

PSYC 102: Applied Psychology

Personal Project Proposal

(100 Points)

Due:

The goal of this project is to develop a personal behavior assessment and intervention. You will identify a personally selected target behavior you wish to modify, post baseline data in class for public inspection, implement an intervention of your own design, and measure the effectiveness of the intervention. Your final grade for this project is NOT based on the success or failure of the project. Final project points are given for a well-written description of the behavior and intervention (30%), organization and completeness of record keeping (30%), logic and reasonableness of the design (30%), and appropriate use of technology (10%). At least one reference to past research or a related magazine article is necessary for full points. Appropriate use of technology includes typing or word processing the proposal and data manipulation with an electronic spreadsheet.

The above grading criteria are also used in evaluating your project proposal. It should include answers to information identified below and a sample graph. Your signature and the signature of a witness must be included on the final copy.

1. Goal
 - a) Behavior:
 - b) Acceptable Alternative:
 - c) How often:
2. Baseline
 - a) Starting:
 - b) Ending:
3. Intervention
 - a) Starting:
 - b) Ending:
4. Record keeping:
5. What happens when you meet your goal:
6. What happens when you do not meet your goal:
7. Who verifies that you have met your goal:
This person's signature is required at the bottom.
8. How will data be graphed: *Turn in a sample copy.*
 - a) x-axis:
 - b) y-axis:
9. Related article or research: *Turn in a copy of the article.*
10. Your signature
11. Witness' signature

Psychology 102

Project Ideas

Behavior Excesses

- Smoking
- Chewing tobacco
- Nail biting
- Gambling
- Speeding in your car
- Drinking caffeinated beverages
- Too many calories in your diet
- Too many fat grams in your diet
- Too many minutes over your cell phone minutes

Behavior Deficits

- Not exercising
- Not studying
- Not drinking enough water
- Not getting enough sleep

Reinforcers/Punishers

- No video games until you meet your goal.
- No TV until you meet your goal.
- No email or instant messages until you meet your goal.
- No telephone until you meet your goal.
- Not going out with friends/family until you meet your goal.
- Putting money in a "money jar" when you meet your goal to purchase a substantial reinforcer at the end of the project.
- Putting different household chores in a "chore jar" to be done when you do not meet your goal.

**Applied Psychology
Personal Project Proposal
Joe Student**

Goal

Behavior: Study 13 hours each week--1 hour out of class for every hour in class. I am taking these classes (credit hours): Eng 101 (3), Psy 102 (3), Cis 110 (3) and Math 40 (4).

My daily study goals are as follows:

- Sunday – 4 hours
- Monday – 2 hours
- Tuesday – 1 hour
- Wednesday – 2 hours
- Thursday – 1 hour
- Friday – 3 hours
- Saturday – free day

Baseline

Starting: 9/30/2005

Ending: 10/12/2005

Intervention

Starting: 10/14/2005

Ending: 11/23/2005

Record keeping: Number of minutes studying per day.

What happens when I meet my goal: Hang with my friends all day Saturday or watch sports on TV.

What happens when I do not meet my daily goal: No time with friends, video games or Internet access until I meet my homework daily homework goals. If I do not have all my studying done by Saturday I must finish it on Saturday before going out or playing video games.

