

Behavior Science Handout

Things to remember from class...

Two Types of Behavior

Overt = External behavior you can see, measure, and assess; actions.

Covert = Internal behavior you cannot see; thoughts, feelings, intentions, motivations.

Constructs = Our (often incorrect) assumptions about covert behaviors.

While it can be fun to use constructs to talk about behavior, and is good to think about an animal's covert behaviors to create empathy, we need to stick to overt behaviors when assessing and changing behaviors.

Two Types of Training

Classical Conditioning = creating habits via emotional responses; reflexive.

Operant Conditioning = creating purposeful behavior via mental engagement and practice; deliberate.

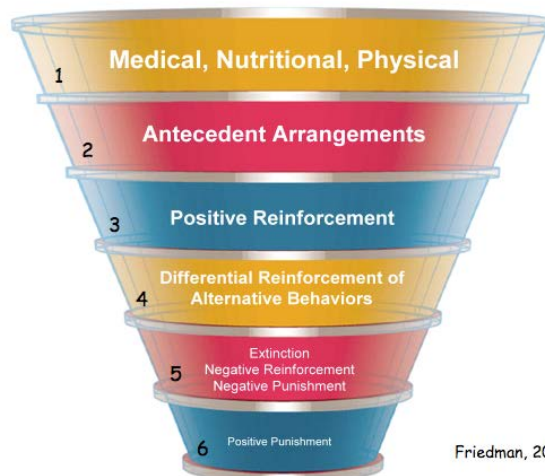
We use Classical Conditioning to change a behavior that is fueled by an underlying emotional state; we use Operant Conditioning to change learned, purposeful behavior.

The Four Consequences

	<u>Adding to the Environment</u>	<u>Subtracting from the Environment</u>
<u>Increasing the Behavior</u>	Positive Reinforcement	Negative Reinforcement
<u>Decreasing the Behavior</u>	Positive Punishment	Negative Punishment

The Humane Hierarchy

Hierarchy of Behavior-Change Procedures for Humane and Effective Practice



Friedman, 2008