Justin Walter

Professor Castor

Mini Research Project

Applied Behavior Analytic Techniques

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Applied Behavior Analytic Techniques or ABA

This effective instructional strategy is a process that studies a student’s behavior and how to modify that behavior. It is a well-researched and tested strategy that has been proven to help students with disabilities and those who are diagnosed with autism. During this process, the environment is changed in different ways so that the student can respond in better and more appropriate ways. As the environment changes for the individual, the teacher or instructor will monitor that student’s behavior in response to the changed environment. The definition of ABA can vary greatly but has the same goal or intended outcome. Changing an environment to produce socially and significant improvement in human behavior. ABA requires direct observation, measurement, and functional analysis of the relation between the student’s behavior and their environment. Applied Behavior Analysis uses antecedent stimuli and consequences, based on the findings of descriptive and functional analysis, to produce practical change.

**A - Antecedent**

A directive or request for the student to do a certain task.

**B - Behavior**

A behavior, or a response from the given directive whether that may be positive or negative behaviors.

**C - Consequence**

A consequence, defined as the reaction from the students environment. For example the teacher reinforcing the behavior ignoring the behavior, or trying to eliminate the problem.

There are certain techniques that are used for behavior analysis. One of those would be task analysis. Task analysis is a process in which a task is analyzed into its component parts so that those parts can be taught through the use of chaining: forward chaining, backward chaining and total task presentation. Chaining is when the skill is broken down into pieces to be easily learned. Then next would be prompting. This would be prompting by the adult to try to get the desired behavior from the student. Then there is fading. Fading is where the name is to get the student to do the task without prompts. After fading there is shaping, shaping is where the teacher or instructor is gradually changing the existing behavior into a desired good behavior. Then finally is the reinforcement of the desired behavior. Some individuals may need more reinforcement than others. Applied Behavior Analysis is one of the most common, and most [evidence-based](http://www.autism-help.org/points-evidence-based-treatment.htm) methods used to treat Autism. The Applied Behavior Analysis approach teaches social, motor, and verbal behaviors and reasoning skills, and can also be effective in managing [challenging behaviors](http://www.autism-help.org/behavior-intro-autism.htm). Students with autism have trouble with social behaviors, and then need the assistance to learn these natural behaviors. Drill and practice of proper behaviors is effective for these individuals because they usually do not understand social skills. The ABA technique is just one of many strategies that can help assist individuals with autism to shape and create more positive and desired behaviors.