**Behaviour Modification Project September 2015**

**What behaviour am I going to change, and why: (Q1)**

Minimum of 5 sentences...

**Why do I exhibit this behaviour? (Q3 - explain the 3 bullet points in detail)**

**How will I choose to modify this behaviour? (Q4)**

Something to include... A bit of background about Skinner’s Operant Conditioning... (paragraph 4-7 sentences to introduce your reader to Skinner... and show that you have an understanding of his theory).

Then discuss how, using Skinner’s reinforcements and/or punishments... how do you plan to change the behaviour? Explain.