

PSYCO 282

Behaviour Modification

Operant Conditioning Worksheet

Operant Conditioning Examples

For each example below, decide whether the situation describes positive reinforcement (PR), negative reinforcement (NR), positive punishment (PP), or negative punishment (NP). Note: the examples are randomly ordered, and there are not equal numbers of each form of operant conditioning.

Question Set #1

- 1. Johnny puts his quarter in the vending machine and gets a piece of candy.
- 2. I put on sunscreen to avoid a sunburn.
- 3. You stick your hand in a flame and you get a painful burn.
- 4. Bobby fights with his sister and does not get to watch TV that night.
- 5. A child misbehaves and gets a spanking.
- 6. You come to work late regularly and you get demoted.
- 7. You take an aspirin to eliminate a headache.
- 8. You walk the dog to avoid having dog poop in the house.
- 9. Nathan tells a good joke and his friends all laugh.
- 10. You climb on a railing of a balcony and fall.
- 11. Julie stays out past her curfew and now does not get to use the car for a week.
- 12. Robert goes to work every day and gets a paycheck.
- 13. Sue wears a bike helmet to avoid a head injury.
- 14. Tim thinks he is sneaky and tries to text in class. He is caught and given a long, boring book to read.
- 15. Emma smokes in school and gets hall privileges taken away.
- 16. Sawa falls asleep under the sun, and gets a sunburn.
- 17. A rat presses a lever and gets a shock.
- 18. Joe puts on deodorant to avoid having body odor.
- 19. Marco studies a lot and gets a good grade.
- 20. The squirrel runs up a tree to escape a predator.

Question Set #2

- 1. Wearing sunglasses to avoid/remove the glare of the sun.
- 2. Receiving a warning from the police for speeding in your car.
- 3. You get sick from drinking too much vodka so you moderate your drinking in the future.
- 4. Cheng-Lin gets a mark of A on a well-written paper.
- 5. You receive an award for writing short stories.
- 6. Enjoying giving a party where everyone seems to be having a great time.
- 7. I got grounded because I came home past curfew.
- 8. Eating an entire batch of chocolate cookies in one sitting and feeling sick to my stomach.
- 9. Hurting your head when you don't duck in a low doorway.
- 10. Alix gets her allowance after she completes her weekly chores.
- 11. Yusuf ducks his head to avoid hitting it on a low doorway.
- 12. You receive a kiss for bringing your girlfriend or boyfriend flowers.
- 13. You refuse to be affectionate toward your partner when they forget your anniversary.
- 14. You receive a raise at work for doing your job well.

- ___ 15. Your sister whacks you upside the head for getting in her personal space.
- ___ 16. Losing your driver's license after getting too many demerits.
- ___ 17. A repo man takes a car for your failure to make loan payments.
- ___ 18. Rafael puts on his seatbelt to stop the annoying "dinging" noise in his car.
- ___ 19. You come in late after curfew and your parents take away your car keys.
- ___ 20. Snapping your wrist with a rubber band when you bite your fingernails.

Question Set #3

- ___ 1. A teenager loses his cellphone for talking back to his mom.
- ___ 2. The teacher takes a student's cell phone away in class.
- ___ 3. Emilie stretches to avoid a sports injury.
- ___ 4. Giving your child dessert because he ate his vegetables.
- ___ 5. Getting pleasure from a stimulating conversation with a colleague.
- ___ 6. A service dog is allowed to play tug as a reward for correctly identifying the location of hidden drugs.
- ___ 7. You take an analgesic pill and your headache goes away.
- ___ 8. Studying for an exam reduces stress.
- ___ 9. Chewing nicotine gum makes the craving for a cigarette go away.
- ___ 10. Eating a meal you don't like in order to avoid hurting the cook's feelings.
- ___ 11. Feeling good after working at a soup kitchen.
- ___ 12. You decide to tell an interrogator everything he wants to know to get him to stop torturing you.
- ___ 13. Someone frowns when you tell a joke.
- ___ 14. You clean up your room so your mom will stop nagging you about it.
- ___ 15. A parent punishes a child to stop his misbehaviour; this works, so the parent increasingly uses the punishment.
- ___ 16. Tashina's cell phone rings in class; the teacher answers the phone and talks to the caller, making Tashina feel embarrassed.
- ___ 17. Telling my friends how to play a game who then tell me to mind my own business!
- ___ 18. Taking out the garbage to quiet a nagging significant other.
- ___ 19. Your dog jumps on you when you return home, so you turn your back on your dog and ignore him.
- ___ 20. You're trying to study, but there's annoying noise from the traffic outside coming through an open window; you decide to close the window to reduce the sound of the traffic.

