

Precision Teaching is added to current procedures in order to make therapy more efficient.

Ogden Lindsley stated that some teachers fear Precision Teaching. They are afraid that, if they try this new thing, they will have to temporarily put aside or abandon their trusted teaching skills. Precision Teaching simply adds more sensitive measurement to present teaching, making teachers more economical, more effective, more enjoyable and more loving. I agree 100%.

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### CHARTING: THE QUICK PICKER UPPER

Lynne R. Conser  
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In January of 1981 I moved from the college dorm to home for the first time in 3 years and noticed I felt very depressed. At this same time I was struggling with bitterness from a serious relationship break-up and the implications of various images\* and visions\* I had experienced.

While back on the Wayne State College campus I discussed my problem with Dr. Bob Bower, and he suggested that I use this as a basis for my personal management project for his Ed. Psych. class. He suggested that I count my positive and negative thoughts and feelings as Abigail Calkin had done.

I began. I used a wrist counter and counted my positive and negative thoughts and feelings each day. I began counting the first thing in the morning and quit at the end of the day. Examples of the thoughts and feelings I counted as positive are: "I did a good job"; "That looks nice"; "That was a creative, unique idea"; "That snowflake has an interesting shape"; "The sunset is pretty"; "Johnny did a nice job on his assignment"; "I look nice today"; "I handled that situation well"; "I can accept and am glad we broke up"; "I'm not 'crazy', I have a special talent"; and "I have so much to learn. I'm excited." Examples of the thoughts and feelings I counted as negative are: "I feel fat"; "I can't do a thing with my hair (face)"; "I (we) really goofed up"; "I'm strange or weird"; "No one understands or accepts me"; "Another fine mess you've gotten us into"; "What

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\* Image: a. "The memory of a perception in psychology that is modified by subsequent experience and that contains both intellectual and emotional elements elicited by intrapsychic and extrapsychic stimuli." b. "to call up a mental picture."

\* Vision: a. "Something seen otherwise than by ordinary sight; an imaginary, supernatural, or prophetic sight beheld in sleep or ecstasy." b. "A visual image without corporal presence: a manifestation to the senses of something immaterial (as a spiritual being or state)." c. "The act or power of perceiving mental images." d. "Direct mystical awareness of the supernatural usu. in visible form."

an ugly day"; "What a cluttered mess"; "He copped out on me"; "I'll never find another"; "I miss him"; "I feel guilty"; bad vibes; and negative comments to me, about myself or others.

Important events which occurred during the 1 1/2 months were recorded. Because of my visions and imaging it was suggested by various professionals that I get myself checked out physically. Pre-tests were made and an appointment set. I was then referred to a psychiatrist to check on the nature of the phenomenon. I was questioned and given a psychological exam, and then given an E.E.G. to rule out the possibility of a form of epilepsy. (Everything came back fine; I'm "normal"! ) I was also student teaching and coaching a 6th grade girls' volleyball team in preparation for a district tournament. These dates--the doctors' appointments, tournament, and other events--are labeled on Chart 1.

My negatives and positives did as I had hoped they would: the positives went up and the negatives crossed over and went down. Of particular interest is the cross-over point. It immediately followed the clear physical bill of health on 2-19-81. The clear mental bill of health was given on 3-9-81. It did not show significant effects on the slopes of the lines. My positives and negatives are independent. This can be seen in the co-bounce and counter-bounce of the thoughts and feelings.

Counting and attending to my inner behavior seemed to help. I was happier with myself and no longer felt depressed. Chart 1 tends to show the same thing. I plan to continue this study and adapt it to my adjustment to new surroundings in Topeka, Kansas. I will be counting positives and negatives and a new feeling--self acceptance. And yes, visions and images will still have a role. Abigail Calkin and I plan on counting and studying them.

#### REFERENCE

Definitions taken from Websters Third New International Dictionary Unabridged. G. & C. Merriam Company, Springfield, Mass., 1968.

