

Section: Behavior management
Topic: Behavior/Causes

Answer Sheet

Directions: Identifying observable/measurable behavior is not as easy as it may seem. When speaking of behaviors, it is crucial to be able to discriminate those that are observable and measurable, rather than those that are merely impressions, feelings or too broad. Practice identifying behaviors that meet the mentioned requirements by circling the behaviors that are specific.

Climbs	Points to
Sad	Hyperactive
Jumps	Withdrawn
Kicks	Concentrates
Throws tantrums	Spits
Slaps	Flexible
Understands	Pulls
Respects	Gets into things
Rocks	Happy
Smelling	Feeds himself
Bites	Says
Hits	Washes
Expresses	Aware of
Dances	Selects
Cries	Hostile
Misbehaves	Nervous
Thinking	Swears
Dressing	Assembles
Knows	Walk

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Assignment # _____
 Due Date _____
 Name _____

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hall from you. You would probably try to find out the causes for these behaviors in order to control them and reestablish your friendship.

Changing Behaviors in a Positive Way

We can change many behaviors for the better by controlling or eliminating the negative causes of behavior. Read the following case study and see if you can pinpoint the causes you might control in making a positive change in behavior.

Joe works with a tutor in the basic skills room on meal planning and cooking. Joe likes his tutor and works very hard. Joe's behavior in cooking class is poor and he is not learning. Joe's tutor observed his behavior in cooking class. Joe laughed and talked with a friend while the teacher explained a new recipe. When it came time for Joe to try out the recipe, he became confused and skipped a step in the recipe. His friend laughed at him, so Joe punched him in the nose. Joe was referred to the principal.

BEFORE READING FURTHER ... THINK ... IS THERE MORE THAN JUST ONE CAUSE FOR JOE'S DISRUPTIVE BEHAVIOR?

If you said that Joe's playing with his friend rather than listening to his teacher is one cause ... Congratulations! ... you're on the right track!

If you also noted that Joe's continued failure (and poor behavior) in cooking class may also be caused in part by poor skills in paying attention and following directions (which are attention/skills) ... Good job! You are a super observer. In the readings to come we will discover more ways to cause and control behavior.

Adapted from _____ (1981)

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Behaviors

Many of the skills we will be teaching involve describing, observing and changing behaviors -- yours as well as the student you are tutoring. We define behaviors as any act or response that can be observed, such as throwing a basketball, laughing, or praising someone.

Behaviors you may observe also serve as valuable indicators of what a person is feeling. Suppose the first student you work with is shy and somewhat hesitant about working with you. She may indicate this by such behaviors as being slow to respond to questions or asking if she has to do all the work you've given her. Gradually, the student begins to know and trust you. You will observe a change in her behavior. These changed behaviors (e.g., smiling, talking with you, completing work) indicate the feeling of trust and warmth the student now has for you.

Causes

Most of our behaviors are caused by events that happen all around us each day. In other words, behaviors are simply responses to "what's going on." Suppose the principal suddenly announced that tomorrow would be a surprise holiday. This event would probably cause students to exhibit wildly happy behaviors.

Controlling Causes

Through careful observation of behavior and pinpointing causes of those behaviors, we will discover which causes can be controlled. Suppose a close friend suddenly began to respond to you with the following behavior: ignoring you and walking on the opposite side of the