Question Set #4

- ___ 1. Lindsay breaks the law to go to jail so she can get free meals, free healthcare, and a roof over her head.
- ___ 2. An employee is consistently late for work; the employee therefore loses the right to listen to music while working.
- ___ 3. A child ignores her chores, so her parents take away her video game play time.
- ___ 4. An employee's inappropriate behavior at work stops after she is criticized by a supervisor.
- ___ 5. Tasting bitter nail chemical when you try to bite your nails.
- ___ 6. Getting a super wedgie for mouthing off to your older brother.
- ___ 7. Making a basket in basketball after using correct form.
- ___ 8. Mouthing off to a bully and receiving a super wedgie because you think super wedgies are nice.
- ___ 9. You receive a sticker for bringing your ID to class.
- ___ 10. You have your vehicle regularly serviced to avoid a break-down.
- ___ 11. You put gas in your car so you can go out to meet your friends.
- ___ 12. Kari follows the laws to avoid going to jail.
- ___ 13. The teacher yells "stop talking!" in the middle of the lecture to the class, and all the other students glare at the offenders.
- ___ 14. Angelina is convicted of breaking the law and goes to jail, which removes her freedom to do as she pleases.

- ___ 15. Asad gets a cookie after finishing a reading assignment.
- ___ 16. I walk into a pole while texting.
- ___ 17. You put up an umbrella to avoiding getting wet in the rain.
- ___ 18. If I yell "You're the king of the world!" my brother will let me up off the floor.
- ___ 19. Zachary is very naughty one afternoon, so his mom tells him he cannot go on a camping trip with his best friend that weekend.
- ___ 20. After a child slams a door in anger, the parent removes the bedroom door from its hinges, removing privacy.
- ___ 21. Martha breaks the law and goes to jail, where she is forced to live in a small, smelly room.
- ___ 22. Wearing a helmet, pads, etc. to avoid getting injured when playing hockey.
- ___ 23. Chewing nicotine gum brings a dopamine release in the brain, which feels good.

Answers to Set #1

1. positive reinforcement
2. negative reinforcement
3. positive punishment
4. negative punishment
5. positive punishment
6. negative punishment
7. negative reinforcement
8. negative reinforcement
9. positive reinforcement
10. positive punishment
11. negative punishment
12. positive reinforcement
13. negative reinforcement
14. positive punishment
15. negative punishment
16. positive punishment
17. positive punishment
18. negative reinforcement
19. positive reinforcement
20. negative reinforcement

Answers to Set #2

1. negative reinforcement
2. positive punishment
3. positive punishment
4. positive reinforcement
5. positive reinforcement
6. positive reinforcement
7. negative punishment
8. positive punishment
9. positive punishment
10. positive reinforcement
11. negative reinforcement
12. positive reinforcement
13. negative punishment
14. positive reinforcement
15. positive punishment
16. negative punishment
17. negative punishment
18. negative reinforcement
19. negative punishment
20. positive punishment

Answers to Set #3

1. negative punishment
2. negative punishment
3. negative reinforcement
4. positive reinforcement
5. positive reinforcement

6. positive reinforcement
7. negative reinforcement
8. negative reinforcement
9. negative reinforcement
10. negative reinforcement
11. positive reinforcement
12. negative reinforcement
13. positive punishment
14. negative reinforcement
15. negative reinforcement
16. positive punishment
17. positive punishment
18. negative reinforcement
19. negative punishment
20. negative reinforcement

Answers to Set #4

1. positive reinforcement
2. negative punishment
3. negative punishment
4. positive punishment
5. positive punishment
6. positive punishment
7. positive reinforcement
8. positive reinforcement
9. positive reinforcement
10. negative reinforcement
11. positive reinforcement
12. negative reinforcement
13. positive punishment
14. negative punishment
15. positive reinforcement
16. positive punishment
17. negative reinforcement
18. negative reinforcement
19. negative punishment
20. negative punishment
21. positive punishment
22. negative reinforcement
23. positive reinforcement

References

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