



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular  
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### Clinic Summary Notes

**Clinic Topic: Decoding Behavior for Optimal Learning Environments** Beth Fox  
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- Remember Maslow! Check to see if any behavior matches needs from this hierarchy. See page 29 in Teaching Children Snowsports at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
- ABC's of Behavior Management
  - Antecedents: events that immediately precede behaviors
  - Behavior: an action resulting from an antecedent that communicates the existence of a need or desire usually for access, escape, attention, stimulation
  - Consequences: conditions that follow a behavior and usually include positive reinforcement - give desired experience/item to increase desired behavior (sensory, social, activity, choice, tokens), negative reinforcement - take away/remove a disliked experience/item to increase desired behavior and punishment - time out, remove desire experience/object to decrease unwanted behavior
- Build up your own toolbox or use some strategies listed below to direct behavior.

