# SHAPING (PSYCHOLOGY)

## DEFINITION

Shaping is a technique that involves rewarding successive approximations to a target behavior.

When the person or animal exhibits a behavior that is similar to the target behavior, it is rewarded. This process is repeated as the behavior exhibited gets closer and closer to the target.

### EXAMPLE

**Teaching Children Positive** Habits: We use shaping when we teach a child habits like washing their hands or putting away toys. Generally, a parent will reward them with stickers for completing small tasks. Over time, they will learn instinctively to do the task without receiving the reward.

## **Shaping Up**

**Victor M. Corman** 

Shaping Up:			

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#### **Table of Contents Shaping Up**

- 1. Understanding the eBook Shaping Up
  - The Rise of Digital Reading Shaping Up
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Shaping Up
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Shaping Up
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Shaping Up
  - Personalized Recommendations
  - Shaping Up User Reviews and Ratings
  - Shaping Up and Bestseller Lists
- 5. Accessing Shaping Up Free and Paid eBooks
  - Shaping Up Public Domain eBooks
  - Shaping Up eBook Subscription Services
  - Shaping Up Budget-Friendly Options
- 6. Navigating Shaping Up eBook Formats

- ePub, PDF, MOBI, and More
- Shaping Up Compatibility with Devices
- Shaping Up Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Shaping Up
  - Highlighting and Note-Taking Shaping Up
  - Interactive Elements Shaping Up
- 8. Staying Engaged with Shaping Up
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Shaping Up
- 9. Balancing eBooks and Physical Books Shaping Up
  - Benefits of a Digital Library
  - o Creating a Diverse Reading Collection Shaping Up
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Shaping Up
  - Setting Reading Goals Shaping Up
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Shaping Up
  - Fact-Checking eBook Content of Shaping Up
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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