Final Paper (5-10 pages)

Start with a behavioral definition of your first bx.

Then discuss your baseline observations of this bx. How did you monitor it? Be very clear and detailed on this so that someone who wanted to do exactly what you did could read your paper and monitor that bx in themselves the same way. What did you find? How much or how little were you doing this behavior, on average?

Discuss your strategies for changing your bx. Thoroughly explain how you rewarded or punished yourself for your bxs. Did you set goals? Were they realistic or did you have to modify them? Which strategies were most successful? Which ones were not successful? What did you do to increase your success as time went on?

Next present a Graph showing the baseline bx and then how the bx changed over time. If you had intermediate goals, show those on the graph too, if possible. Look at Chapter 3 examples. Make sure your axes are labeled.

Overall, were you successful in changing your bx? Are you going to continue this beyond the E-term?

Do all the above with bx 2.

What did you like about this project? What didn’t you like? Would you recommend this project (the 2 bxs you monitored) to a future student? Why or why not?

How might you use the knowledge you have gained in this class in the future? Do you have any plans for further changing the bxs you worked on or for changing other bxs?

Provide some feedback on the class:

What did you like the best?

What did you like the least?

Do you have a suggestion for how to organize this class differently? Would you include some chapters I didn’t? Would you drop some chapters I covered? Would you spend more or less time on certain chapters? Be specific or I won’t be able to do what you suggest.

What did you think about the quizzes and the group presentations? Any suggestions for things to change in the future?

What did you think about Dr. Mills’ visit? What was your favorite part? Were you able to see how what she does relates to what we have been learning in class?

Any thoughts on other “field trips” or potential guest speakers?