 Continued....

Part 2: Recording Your Behavior – Baseline Data

14 points

Instructions: Run the baseline phase for the two weeks as determined in your course schedule. You will find 14 ABC charts for the 14 days of the baseline phase on the pages that follow.

It is expected that you will turn in all 14 ABC charts to your instructor. No exceptions.

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Be advised that you will be asked to provide a few sample ABC charts from the baseline phase in your plan proposal and the final paper. These will be added in the Appendix.

Planning Sheet 4 Continued....

BASELINE PHASE ABC CHARTS

Directions: Complete a chart for each day of the baseline phase. You will submit all 14 ABC charts to your instructor to ensure that you completed them.

You will record whether you engaged in the target behavior or not. See Module 5 for information on what you should be recording.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 1

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 2

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

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Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 3

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

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Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 4

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 5

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 6

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 1, Day 7

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 1

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 2

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 3

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 4

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p style="text-align: center;">Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p style="text-align: center;">Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p style="text-align: center;">Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 5

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 6

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Planning Sheet 4 Continued....

BASELINE PHASE: Week 2, Day 7

Date: _____

Time: _____ AM PM

Observer: _____

Location: _____

<p>Antecedents:</p> <p>(Describe any environmental or internal events that led to the occurrence or non-occurrence of the desired behavior)</p>	<p>Description:</p>
<p>Behavior:</p> <p>(Describe the behavior that was made and any relevant dimensions: frequency, duration, intensity)</p>	<p>Description:</p>
<p>Consequences:</p> <p>(Describe the results of the behavior using terminology learned in this course such as PR, NR, PP, and NP)</p>	<p>Description:</p>

Use the space below to make any notes about issues that arose today and that would not necessarily fit in the chart above. Please note that data collection during the treatment phase will include the table above and a more formal journal entry found below the table. Since most of what you will discuss in this journal is not relevant during the baseline phase, you just have an open notes area now.

Part 3: The Functional Assessment

10 points

Instructions: Now that you have completed your two weeks (or one during the summer) of the baseline phase, go back and conduct a thoughtful analysis of the antecedents serving as cues for your behavior and the consequences maintaining it. Talk about when the behavior occurred but also when it did not. Identify any people, situations, thoughts, temptations, feelings, etc. that led to the behavior or not. Provide any relevant details that will help with creating your behavior modification plan.

A summary table is provided for you to indicate when your target behavior occurred each week and how much of the behavior occurred in the unit of measurement indicated in your behavioral definition (i.e. pages, minutes, days, occurrences, dollars, etc.).

Your analysis should be no more than 2 pages in length and double spaced. **Provide a section heading for each piece of information a functional assessment provides.** You should have a clear section heading in bold and flush to the left (the headings are Antecedents, Behavior, Consequences, and Previous Interventions). Your summary table will follow.

Baseline Phase Summary Table

Day	Baseline Week 1	Baseline Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Be advised that your functional assessment will be described in Section 4 and aid you in developing strategies in Section 5 of your proposal.