

Examination 2: Study Guide Questions

All of the questions for examination 2 will come from the following set. The short answer essay questions come from the class lecture and discussion and Brigham Self-management: A radical behavioral perspective. The multiple choice questions come from Watson and Tharp chapters 4, 5, and 7.

1. Define respondent behavior and provide an example other than the responses of Pavlov's dogs.
2. Using an example, explain how respondent conditioning works. Be sure to include the predictive function of the CS in your answer.
3. Define operant behavior and provide an example other than the responses of rats or pigeons.
4. Explain how positive reinforcement works and provide an example from your own experience to illustrate the process.
5. Explain the difference between negative reinforcement and positive punishment. Be sure to give an example of each in your answer.
6. Explain the difference between negative reinforcement and positive punishment.
7. What is the difference between functional and descriptive (dictionary) definitions? How is this difference important for the identification of reinforcers?
8. What is a discriminative stimulus and why are discriminative stimuli important for human social behavior? Include a discussion of ambiguous SDs in your answer.
9. Antecedent stimuli often serve two functions (CS/SD) related to the responses that follow. Describe each in sufficient detail to demonstrate you understand them.
10. Give the definition of a self-control problem and provide an example. Be sure to carefully explain how the example constitutes a self-control problem.
11. There are four sets of contingencies where there is a conflict between the immediate and delayed consequences of a response causing a self-control problem. Describe and give an example of each.

12. Explain how fear and anxiety can lead to self-control problems.

Chap 4

Which of the following is an operant behavior?

- a. Kimmie salivates when she thinks of hamburgers
- b. Kip thinks Kain is a "nice man"
- c. The child's speech becomes subvocal
- d. The teacher erases the blackboard

Operant behavior is affected by:

- a. Its consequences
- b. Its rules
- c. Its strength
- d. Conditioning

The best practical index of the strength of a behavior is:

- a. Duration
- b. Frequency
- c. Reinforcement value
- d. Its rules

Which of the following is a positive reinforcer? The teacher:

- a. Ignores Kit when he misbehaves
- b. Yawns while Amil is talking
- c. Tells Brook he does not have to stay for school detention after all
- d. Stops the lesson when Ryan misbehaves

The camp leader is trying to promote good behavior. Which of the following is a negative reinforcer he could use?

- a. Saying, "You don't have to wash the dishes after all."
- b. Hitting a camper on the arm
- c. Saying, "You did a good job out there today."
- d. Making the campers swim in the cold lake

You are trying to teach your cat Cujo to sit. Which of the following is an example of a positive reinforcement that is contingent upon his behavior?

- a. Giving him a treat with every command
- b. Giving him a treat before he sits
- c. Giving him a treat after he sits
- d. Giving him a time out if he doesn't sit

Which of the following is avoidance learning? Matt:

- a. Makes a stupid comment at a party and leaves soon after
- b. Is working on a way to get out of prison soon
- c. Never goes back to the house where he made a stupid comment
- d. Often becomes aggressive when he is frustrated

Whenever June starts yelling at him, Daniel gets in his car and drives away. This is an example of:

- a. Avoidance learning
- b. Punishment
- c. Its rules
- d. Positive reinforcement

You don't want your cat Snickers to jump on the table. Which of the following would the text consider an effective punishment?

- a. Giving her a time out when she jumps on the table
- b. Taking her off the table and distracting her with a treat
- c. Petting her affectionately if she goes near the table but not on it
- d. Always blocking her access to the table

The two types of punishment are:

- a. Escape and avoidance
- b. Losing something pleasant or gaining something unpleasant
- c. Gaining something pleasant or losing something unpleasant
- d. Negative reinforcement and extinction

Roberto finally learns to plan ahead when doing his term papers, thus avoiding the fatigue and frustration he used to feel when he stayed up all night doing them at the last minute. This is an example of:

- a. Positive reinforcement
- b. Negative reinforcement
- c. Punishment
- d. Extinction

Katrina used to get asked to dance a lot, but over the year people have asked her less and less, and now she has stopped going to the club. This is an example of:

- a. Negative reinforcement
- b. Positive reinforcement
- c. Punishment
- d. Extinction

Sometimes when her little boy has a temper tantrum Mrs. Brown ignores him, but sometimes she picks him up and tries to calm him. This will probably:

- a. Reassure the child and lead to the development of self-regulation
- b. Negatively reinforce the boy's behavior
- c. Confuse the boy
- d. Make the boy's behavior harder to extinguish

Nicole spends all her money on gambling. Sometimes she wins, but more often she loses. What could explain her continuing?

