

# Behavior Skill Training in the Classroom

By: Heather Hall

# Session Overview

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# Introductions

- My name is Heather Hall
- Autism Teacher 12 years
- TEACCH
- Working on my BCBA
- Handwriting Without Tears
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# What is Behavior Skill Training?

Behavior Skills Training (BST) is a method for training a skill. BST has been used to effectively train individuals through all age ranges and ability levels. Many varying skills have been successfully taught through the use of BST (Buck, 2014).

# Research

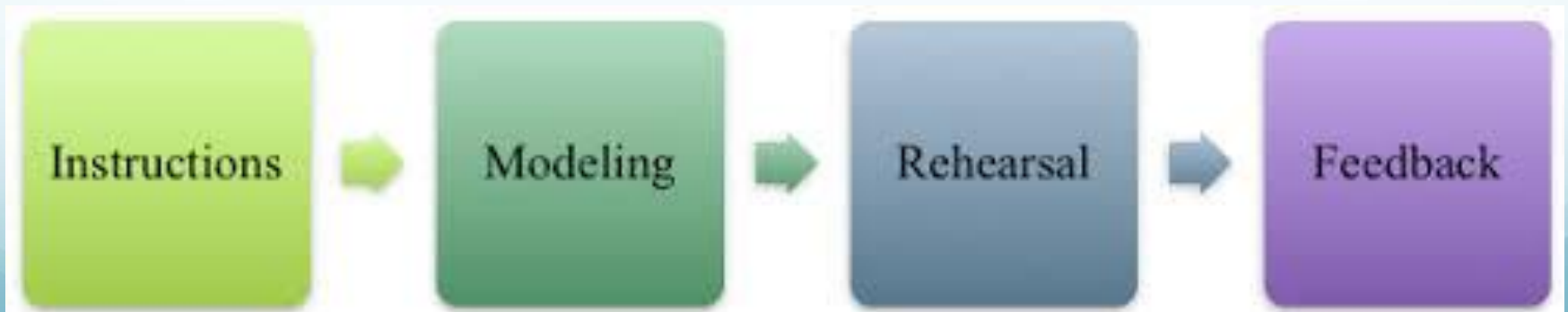
## The Effects of Behavioral Skill Training on Staff Implementation of Discrete-Trial Teaching

Study done on using Three Special Education teachers and 1 three year old child with autism. Each teacher worked with the child using behavior skill training to increase discrete trial teaching. The results showed each teacher increased their discrete trial teaching performance.

# Other Research

- Adults with autism as behavior technicians for young children with autism teaching them through behavior skill training.
- Using behavior skill training to teach kindergarten students lockdown drill procedures.
- Using behavior skill training to teach young children safety skills.
- Behavior skill training used to improve abduction-prevention skills in children with autism

# Behavior Skill Training Strategies



# Instruction

**Instruction** – Provide a description of the skill, its importance or rationale, and when not to use the skill. Repeat this step as necessary. (Fazal, 2015)



Image used is from Google Images



# Modeling

Modeling – Show your participant how to perform the skill.  
Video modeling is recommended (Fazal, 2015).



Image used is from Google Images

# Rehearsal

**Rehearsal** – Practice, practice, and practice! Allow the participant opportunities to practice the skill. Recent research suggests that participants should be able to practice in different situations. The teacher or paraprofessional should record data on correct and incorrect responses during this step (Fazal, 2015)



Image used is from Google Images

# Feedback

**Feedback** – The trainer should provide positive praise for correct responding and some form of corrective feedback for incorrect responses (Fazal, 2015).



Image used is from Google Images

# Behavior Skill Training Visual

## How to Teach a Skill or a Behavior

### Instruct



Teach the skill or behavior to the student. Explain carefully, using age and developmentally appropriate language, with proper pacing. Give examples, use visuals, help the child understand what you mean.

### Model



Show the student the skill or behavior in action. demonstrate exactly what you mean in steps and from start to finish. Then you start and let the child finish or vice versa. Let the student see/experience how it is done.

### Practice



Give the student many opportunities to practice the new skill or behavior with fading support. Remember it can take up to and over 1000 trials for some students to learn a new skill or behavior. Be patient and allow the child all the time and support he or she needs.

### Praise



Praise the child through out this process for the effort he or she is making in the endeavor. Learning is hard work! Be sure to focus both on the progress and also on how much hard work the student is putting into learning. Learning to learn is as important as learning the skill!

## Repeat as needed!

# Behavior Skill Training in the Classroom

What does this look like in a classroom?

- It can be done one-on-one with a student.
- It can be done in a small group.



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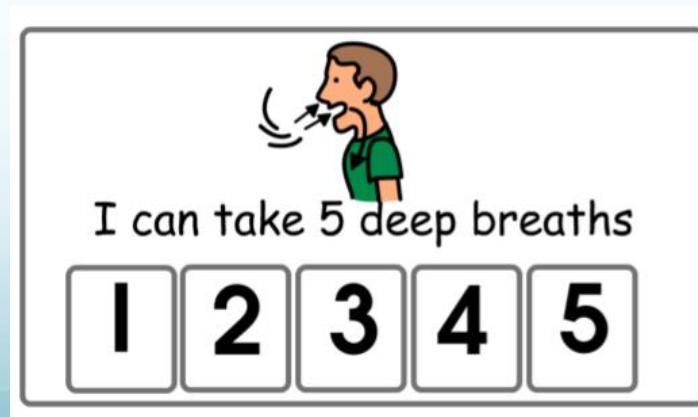
# Social Story/Introduction

Start by reading a social story about the behavior you are trying to change. This will give the students an overview of the behavior that you are going to work on changing. Here you can review the story and work on comprehending what was read.



# Model

This is where you want to reread the story as a review and then go to the page that talks about the new behaviors you want them to work on. You will also use visuals to train the students to ask for a walk, to take a break, get water, and ask for help. They may also need a visual to take a deep breath.



# Rehearsal

Now it is time for the student to practice the new behavior you want them to exhibit. You have modeled the new behavior and are ready for them to practice. They have their visuals with them and they can hand you them to ask for what they need.



Image used is from Google Images



# Feedback

When the student practices the new behavior the right way you want to make sure to praise them. This will boost their self esteem and they will want to continue using the behavior. When you see them using the new behavior you taught throughout the day you are going to want to continue to praise them.



Image used is from Google Images

# Demonstration

# Practice

With a partner come up with a simple behavior you want to change.  
Then one act as the teacher will use the four strategies to teach the student  
the new behavior  
Then switch roles.

Questions?

# References

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