

**Professor Carola S. Pedreschi**  
**PSY 2012 – Introduction to Psychology**  
**Behavior Modification Lesson – Operant Conditioning**



**Environment Sustainability**

**Learning Outcomes: #3 and #10**

This paperless assignment will help develop awareness of some of your own behaviors and apply learning principles taught in PSY 2012, to change behavior and increase environment sustainability. Please choose one behavior that you would like to add, reduce or eliminate from your life to foster personal health and environmental sustainability. Take into account the well-documented sustainable

practices of reducing, reusing, and recycling of materials or resources. Analyze your life style and find a behavior that you can realistically change to improve physical and mental well-being and promote environmental sustainability. You will start by taking an ecological footprint calculator, an assessment tool that will evaluate the impact your life style has on the environment. Analyze the results and reflect on your life style and focus on a behavior you engage in on a daily basis. The results should help determine one behavior that you may need to increase, decrease or be eliminated. You may find this at: <http://www.footprintnetwork.org/en/index.php/GFN/page/calculators>

Use a table to show the behavior you have chosen to change, describe which operant conditioning principle you will implement (positive reinforcement-negative reinforcement-positive punishment-negative punishment) to reduce, reuse or recycle a product or resource, the impact this behavior change will have on you, your household and the global community. Include cells for observations on all areas. Be realistic when you choose a behavior and consequences, to ensure commitment and realization. Implement this behavior change for a period of three weeks or for twenty-days. Keep a daily log. See sample tables. You may create your own tables.

This assignment must be uploaded or attached to a Drop Box in the Lessons section in ANGEL by the deadline date. Please prepare yourself to informally present your behavior change strategy in a small group in class.