- a. Intermittent reinforcement
- b. Positive reinforcement
- c. Adaptation to punishment
- d. Negative reinforcement

Jeb usually stops at the stop sign on the country road even though there is never any traffic there. One time he didn't stop, and got a ticket. We would expect the stop sign would become a(n):

- a. Negative conditioned stimulus
- b. Unconditioned stimulus
- c. Even stronger cue for stopping
- d. Antecedent stimulus

When he was a child, Ferdinand lost control of his bladder at the library. He was very embarrassed. Now that he's grown, he never goes to the library. We might say that:

- a. His interest in the library was punished
- b. The library became a cue for avoidance
- c. The library became a negative reinforcer
- d. He was negatively reinforced at the library

Stimulus control means that:

- a. The person gains control over situations in which she is reinforced
- b. A cue associated with a reinforcer calls up a behavior
- c. Lack of control can lead to avoidance behavior
- d. People attempt to gain control over their stimuli

Avoidance behavior is often resistant to extinction because:

- a. The situation you are avoiding is so incredibly stressful
- b. It leads to stimulus control
- c. It allows you to escape harmful consequences
- d. You don't find out the unpleasant outcome no longer occurs

Which of the following is a respondent behavior?

- a. Matt thinks, "This is fun."

- b. Jessica blinks when the dust hits her eye
- c. Christian stops at the stop sign
- d. Belle is shy

In an experiment, a buzzer sounds and then a puff of air hits the participant's eye, leading to a blink. The buzzer is the

- a. Stimulus control
- b. Conditioned stimulus
- c. Unconditioned stimulus
- d. Higher order stimulus

When she was a child, Bianca had several embarrassing experiences at the local school, and now feels ill at ease when she goes to the school with her children. This is probably an example of:

- a. A school phobia
- b. Intermittent reinforcement
- c. Emotional conditioning
- d. Operant behavior

Anastasia was frightened when she saw a horror movie. Now just seeing the opening credits of that movie makes her nervous. This is an example of:

- a. A movie phobia
- b. Negative reinforcement
- c. Emotional conditioning
- d. Punishment's effects

Chap 5

Which of the following is an example of self-instruction?

- a. Laura thinks, "I wonder if I look good."
- b. Lori says, "It's time to leave."
- c. Bill thinks, "I probably won't make a good impression here."
- d. John says to the driver, "Turn to the right."

To identify beliefs that act as antecedents:

- a. Look for common themes in your examples of the problems
- b. Find examples of self-criticism
- c. Replace negative thoughts with positive ones
- d. Rediscover you childhood

Which type of behaviors is helped the most by avoiding antecedents?

- a. Behaviors that have the least number of antecedents
- b. Behaviors that are self-rewarding
- c. Behaviors that involve other people
- d. Behaviors that have the most severe consequences

A smoker who stays away from other smokers is:

- a. Escaping the problem
- b. Failing to test her/his commitment
- c. Extinguishing reactions to the antecedents
- d. Avoiding antecedents to a problem behavior

In which of the following situations is the person narrowing antecedent stimulus control?

- a. Joe gradually cuts down the number of cigarettes he smokes
- b. Mary counts the number of calories she consumes each day
- c. Judy exercises at the same time every day
- d. George cuts down the range of situations in which he drinks

The best point at which to interrupt a chain of events leading to some unwanted behaviors:

- a. At the end of the chain
- b. In the middle of the chain
- c. At the beginning of the chain
- d. It doesn't matter

One of the most effective ways to top a chain leading to an unwanted behavior is:

- a. To build in pauses
- b. To do it more slowly
- c. To add more links
- d. To tie it to other chains

Which is the best example of a good self-instruction?

- a. I must be more assertive
- b. I will tell him nicely where I want to go tonight
- c. I shouldn't let him treat me that way
- d. Well, relationships are a two-way street

Which of the following will be most effective in reducing Lana's shyness?

- a. Each day at home Lana thinks about ways she can be more interesting to others
- b. Lana remembers to try not to be shy

- c. Lana thinks about focusing on other people before entering a party
- d. Lana says to herself, "Walk up to the person, smile, and ask how they feel about the newspaper headline."

How can you eliminate negative self-instructions?

- a. Replace them with opposite statements
- b. Replace them with incompatible positive statements
- c. Avoid the antecedents to negative statements
- d. Extinguish them by ignoring them

James wants to be able to concentrate while studying. A good technique would be to:

- a. Study where others are already studying
- b. Record his study time
- c. Study in only one place
- d. Both a and c

Stimulus generalization is the process in which:

- a. An antecedent comes to control a behavior that is reinforced in its presence but not in its absence
- b. A previously neutral event comes to control a response by being paired with an unconditioned stimulus
- c. Some stimuli come through reinforcement to dominate over other stimuli
- d. A behavior learned in one situation is performed in other, similar situations

In the precommitment strategy, you:

- a. Arrange in advance to be punished if the unwanted behavior occurs
- b. Arrange in advance to avoid certain situations
- c. Use the two-stage process of pre- and post-reminders
- d. Arrange in advance for reminders and other antecedents to occur

People can help you with you self-modification by:

- a. Performing your unwanted behavior for you
- b. Reminding you of your precommitment
- c. Identifying your beliefs
- d. Narrowing your antecedent control

Cathy was asked out on a date by an acquaintance, but she was nervous so she turned him down. When she got home that night she felt depressed and lonely. She turned on the TV and madder herself a large bowl of ice cream. She blames her overeating on watching TV. This is a classic example of:

- a. Not recording behavior
- b. Not looking early enough in the chain of events

- c. Rating emotions
- d. Avoiding antecedents

One of the techniques in this chapter that best helps people with insomnia is:

- a. Avoiding antecedents
- b. Reperceiving antecedents
- c. Stimulus generalization
- d. Narrowing antecedent control

Which of the following will not help to improve concentration?

