

## **People Are Part of the Environment: Building Self-Regulation and Self-Management Skills for Behavior Change**

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### **Session Description:**

Behavior is defined as the portion of an organism's interaction with its environment that involves movement of some part of the organism (Cooper, Heron, & Heyward, 2020). This definition notes that behavior occurs as a result of the environment in which the learner is in. Environment within the school setting is typically focused on the setting itself, however, the people within each setting are also considered part of the environment. Because of this it is not only important to determine what behaviors need to change for the learner, but also for those within the environment.

Self-management is an evidence-based practice used to promote replacement skills and other behaviors within the school setting. It can be used in a variety of ways to support learners, but can also be used to help educators determine how they can better respond to learners.

This presentation will review how people within the environment can affect behavior. It will identify skills to help promote self-reflection for individuals supporting learners and strategies to engage in behavior change of the educators. Additionally, the training will introduce ways in which the learner themselves can engage in reflection and self-management to promote use of replacement behaviors and other school expectant behaviors.

### **Learning Objectives:**

1. Participants will review the definition of behavior and how the environment impacts behavior.
2. Participants will engage in reflection and identify areas of growth of their responses to behaviors of concern.
3. Participants will identify at least one strategy they can use to engage in self-management in supporting behaviors of concern.
4. Participants will identify at least two strategies to support learners in utilizing self-management to increase replacement behaviors.

**Kayla Lopez** is a Board Certified Behavior Analyst (BCBA) located in Albuquerque, New Mexico where she currently works as an Educational Consultant and BCBA for University of New Mexico's Center for Development and Disability. She earned her Master's degree in Special Education from the University of New Mexico in 2017 and completed a graduate certificate in Applied Behavior Analysis (ABA) in 2019 also from the University of New Mexico. Kayla previously taught Special Education in both Albuquerque and Rio Rancho. After becoming board certified, she worked for a local ABA agency where she supported clients and families in the home and community setting. Kayla enjoys using her experiences in the school and home setting to support educators and other stakeholders around the state.