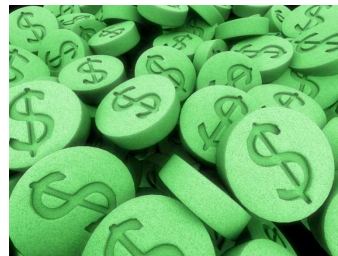


Brief Overview of Self-Management & Token Economies

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Token Economies

- A system of individual reinforcement of target behaviors in which tokens are administered and exchanged later for backup reinforcers.
- Procedure
 1. Pinpoint target behavior.
 2. Build the token economy.
 3. Implement the program.



Pinpoint Target Behaviors

- Operationalize behaviors
 - Make sure they are specific, observable, and measurable
 - Helps the child concretely know what they are earning points for



Build the token economy

- Select tokens
 - Decide what type of tokens you want to use
 - Easy to dispense, difficult to counterfeit, and safe to use
- Select reinforcers
- Set token values
 - Number of tokens that can be earned for exhibiting target behavior
 - Different amount of tokens for different levels of behavior
- Set reinforcer cost
 - How many points to exchange for reinforcer
- Create a record keeping system
- Decide when the child will exchange tokens for reinforcer

Implement the program

- Explain the program to the child
 - Identify when & where
 - Post the rules
 - Model behaviors/role-play
- Award tokens with praise
- Start with continuous schedule of reinforcement, fade to intermittent schedule
- Make needed adjustments to maintain child's interest & motivation

Self-Management

1. Identify self-management strategy
 - a. Materials
 - b. Length
 - c. Reinforcement
2. Identify skill
3. Teach what skill is and *is not*
4. Teach how to self-manage



Sample Self-Management Sheet



= 10 minutes
videogame time