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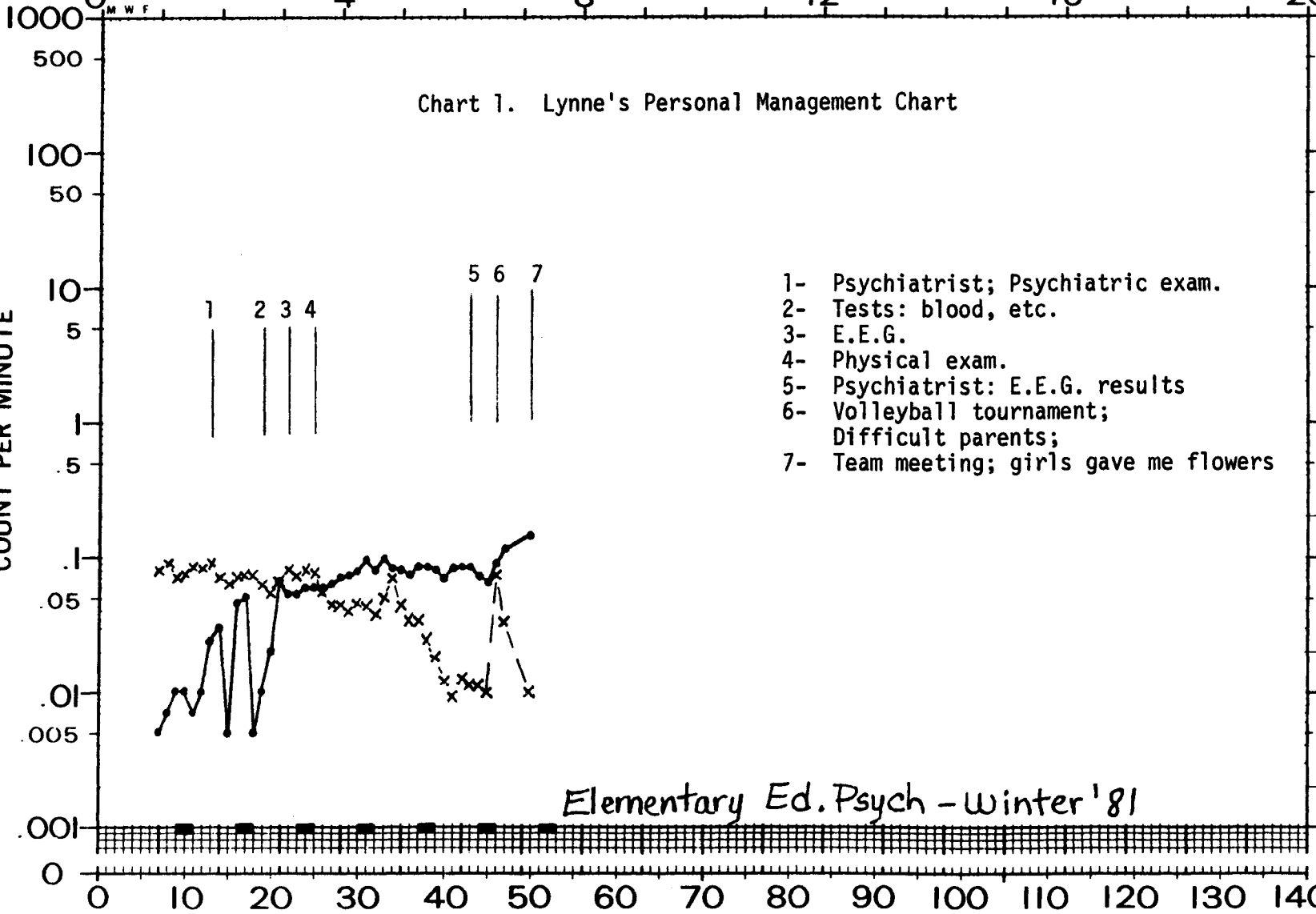


Chart 1. Lynne's Personal Management Chart

- 1- Psychiatrist; Psychiatric exam.
- 2- Tests: blood, etc.
- 3- E.E.G.
- 4- Physical exam.
- 5- Psychiatrist: E.E.G. results
- 6- Volleyball tournament; Difficult parents;
- 7- Team meeting; girls gave me flowers

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Conser, Lynne. Charting: the quicker picker upper. *Journal of Precision Teaching*, Volume 11, Number 3, Fall, 1981.

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Bower

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SUCCESSIVE CALENDAR DAYS

COUNTER

Lynne Conser 21

Lynne Conser  
 CHARTER

positive & negative  
 thoughts and feelings