

Instructions for Lesson 3 Study Plan

Choose a type of conditioning, classical or operant, to guide the structure of your study session. Follow the specific directions for your chosen method of presentation of your study plan.

Study Plan Template

1. Download the Study Plan Template PDF from the workshop site.
2. Answer the questions to help you brainstorm what your study session will look like.
3. Fill out the study plan table with the duration of the activities and the materials necessary for each activity. Don't forget to schedule breaks and integrate your conditioning technique into your table!
4. Complete the reflection paragraph on the PDF.
5. Download and submit the completed PDF in the [Study Plan Submission Form](#).

Presentation

1. Complete a 10 - 15 slide presentation that covers the following material regarding your study session.
 1. The subject or topic you will focus on during your study session
 2. The goal or learning outcome of your session and how you will measure that you have reached it
 3. The length of your session and why (consider attention span and material difficulty)
 4. How you will break the session into smaller chunks
 - a. What specific activities will be in each chunk
 - b. What specific materials you need for each chunk
 5. The frequency you will take breaks
 6. If you chose classical conditioning:
 - a. What emotional response you want to associate with studying and what you will use to trigger that feeling for you
 - b. How this will help you feel more motivated or focused during studying

7. If you chose operant conditioning:
 - a. Whether you will use positive or negative reinforcement and why
 - b. What you will use, how often you will use it, and why might this help you stay motivated or focused during studying
8. The environment you will be studying in and why
9. What distractions you will remove from your environment
10. Why your chosen technique is more effective for you
11. How your chosen strategies and tools reflect behaviourism
12. How your study session could be adjusted to accommodate different or more complex subjects

2. Download your presentation as a PDF and submit the PDF in the [Study Plan Submission Form](#).