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Behavioral Modification

### Teaching Reflection

In this paper I will describe my first teaching experience at higher education. First, I will talk about what I did to prepare and plan for my class. Then, I will describe the difficulties that I faced and what I did well during that time. Finally, I will explain what I need to do in the future in order to improve my teaching.

Before I decided to teach an undergraduate class, I was thinking about what class I will teach and if I should teach one class or more than one class in my first semester. Then, I decided to teach only one class and the class that I liked and had good knowledge and sources about it. So, I determined to teach Behavior Modification. I chose this class because I did some research in this area and I have an interest in learning more about it. Also, I have some books, articles, etc. so that I can prepare myself well to teach it.

I devoted some time to read more about the topic before the beginning of that semester. Also, I thought about my experience in school and how I would connect this experience with the information I would teach in this class. I wrote some successful techniques that I used to change or adapt some behaviors for my students with disabilities. Also, I talked with the professor who was teaching the class about his experience in teaching this class and what he usually did to teach the class effectively.

After I did all these preparations and planning, I thought that I was ready to teach the class. But, when I started teaching this class, I recognized that preparing and planning for my class was just the first step. Although I read a lot of information about the topic before teaching this class, sometimes my students might have asked me some questions that I could not answer

immediately. Therefore, I needed to read more and more and more about the topic in order to be able to answer my students' questions.

However, teaching this class helped me to improve my knowledge about this topic. Also, it gave me the opportunity to see the differences between teaching students with disabilities and teaching teachers who will teach the students with disabilities. My students' questions and curiosity led me to read more about this topic and to think about how I can help them to apply what they learned in my class. I did not only teach them. Instead, we taught each other and we shared our experience and knowledge about behavioral managements.

Overall I think I did well in my first college teaching experience. I always tried to give my students real examples from schools. For instance, when I was talking about positive reinforcements, I told my students what I did when I was a teacher. I told them that I would praise my students immediately and tell them what they exactly did to deserve the reinforcements. "Think you, Mike for listening to my instructions"

Sometimes, my students would be given opportunity to act what they would do to reinforce their students. For example, one student acted as a teacher and the others acted as students. The student then tried to use positive reinforcements with the other students. After that, the students and I provided him feedback on what he did correctly and what he needs to do in the future in order to use the positive reinforcements effectively.

In future, I will try to teach my students about evidence-based practices that have been used with students with behavioral problems. They will be given some journal articles and they will first summarize it and then they will explain how they will use it in their classroom. They will choose a student with behavioral problems and they will write and implement a behavioral plan for him. After that, we will have a group discussion to talk about their real experience and

what they have learned from this project. This experience will give my students the opportunity to read some articles about evidence-based practices and try to implement it. So, they will have the opportunity to see how evidence-based practices could be implemented in the classroom. In addition, we will watch some videos about behavioral interventions for students with disabilities. For instance, we would see a movie about some students with behavioral problems. Then, we would discuss what we should do to change their behaviors. Next, we will watch what experts have suggested to deal with these students. As a result, my students will have the opportunity to see if they should do something different or they exactly mentioned what the experts said about dealing with these students.