

Study Plan Template

First, choose which conditioning technique felt more appealing to you, classical conditioning or operant conditioning.

Chosen conditioning technique: _____

Use the following questions to guide the rationale behind your study plan.

Create the goal for your study session.

1. What subject or topic will you focus on during this study session?
2. What specific learning outcome do you want to achieve by the end of the session?
3. How will you know you've successfully learned the material?

Build the structure of the study session.

1. How long will your study session be? (consider attention span and material difficulty)
2. Will you break it into smaller chunks? If so, how long will each chunk be?
3. When, and how often, will you take breaks?
4. What specific activities will you do during the session? (reading, practice problems, flashcards, etc.)
5. What materials do you need to have ready before you begin?

Answer one of the following sets of questions based on your chosen conditioning technique.

1. Classical:

1. What positive emotional response do you want to associate with your study material?
2. Identify something that makes you feel that way.
3. How will pairing this object help yourself feel more motivated or focused when studying?

2. Operant:

1. Do you work better with positive or negative reinforcement?
2. If positive reinforcement, what will you give yourself for completing study tasks?
How often will you reward yourself?
3. If negative reinforcement, what might help you complete your study tasks? What will you use to discourage off-task behavior?

Identify which environment you will be studying in.

1. Where will you study? Why is this location helpful for your learning?
2. How, and what, distractions will you remove from your environment?

Reflect on why your chosen conditioning technique is more effective for you, how your chosen strategies and tools reflect behaviourism, and finally, identify how you could adjust this study session to accommodate different or more complex subjects? (200 words)