Planning Sheet 5: Selecting Reinforcers and Designing a Token Economy

30 points

Instructions: The fifth step to developing your self-management plan is to determine what you will use as reinforcers and then to proceed to the creation of your token economy. By doing this now, you will only need to copy and paste it into your formal proposal in Module 13.

FIRST:

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

Target Behavior –

Behavioral Definition –

Restate your goals from Planning Sheet 3 ensuring that you also include the behavioral counts as described in Section 4.2.

Goal 1 –

Goal 2 –

Goal 3 –

Goal 4 –

Goal 5 (Final or Distal) -

Restate your Criterion from Planning Sheet 3 -

PART 1: Selecting Reinforcers (5 points)

As noted earlier, probably the hardest part of developing a behavior modification plan is selecting what reinforcers to use. I realize this sounds crazy and should be easy enough to do, and for some students it will be, but for many, selecting the right reinforcers to motivate behavior is difficult. Follow the guidelines given in Section 9.1.2. and ask yourself the following questions:

- What do I like to eat (consumables)?

- What pleasurable tasks do I like to engage in (activities)?

- What items do I usually buy (i.e. video games, clothes, pocket books, CDs, etc.; tangibles)?

- Do you regularly enjoy activities such as watching movies on Netflix and can allow yourself additional time to watch them or giving extra time on Facebook later in the day, assuming you make your desired behavior for the day or week (i.e. privileges)?

Another idea is to ask people who know you best what activities, consumables, tangibles, and privileges you tend to enjoy. They may identify reinforcers you had not thought of, or you can choose reinforcers to engage in with them as part of a social support system.

Be sure you have a firm grasp on what reinforcers you will use before proceeding to Part 2 of Planning Sheet 5.

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PART 2: Designing Your Token Economy (25 points)

To design your token economy, follow the same procedure you used for the scenario in Section 9.3.3. with the exception that your individual project will replace the scenario. Complete a-h below.

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a. Why – Identify the desirable behaviors you want to strengthen or problem behaviors you want to extinguish (create your **behavioral definitions**)? **Already done under First above.**

b. Who – **Who** will deliver tokens and "sell" the backup reinforcers? This may not be the same person.

c. What – What **tokens** will you use?

d. What – What **backup reinforcers** will you use? Include consumables, activities, tangibles, and privileges. Select more than one and rank them in order of importance/cost. Use your list from Part 1 but rank order them now. Consider also that they do not cost the same amount and so more expensive reinforcers can be ranked higher than cheaper ones. The more expensive/higher ranked reinforcers will require you to save up some of your tokens to "purchase" them later. If these are highly coveted by you then they should also serve a motivational role.

e. How:

How many tokens will you give for engaging in the desired behavior? Be clear and consider your schedule (intermittent or continuous).

How much will the backup reinforcers cost? In other words, what is their price or exchange rate?

It is useful to create tables for your token economy and in your self-management project, you will be required to do so. The two tables you should use are (see above for a detailed description):

- One for the **behaviors** and how many tokens they earn to include any extra points and non-contingent events.
- One for the **backup reinforcers** and how much they cost (exchange rate).

Complete the tables below. Use the space below to work out your thoughts on tokens and back up reinforcers before filling the tables.

Table 1: Behaviors & Token Values

Behaviors	Tokens Earned

Extra Points*	Tokens Earned

Non-contingent Events**	Reward
End of first week	
End of second week	
End of third week	
End of fourth week	
End of fifth week	
End of sixth week	
End of seventh week	
End of eighth week	

Table 2: Reinforcers & Cost

Reinforcer	Cost (Tokens)

NOTE: Add additional rows in Table 2 as you need them. You must have more than one backup reinforcer. Attempt to come up with 5 at a minimum and be sure they are of differing costs and different quality (low to high).

> ***Be sure you list your reinforcers from least to most expensive running down the table.***

f. **When and Where** – When and where are the tokens exchanged for the backup reinforcers?

g. OPTIONAL – Will you use **response costs**, and if so, define the problem behavior(s) and the cost of making those behaviors?

h. Using what you learned in Section 9.3.2.6, calculate the **max tokens** you can earn during the entire treatment plan, not just the three weeks you technically are doing for this project. Carefully check your numbers.

Calculate your max tokens using the tokens table on the next page. Remember, you will use a blank version of this table during the treatment phase to record your token earning on.

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

Day	Week							
	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**
1								
2								
3								
4								
5								
6								
7								
Extra Points by Week								
Weekly Totals								
Treatment Phase Total - XXX								

Once done, add up the costs of all of your backup reinforcers. Compare this number to the max tokens earned. Is it less than this number? If not, you need to adjust your numbers. If the difference is too great, you may need to increase the cost of your back up reinforcers.

Max Tokens Earned –

Total Cost of Back up Reinforcers –

Difference - _____-; if this value is not positive, you have an issue

LOOKING AHEAD TO YOUR PLAN PROPSAL:

Be advised that you will have to provide the token economy tables in both the proposal and the final paper. These will be added in the Appendix and your token economy described in both documents.