

Planning Sheet 8: Formalizing Rules for Your Plan

25 points

DIRECTIONS. The eighth step to developing your self-management plan is to clearly state all rules for your plan and then to draft your behavioral contract for review by your instructor. Be advised that you will have at least one rule for each of the five questions under Part 1.

Part 1: Plan Rules

20 points or 4 points each

1. Review Planning Sheet 3. State any rules necessary in relation to your goals. Do you have a timetable you would like to complete your plan by? If so, state it.
2. Review Planning Sheet 4. State any rules necessary in relation to your recording method and data collection. You could state a rule in relation to evaluating your progress, though we will cover this in Module 15.
3. Review Planning Sheet 5. State any rules necessary in relation to your token economy. These should already be clearly laid out on this sheet.
4. Review Planning Sheet 6. State any rules necessary in relation to the strategies you have selected. There will likely be several here.
5. Review Planning Sheet 7. State any rules necessary in relation to your temptations and mistakes. These should be in If-Then format.

Please follow the formatting guidelines stated at the end of Section 12.4. In the end, you will have at least 20 rules.

Part 2: Behavioral Contract

5 points

Using the information from this module, and the example I provided, write your behavioral contract. DO NOT copy the example and just modify it. Be sure you include any, and all, relevant information. There is no need for a separate rules section. You will not state all the ones you wrote in Part 1 first off, and secondly, they will be scattered around your contract. This should only be about 2 pages in length. Sign and date it once done. An electronic signature is fine, especially in an online class. If you are turning in a hard copy, feel free to just print and sign.