Who will verify that I have met my goal: my girlfriend Missy

How data will be graphed: stacked bar graph

x-axis: days

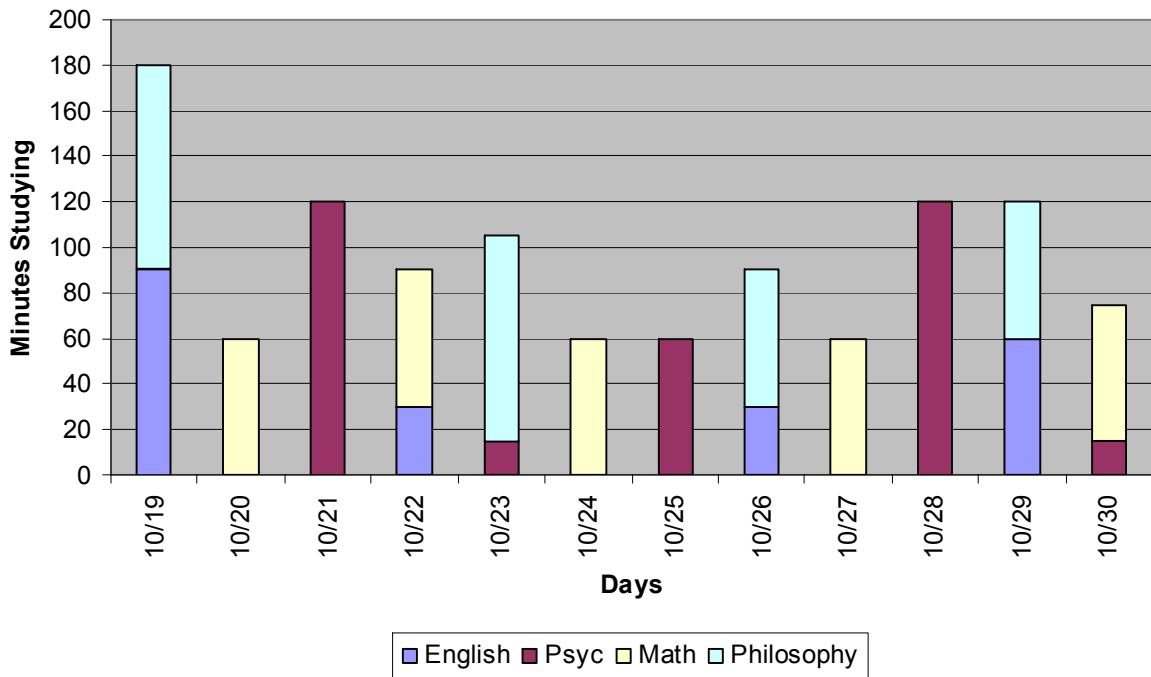
y-axis: minutes studying

Related article or research: Trainor, Timothy N., *The Effect of an Individualized Remediation Program on Comprehensive Final Examination Performance*. Western Michigan University Masters Thesis, 1977.

Joe Student

Missy LaMore

Joe's Baseline



**Applied Psychology
Personal Project Proposal
Tim Trainor (2005)**

Goal: To lose weight

Behavior: To consume 2200 or less calories on days that I do not exercise and 2400 or less calories on the days I do exercise. Exercising only counts if one of the following criteria is met:

- 40 minutes walking
- 30 minutes swimming
- 30 minutes cross country skiing
- 20 minutes treadmill + weight training listed below:
 - leg press (3 sets of 10)
 - leg curls (3 sets of 10)
 - sit-ups (3 sets of 15)

NOTE: These days are exempt from the calorie count:

- Spring Break – 2/25 to 3/6
- Easter Sunday

Baseline

Starting: 2/4/2005

Ending: 2/16/2005

Intervention

Starting: 2/18/2005

Ending: 4/6/2005

Record keeping: Number of calories consumed per day and my body weight once a week.

What happens when I meet my weight goal: If I meet my weight lost goal by the end of the project I will consume (all by myself) a Terry's Dark Chocolate Orange--960 calories.

What happens when I do not meet my daily calorie intake goal: No sports TV following weekend

- Miss 1 day no sports TV Saturday
- Miss 2 days no sports TV Saturday and Sunday
- Miss 3 days no TV Friday, Saturday and Sunday
- Miss 4 days I give all my Psyc 102 student 25 bonus points.

Who will verify that I have met my goal: my wife Diane

How data will be graphed: stacked bar graph

x-axis: days

y-axis: calories consumed and weight (+/-) since February 16

Related article or research: Calorie-Count.com. "Calorie Burner", Accessed on September 27, 2004
<http://calorie-count.com>.

Timothy N. Trainor

Diane Krasnewich