## Operant Conditioning Examples

Positive reinforcement:

1. Studying hard brings you better grades. Getting a good grade is a reinforce that makes you more likely to study hard the next time so you’ll get another good grade.
2. Getting paid for keeping your room clean.
3. Getting out of school and getting lots of attention when you’re sick. Might increase the probability that you “get sick” more often.
4. Being a bully and getting what you want out of others on the playground—increases the chance that you’ll keep up the bullying behavior.

Negative reinforcement:

1. Putting on your seatbelt to get rid of the annoying beeping in your car.
2. Going to the doctor for a shot of antibiotics when you’re really sick.
3. Cleaning your room so your roommate will stop yelling at you.
4. OCD behavior: Checking to make sure the stove is off 50 times helps relieve your anxiety.

Positive punishment:

1. Having a sore arm after a flu shot may decrease the probability that you get a shot again in the future.
2. Getting a spanking.
3. Shock collar on a dog
4. Getting school detention.

Negative punishment:

1. Having your toy gun taken away after you point it at someone.
2. Losing your TV or curfew privileges.
3. Goofing off for a semester and seeing your GPA plummet
4. Being careless with money and losing it

### Schedules of Reinforcement Examples

Fixed ratio:

1. Getting paid after every 5 magazines sold
2. Frequent flyer miles—free trip after flying a certain number of miles

Fixed interval:

1. Weight Watcher weigh-in on Saturdays (People typically binge on Saturdays)
2. Getting paid every week
3. Tests every other Friday

Variable ratio:

1. Gambling
2. Working hard as executives to get promoted

Variable interval:

1. Fishing
2. Star gazing to see if you can see a falling star
3. Pop quizzes