- a. Perform the desired behavior in a specific environment
 - b. Practice the desired behavior in similar situations
 - c. Perform the desired behavior in an environment where you do other important things
 - d. Practice the desired behavior whenever you are tempted to perform an undesired one
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Chap 7

Which of the following is a contingent reinforcer?

- a. The mother gives the boy a dollar and asks him to go to the store
- b. Simone forgets to wash the dishes but gets to watch TV anyway
- c. Billie has a temper tantrum, so his father lets him stay up late
- d. Greta doesn't say please, but gets the candy

A contingent reinforcer:

- a. Has little reinforcing effect
- b. Is a negative reinforcer
- c. Has to be delivered by someone else
- d. Is delivered only after a certain response

Avoidance is a problem when trying to discover reinforcers because:

- a. The negative reinforcement precedes the behavior
- b. The negative reinforcer may not occur
- c. The problem is completely avoided
- d. Avoidance learning continues to occur

What is a condition of the Premack principle?

- a. The reinforcer must be desirable
- b. The reinforcer must be similar to the behavior

- c. The reinforcer must be something you might choose to do often
- d. The principle is useful when there are consummatory behaviors

Chamille is trying to begin a self-modification project. What would the text consider a bad choice as a reinforcer?

- a. Eating breakfast
- b. Watching TV
- c. Going to the park
- d. Buying something nice

Which of the following is *false*?

- a. Praise for change is less important than most other reinforcers
- b. Using mediators increases the chance of success
- c. The ideal reinforcer is balanced between too important and too trivial
- d. The Premack principle means that a frequently performed act can reinforce a less frequently performed one

David asked Abby to be his mediator. If they share reinforcers:

- a. His plan has less chance of success
- b. He must be sure she is willing to cooperate
- c. They may inadvertently sabotage the plan
- d. They may injure the relationship

A self-administered reward can be seen as:

- a. Reinforcement
- b. Feedback
- c. Both a and b
- d. Neither a nor b

A group of dieters destroyed a dolla4r bill for each pound they lost but lost more weight than a group who did not. It was argued that:

- a. Self-punishment is the most effective way of losing weight
- b. Such contingencies do not operate as reinforcements usually do
- c. Self-reward is not effective for weight loss
- d. Destroying dollars may not be punishment

Which of the following is true?

- a. Self-punishment is more effective then self-reward
- b. Self-reward is reinforcement, not feedback
- c. The longer reinforcement is delayed, the less effective it is
- d. People already motivated to do something do it even more if they are reinforced for it

Token reinforcers are used when:

- a. Self-reinforcement is not possible

- b. The person cannot perform the target behavior
- c. The reinforcement has symbolic value
- d. Prompt reinforcement is not possible

Verbal self-reinforcement

- a. Is often misleading
- b. Should be done with a mediator
- c. Is unnecessary
- d. Focuses on improved performance

Why isn't self-praise used more often?

- a. Some people think it is absurd
- b. Some people think it is bragging
- c. Some people are habitually self-critical
- d. All of these

People who usually do not self-praise:

- a. Are more realistic
- b. Also use less self-punishment
- c. Are more prone to depression
- d. Tend to use covert techniques

You should only use noncontingent self-reinforcement when

- a. The target has been reached
- b. Your goals are actualized
- c. You are depressed
- d. You reach a plateau

If you want to extinguish an unwanted behavior, you should also:

- a. Punish it
- b. Reinforce an alternative behavior
- c. Shape it
- d. Noncontingently reinforce it

Which of the following is true?

- a. Losing a positive reinforcer is punishing
- b. Punishment teaches new behaviors
- c. Token systems go well with self-punishment
- d. The best punishment is to lose new rewards

Regis intends to avoid situations in which he is tempted to drink too much, until he feels he can cope with them. He should:

- a. Avoid them for several months
- b. Use punishment if he fails to avoid

- c. Reinforce the act of avoidance
- d. Avoid them unless his mediator is with him

In shaping you should:

- a. Reinforce each step along the way
- b. Use imagined reinforcement for the early steps
- c. Use imagined modeling for later steps
- d. Reinforce sparingly until the later steps

Which of the following is suggested in the text?

- a. Avoid rewarding desired behaviors unless they are near goal level
 - b. Exclude self-reinforcement if you are naturally rewarded
 - c. Self-punish old, unwanted behaviors
 - d. Reinforce all new, desired behavior
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