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essay



**ASSIGN
BUSTER**

Individual Assignment: Self-Management Behavioral Contract

- Select a goal: something that you would like to change about yourself. Perhaps you would like to stop smoking, or to control drinking, improve study habits, manage time better or change eating or exercise habits. It is critical that your goal be measurable, attainable, positive, and significant to you.
- Describe the goal as target behaviors. What specific behaviors do you want to increase or decrease?
- Choose a means of monitoring your progress, such as a chart or a behavioral diary.

- Write a contract that states all of the above points and specifies both internal and external consequences for actions in a realistic time frame, such as short-term rewards for adhering to the contract and a long-term reward for meeting the goals.

Individual Assignment Site Visit Report

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Individual Assignment: Site Visit Report

- Visit a site such as a women's shelter, a halfway house, a hospital, an agency, or the human services department of a company, where behavioral or cognitive-behavioral techniques or programs are used.
- Talk with human services workers or the contact person about their programs that employ behavioral or cognitive interventions or models.

Some areas to explore:

- o What population participates in the program
- o Who presents the program or intervention
- o How is the effectiveness of their interventions measured
- o How did they determine a need for the program
- o Do they have plans for other programs or interventions which use behavioral or cognitive models and techniques
- o What other models and theories are represented in their programs

• Write a 1,050- to 1,400-word...