Positive Reinforcement

The Pride Method

The Goal of this Course is to create a learning experience that enhances your instructional skills. You are encouraged to discuss the information with other coaches.

The positive reinforcement method known as **PRIDE** stands for the:

P - representing actions that the instructor sees as worthy of **praise**

R - learner valued **reinforcement**

I - giving reinforcement **immediately**

D - stating specifically what was correctly **Done**

E - reinforcement that is often **expressed**

Any event or action can be a positive reinforcement if a specific behavior or stimuli increases the probability of a desired action occurring. Many events can positively reinforce behavior.

What is a positive reinforcement for one person may not be for another. Praise, a smile, money, etc. serve as positive reinforcements.

The behavior a coach wants to be developed needs to be precisely defined in order to monitor changes of occurrence. A standardized method of measuring changes must be established. These measurements should be an ongoing occurrence, not one that occurs only at a final evaluation/test.

There are four steps in therapeutic behavior reinforcement.

(1) **A target behavior** must be established that is realistic for the skater to achieve within a relatively short period of time.

(2) **Identify positive reinforcement** that the learner will associate with a specific action being performed to the instructor's satisfaction.

(3) **Supporting environment** of skating should provide conditions that encourage achieving the targeted behavior.

This can be accomplished by:

- Giving Instructions
- Demonstration
- Observation of other skaters performing the behavior
- A gradual shaping producer.

(4) **Achievement of targeted behavior** is an accomplishment, but it must be maintained or strengthened through an appropriate reinforcement schedule. This schedule will reduce the likelihood of the behavior disappearing.

After the behavior has been established, a maintenance schedule should provide intermittent reinforcement that previously was provided after each occurrence of the desired behavior.

Shaping, by means of the method of successive approximations, involve reinforcing in sequence those behaviors leading to the target behavior. Additional details are covered in the Shaping Module.

The target behaviors ideally should be ones that are likely to be maintained. To reinforce the desirable behavior, it may be desirable to involve family members in a counseling session.

Reinforcement Delay: Research has often shown that immediate reinforcement is more effective than delayed reinforcement.

Negative reinforcers: Observation shows that when negative reinforcers are removed the behavior will increase. Generally, unpleasant stimuli such as excessive physical pain, embarrassment, or uncomplimentary criticism are negative reinforcers.

    Case Study Journaling You may find that there is relevant background information that reflects on a skater's ability to progress.

    An individual Case Study Journal normally would be approximately 400 words in length and may contain confidential information that must be redacted if discussed with others taking this course.

- Family background
    - Death
    - Divorce, separation
    - Adoption
    - Siblings
    - Age of parents
    - Health issues

- Socio-economic status
    - Education
    - Occupation
    - Financial issues
    - Ethnicity

Homework:

    Give an example of a target behavior. Suggestion is issuing a challenge to the skater to "Show up on time for a lesson for a four-week period."

    Give an example of a reinforcement you might use with the target behavior cited in the above example, to increase the skater's promptness from "below average" to "average" or "above average" for being on time for four weeks."

    Write a case study example explaining how you might use the content of "Positive Reinforcement" to handle a specific instructional problem you have experienced.

    Cite an example of an object or event that acts as a negative reinforcement you have experienced. What was the resulting behavior?