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|  | Type of Reinforcement | | Definition | Example | Effect on Behavior |
|  | Continuous | | The behavior is always reinforced after it is exhibited | You get a cookie after every smile. | Not as resistant to extinction as partial reinforcement |
| Partial Reinforcement | Interval – A certain amount of time has to pass before the organism can get reinforced | **Fixed** Interval | The amount of time between reinforcements is always the **same.** | You get paid **every** two weeks. | Lower Rate:  Produces a choppy start-stop pattern. Activity increases as deadline nears. |
| Variable Interval | The amount of time between reinforcements differs. | You check your phone at random times throughout the day. | Lowest Rate: Slow but steady responding. Resistant to extinction. |
| **Ratio** – The organism must do a certain number of behaviors before it can get reinforced | **Fixed** Ratio | The number of **behaviors** the organism must do to be rewarded is always the **same.** | You get a free coffee for **every** 10 **you buy** at Starbucks. | Higher Rate: Organism pauses briefly after reinforce before returning to a high rate of responding. Better for high quality tasks. |
| Variable Ratio | The number of **behaviors** the organism must do to be rewarded changes each time. | You **pull the lever** to see if maybe this quarter will win you the jackpot. | Highest Rate: Better for low quality tasks. Resistant to extinction. |
|  | Never | | The behavior is always reinforced after it is exhibited | You never get a cookie after you smile. | Extinction |

