



BEHAVIOR MANAGEMENT

In The Classroom



WHAT IS BEHAVIOR MODIFICATION?

Behaviorists look at measurable and observable behaviors of a human. A behavior is anything you do or say that can be observed by others. Some behaviors in a classroom can be anything from raising your hand, writing down the answer, or throwing a piece of paper across the room.



REINFORCEMENT VS PUNISHMENT

Reinforcement is anyway that makes a behavior more likely to occur. If you are thirsty and drink water, you feel better. This is reinforcing. If a kid is throwing a tantrum to get out of school work and you put them on time out, this is also reinforcing and they will continue to tantrum to get out of work.

Punishment is anyway that a behavior is less likely to occur. If you drink hot sauce, you won't feel good and that behavior will decrease. Now if the same kid is throwing a tantrum and you make them do extra homework, they will now know that they won't receive a break for throwing a tantrum.



EXTINCTION AND CONSISTANCY

Extinction is commonly used by teachers to eliminate mildly unacceptable conduct. It is the withholding of reinforcement such as not delivering attention to a child for some inappropriate action. Extinction is useful for minor problem behaviors maintained by attention or possibly even getting out of classwork as long as you consistently withhold the reinforcement of attention and/or escape from work. Consistency is key to developing good classroom management and developing proper classroom etiquette.



CLASSROOM MANAGEMENT

Attention is a common reinforcer and establishing your attention as a reinforcer by giving praise often is a good start to behavior management. Simple tokens may also develop the behaviors that you are looking for. For example, find a student who is displaying proper classroom etiquette, point out to the class how they are being proper, then give that student a sticker or another small item that is reinforcing. By displaying what expectations are and rewarding those who follow them will help develop your classroom. For inappropriate behaviors, make sure the student knows your expectations and that inappropriate behaviors do not get reinforced and try practicing the proper response with that student.



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