

# Behavior modification plan

Psychology



**ASSIGN  
BUSTER**

Behavior Modification Plan I would like to modify my procrastination behavior, especially the one concerning completing class assignments.

Procrastination hampers my capability of doing class assignments in time, so I would like to reduce it. In a week, I usually push forward class works given while consoling myself that there is much time left only to realize the deadline is beckoning. Eventually, late assignments presentations take toll on my grades, especially the last two semesters.

I plan to modify my procrastination behavior by adhering to strict time management so that I do not lag behind in completing my homework. I plan to use shaping because changing behavior is a gradual process, and I do not want to shift stress to other aspects of my life that may only make matters worse as Dix warns (50). I will use reinforcements such as participating in group discussion activities to keep me aware. I also intend to install reminders that would keep me on toes of when I should be having my assignments ready. I will use a reward as means of motivation because if I improve my grades I will get motivated to put extra effort to become the best in class.

Shaping will work in modifying my behavior. If I start putting targets on when to finish my homework and I obey them, I will keep on tightening the objectives to make me perfect in timekeeping and self-control (Sarafino 34). I should be disciplined to follow my rules if I want the plan to succeed. It may take me one month of continuous practice to maintain the modified behavior.

#### Works Cited

Dix, Paul. Taking Care of Behavior. Harlow: Longman, 2010. 49-50. Print.

Sarafino, Edward P. Applied Behavior Analysis. Hoboken, NJ: Wiley, 2012. 33-35. Print.