Operant Conditioning Practice Exercise
In each scenario below, identify the behavior learned and the reward/punishment. Also, identify if it is an example of positive reinforcement, negative reinforcement, punishment, or extinction.

1. Ruby has learned that if she leaves early for work, she can avoid heavy traffic.
   Behavior: Leaving early for work
   Reward: Avoiding heavy traffic
   This is **negative reinforcement** because the behavior (leaving early for work) increases as something negative (heavy traffic) is being taken away.

2. It rains a lot where Jack lives and he always gets wet in the mornings. He’s learned to keep an umbrella in the car so he can avoid getting wet when walking from the car into his office building.
   Behavior: Bringing an umbrella
   Reward: Not getting wet
   This is **negative reinforcement** because the behavior (bringing an umbrella) increases as negative something (getting wet) is being taken away.

3. Jerome’s dog used to do a lot of tricks because he’d get treats every time he performed. But Jerome never gives him treats anymore so he stopped.
   Behavior: Doing tricks
   Reward: Treats
   This is **extinction** because the behavior (doing tricks) stopped as the reward (treats) stopped being given.

4. Lynus praises his little brother by telling him what a great job he’s done each time he takes the trash out. Now, his little brother takes the trash out each night without being asked.
   Behavior: Taking trash out
   Reward: Praise
   This is **positive reinforcement** because the behavior (taking out the trash) increases as something positive (praise) is given.

5. Xavier spanks his dog every time he pees in the house. So his dog tries not to pee in the house.
   Behavior: Peeing in the house
   Punishment: Spanking
   This is **punishment** because the behavior (peeing in the house) increases as something negative (spanking) happens.

6. Playing video games is relaxing for Joshua. He has a stressful job, so he plays video games a lot in the evenings.
   Behavior: Playing video games
   Reward: Relaxation after a stressful day
   This is **positive reinforcement** because the behavior (playing video games) increases as something positive (relaxation) is given.

7. When Kasha plays her music too loud in her room, she gets grounded. So she tries to keep the volume down.
   Behavior: Playing her music loudly
   Punishment: Grounding
   This is **punishment** because the behavior (playing music loudly) decreases as something negative (grounding) happens.

8. Will’s grandmother used to give him $20 each time he mowed her lawn. But lately, she hasn’t offered him any money so he’s stopped going over there on Saturday mornings to mow her lawn.
   Behavior: Mowing the lawn
   Reward: $20
9. Portia drives very carefully because she has gotten several traffic tickets in the past.
   Behavior: Driving recklessly
   Punishment: Traffic tickets
   This is punishment because the behavior (driving recklessly) decreases as something negative (traffic tickets) happens.

10. Reagan’s dad gives her a dollar for every A she gets on her report card.
    Behavior: Getting As
    Reward: Dollar
    This is positive reinforcement because the behavior (getting As) increases as something positive (dollar) is given.

11. Molly knows that, on the weekends, she doesn’t have to get to bed at her regular bed time if she does all of her chores.
    Behavior: Doing chores
    Reward: Not going to bed at bed time
    This is negative reinforcement because the behavior (doing chores) increases as something negative (bed time) is being taken away.

12. Every time Kyle kicks his big brother, he gets yelled at by his dad. So Kyle doesn’t kick his brother anymore.
    Behavior: Kicking his brother
    Punishment: Yelling
    This is punishment because the behavior (kicking) increases as something negative (yelling) happens.

13. Quinn always cleans up after dinner because his mom lectures him if he forgets.
    Behavior: Cleaning up after dinner
    Punishment: Lecture
    This is punishment because the behavior (cleaning) increases as something negative (lecture) happens.

14. Laney used to love watching *I Love Lucy* reruns because they made her laugh, but lately she hasn’t found them very funny. So she doesn’t watch them anymore.
    Behavior: Watching *I Love Lucy* reruns
    Reward: laughter
    This is extinction because the behavior (watching *I Love Lucy* reruns) stopped as the reward (laughter) stopped being given.

15. If Elliott behaves during the photo shoot, his mom will let him take off the itchy sweater afterward.
    Behavior: Behaving
    Reward: Taking off itchy sweater
    This is negative reinforcement because the behavior (behaving) increases as something negative (itchy sweater) is being taken away.