

## Increasing Compliance

- State your request with a polite command not a question format. Use “Please start your work.” NOT “Isn’t it time you started to do your work?”
- Get close to the student, about 3 feet.
- Use a quiet voice, do not yell.
- It is most effective to give requests only twice instead of nagging by asking of request several times.
- Give one request at a time, not multiple requests. (I.e., “Please sit down, stop talking, give me your homework, and turn your books to page 32.”)
- Use eye contact.
- Allow five to ten seconds pass before giving the request again.
- Describe the behavior you want.
- Make requests to start desired behavior not requests to stop undesired behavior.”Please line up quietly.” Not “Please stop talking in line.”
- Make requests using the word DO and not the word DON’T
- Deliver your request calmly.
- Acknowledge the behavior once the student exhibits it
- Use **Alpha Commands** when responding to problem behavior
  - **Alpha Commands:** minimal number of words, clear, concrete, specific, and give a reasonable amount of time for correct behavior to occur
  - Beta Commands: wordy, vague, convey feelings of anger and frustration, and contain many sets or steps of the directions
  - *“Pick up your chair, sit down, and draw a picture of your favorite animal”*
  - instead of
  - “How many times have I told you not to get up out of your seat? Don’t you know how to act in this class? I’m getting tired of telling you what to do a hundred times. Now, get to work.”

