



REINFORCING LOWER RATE OF HELP REQUESTS: INCREASE STUDENT INDEPENDENCE.

When a student too frequently seeks teacher help and reassurance, one strategy to fix the problem is to reinforce lower rates of help-seeking:

(1) **TRAIN THE STUDENT IN SELF-HELP STRATEGIES.** The teacher meets with the student to generate a checklist of appropriate self-help skills (e.g., consult a glossary or dictionary, ask a peer) that should be attempted before seeking teacher help.

(2) **SELECT A MAXIMUM LIMIT FOR HELP REQUESTS.** The teacher decides on a reasonable upper limit of times that the student can request help during a given period. For example, a teacher may decide that, during a 20-minute independent seatwork period, the student should require no more than 3 opportunities to seek teacher help.

(3) **CREATE A REQUEST-MONITORING CARD.** The teacher makes a daily monitoring index-card to be placed on the student's desk. The card contains a series of check-off boxes equivalent to the acceptable maximum of help requests--plus an 'extra' box. For example, if 3 is the maximum for allowable help requests during a period, the card contains 4 check-off boxes.

(4) **IMPLEMENT THE INTERVENTION.** The teacher shows the monitoring card to the student, presents the maximum number of times the student can request teacher assistance during the defined academic period, and explains that each time the student requests assistance, the teacher will check off one of the boxes on the monitoring card.

If the student requests help beyond the pre-defined upper limit, the teacher checks off the 'extra' box on the card--but does not offer assistance. For each period in which the 'extra' box remains unchecked (i.e., the student did not exceed the limit for teacher help), the student earns a point that can be banked and later applied to earn privileges or prizes.

Austin, J. L., & Bevan, D. (2011). Using differential reinforcement of low rates to reduce children's requests for teacher attention. *Journal of Applied Behavior Analysis*, 44, 451-461.

Help Card for: _____ Date: _____

Help 1

Help 2

Help 3



Bonus Box

If the bonus box is unchecked at the end of the period, the student will earn ___ points.

Help Card for: _____ Date: _____

Help 1

Help 2

Help 3



Bonus Box

If the bonus box is unchecked at the end of the period, the student will earn ___ points.

Help Card for: _____ Date: _____

Help 1

Help 2

Help 3



Bonus Box

If the bonus box is unchecked at the end of the period, the student will earn ___ points.

Help Card for: _____ Date: _____

Help 1

Help 2

Help 3



Bonus Box

If the bonus box is unchecked at the end of the period, the student will earn ___ points.