Strategies to Improve Student Behavior

Proactive Strategies to Encourage the Expected Behaviors and Discourage Challenging Behaviors

1. Identify the function(s) of behavior by understanding what the student is getting out of it so you can meet the student's needs <u>before</u> the problem behavior occur
2. Be in control of the good things the learner wants!
3. Use learner preferences to increase motivation and engagement
4. Have predictable schedules and routines
5. Give clear and concise instructions
6. Catch learners being good! Give a lot more of your attention to expected behaviors than challenging ones
7. Show that you're fun! Pair yourself with those good things. Spend time with the learner and what they enjoy without giving demands
8. Follow through! Only give demands/instructions that you are prepared to follow through with after the first time of giving the instruction.
9. Use effective prompts and then have a plan to fade those for independence
10. Provide choices
11. Enrich the environment
12. Make sure tasks are appropriate (at the student's level while having high expectations, varied, include any individualized accommodations and modifications, etc.)
13. Add visual clarity/structure to routines and tasks (make sure these are taught and practiced)
14. Alter how instruction is delivered
15. Be organized and prepared (this includes planning for less structured times, pace of instruction, limiting time when the student is not engaged, etc.)

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Strategies for Directly Teaching Expected Behaviors

16. Steps for Directly Teaching New Skills:
    1) Make sure the student is calm and not engaged in challenging behavior
    2) For replacement behaviors, make sure that it is meeting the same need initially AND it is as easy or easier for the student to get that need met
    3) Break down skills to your student's level, directly instruct, model, prompt, and provide immediate feedback repeatedly (Practice, practice, practice!)
        a) Use effective prompts and have a plan to fade them for independence
    4) Give better/more reinforcement for more independent and closer attempts the learner makes (Don't expect perfection from the start! Take baby steps!)

Strategies for Encouraging Expected Behaviors and Discouraging Challenging Behaviors

17. Be **consistent and have contrast!**

    There should be a clear difference in what happens after an expected behavior versus what happens after a challenging behavior.

    Expected behaviors (using the replacement behavior or other expected skills without challenging behavior) = Immediately give the student what they want

    Challenging behaviors = block/limit access to what they want

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