



Behavior Webinars
Behaviorwebinars@gmail.com

General Information

Instructor: Dr. Jaime Flowers, Ph.D, BCBA, NCSP

Title: Self Management: Behavior Self Change Project

CEs: 3 Learning CEUs in the area of ethics

Location: Online

This course will cover how you can engage in self behavior change using ABA techniques. It will cover the steps for an individual to change a behavior in his or her life. Examples of this are: eating more vegetables, exercising more or drinking more water. The course will cover defining your behavior, baselining your behavior, creating a plan, taking data and maintenance. *After completion of this course you will be awarded 3 CEUs in the area of ethics.*

Learning Objectives

1. Learn how to plan and baseline a behavior self-change.
2. Learn how to create a goal and plan an intervention for behavior self-change.
3. Learn how to collect data and graph your data.
4. Learn how to incorporate a maintenance plan and reflect on the experience.

Course Assignments, activities, and technology

- 5 Videos
- 1 Reading Assignments
- 6 Discussion Boards
- 1 Resource review
- 1 Assignment
- Final Exam

Evaluation and Assessment

Participants must score 80% or better on all quizzes and exams. Participant also must turn in all assignments and respond to all discussion boards. Participants will have multiple opportunities to complete these activities if the first attempt is not satisfactory.

References

- Bandura, A., Adams, N.E. Analysis of self-efficacy theory of behavioral change. *Cogn Ther Res* **1**, 287–310 (1977). <https://doi.org/10.1007/BF016639954>
- Bess H. Marcus, Vanessa C. Selby, Raymond S. Niaura & Joseph S. Rossi (1992) Self-Efficacy and the Stages of Exercise Behavior Change, *Research Quarterly for Exercise and Sport*, 63:1, 60-66, DOI: [10.1080/02701367.1992.10607557](https://doi.org/10.1080/02701367.1992.10607557)
- DiClemente, C. C. & Prochaska, J. O. (2002) Self-change and therapy change of smoking behavior: A comparison of processes of change in cessation and maintenance. *Addictive Behaviors*, 7(2).



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Strecher, V. J., McEvoy DeVellis, B., Becker, M. H., & Rosenstock, I. M. (1986). The Role of Self-Efficacy in Achieving Health Behavior Change. *Health Education Quarterly*, 13(1), 73–92. <https://doi.org/10.1177/109019818601300108>