

Capture It: Default Stand

Exercise 3.1

Welcome to your first training activity! This exercise will help you develop the skill of capturing an offered, natural behavior: a stand in front of you. The stand behavior will serve as a default station behavior and will be the foundation upon which you will build and establish stimulus control of future behaviors. A station behavior is fundamental to training and a great starting point for upcoming training endeavors.

Video requirement

Regional KPA students: Please send a brief (30 second to 1 minute) video to your faculty instructor as soon as possible and *at least one week before your first workshop*.

National / World KPA students: The default stand is the first behavior on your list of required video submissions. To take full advantage of your faculty instructor's feedback, send this video as soon as possible *and at least one week before the due date for Unit 1 submissions*.

Learning Goals

You will focus on developing these key skills from Lesson 3:

- How to prepare / arrange the training environment
- How to structure your session: short, timed intervals with clear start and end points
- How to plan your training steps
 - which starting position will make the goal behavior likely to occur?
 - which specific behavior will you click / treat?
 - what is your strategy for treat placement and delivery (give, toss, drop)?
- How to observe, mark, and reinforce offered behavior
- How to track progress through data collection and review

You'll need

Dog (clicker-savvy)
Clicker and treats
Phone or camera to record video
Stopwatch or timer
Rate of Reinforcement Worksheet (at least 2 copies)

Prepare for your session

- Place your dog in his crate while you prepare for your session. For the purposes of this course, you'll use your crate as your dog's rest station before and after short training sessions. You'll use your crate in this manner during the in-person workshop(s) as well.
- Reduce potential for distraction by closing doors or crating other animals.
- Ensure you have clicker, treats, video camera and any other essential items in place.
- Prepare and pre-count 20-30 soft, pea-sized treats. Place them in your treat bag. A specific number of available treats in your bag will help you determine rate of reinforcement based on session length and number of treats received.
- Set up a timer to keep each training session within 30s to 1-minute time interval.

Structure your session

Here's a sample structure for you to use in this course.

1. **Bring to starting position.** Guide your dog from his crate into a starting position in front of you. Deliver a treat to the ground or directly to your dog's mouth.
2. **Train.** One session of 30s to 1 minute.
3. **Break.** Celebrate with a few treats and / or any interaction your pup enjoys! *Ending a training session abruptly can inadvertently punish a dog. Be mindful of this and end each session with a fun and engaging interaction with your dog.*
4. **Return to crate.** Guide your dog back to his crate and provide some treats. Now you can review your video and plan the next session.

Plan your training steps

What is the specific behavioral criterion you'll click/ treat?

- In the early stage of training, your dog only needs to stand in front of you – he does **not** need to look at you, focus on you, or any other criteria right now.

Is there a starting position that will make it easy for your dog to offer the behavior?

- If you start the session with your dog already in a stand position, you'll be able to click / treat right away!
- How will you bring your dog into the stand position? You can use a treat to guide your dog into a standing position in front of you, pop that treat into his mouth or put it on the ground. When he swallows the treat, he's likely to look up at you (and still be standing). Capture this stand with a click/treat!

Where will you deliver the treat?

- To mouth: delivery right to your dog's mouth in the first few trials may facilitate him continuing to stand in front of you.
- To ground (or plate, bowl): If your dog has a strong reinforcement history for sitting or offering another behavior, treat delivery to the ground may be a better bet to encourage the desired stand behavior.

Prepare to track progress

Familiarize yourself with these worksheets and the data collection chart below:

- a. Rate of Reinforcement Worksheet: Sample and Instructions
- b. Rate of Reinforcement Worksheet (blank)

____ seconds ____ treats
Date: Goal for the session: Criteria for the session: Did dog meet criteria: Things that I did well: Things that went well for my dog: Plan for my next session:

It's training time!

We've provided an initial training plan for you (below) and inserted it into the overall structure of your session.

Start your camera and timer for your first 30s to 1-minute session.

1. Bring to starting position (a stand in front of you). Deliver a treat to the ground.
2. Train for 30s to 1-minute
 - **Click / treat for stand.** After he eats that first treat from the ground, he's likely to still be in a stand. Click the stand. Deliver treat to the ground.
 - **Repeat for duration of 30s to 1-minute session.** Is your dog still standing there after he eats a treat? Click / treat again.
3. Break
4. Return to crate

Great job! Now it's time to review your video and record the data from your session.

Track progress: data review

Review your video to gather your data. Fill out the chart below. You'll use this information to plan your next session.

___seconds ___treats
Date: Goal for the session: Criteria for the session: Did dog meet criteria: Things that I did well: Things that went well for my dog: Plan for my next session:

Record the number of C/Ts and session duration on the Rate of Reinforcement Worksheet and include a brief description of the behavioral criterion you are clicking (e.g. "8" C/Ts, "1" minute, note "4 feet on ground" or "body straight" or "glanced at my face" or "looked at my eyes"). Note anything important.

Plan your next session

Now you can think about what worked well in that session and what you may like to adjust for your next session. If you noticed your dog offered a sit several times within the session, you may wish to adjust your treat placement. In the next few sessions, you'll likely want to stick with your current criterion (standing in front of you). Use your rate of reinforcement worksheet to help you determine when your dog is successful with the current criterion. Stick at this current criterion until your dog reliably offers a stationary stand in front of you after each click/treat.

It's training time!

Conduct 2 additional 30s to 1-minute training sessions with breaks in between.

Track progress: data review

Review your videos and track progress in the chart below for each session. Record the number of C/Ts and session duration on the Rate of Reinforcement Worksheet

___ seconds ___ treats
Date: Goal for the session: Criteria for the session: Did dog meet criteria: Things that I did well: Things that went well for my dog: Plan for my next session:

1. Review the numbers recorded on the Rate of Reinforcement Worksheet for your first three sessions.
2. Calculate the rate of reinforcement for each session as the number of C/Ts divided by the duration in minutes.
3. Plot the rate of reinforcement for each session on the worksheet graph. To find the appropriate box to mark for a session: identify the session number along the bottom edge ("Session") of the graph; identify the number of C/T's per minute along the left edge ("Rate of Reinforcement") of the graph; mark the box where the "Session" column and "Rate of Reinforcement" row intersect.

- Prediction: Before doing any more training sessions, make a prediction based on your graphs. If your dog is becoming aware of what you are clicking for, would you expect the number of C/Ts to increase from the last session, stay the same, or decrease?

It's training Time!

Conduct 3 additional 30s to 1-minute training sessions with breaks in between.

Track Progress: Data Review

Review your video and track progress in the chart below for each session.

___ seconds ___ treats
Date: Goal for the session: Criteria for the session: Did dog meet criteria: Things that I did well: Things that went well for my dog: Plan for my next session:

- Review, calculate and plot the rate of reinforcement on the worksheet for the second series of sessions.
- Compare the results with your prediction. Did the rate of reinforcement increase, stay the same or decrease?
- What is your conclusion? Is your dog learning what behavior is making you click? How can you tell?

Congratulations! You're ready to submit a video to your instructor. You're well on your way to a captured station behavior that will prove very useful to you throughout this course! To continue your progress, read the document Default Stand: Future Sessions.