

Behaviour Skills Training (BST) Model

What is Behaviour Skills Training?

Behaviour Skills Training (BST) is a method of teaching new skills that includes the use of different ABA strategies. The four main components of BST are:

1. Instruction
2. Model
3. Rehearsal
4. Feedback

Why is the BST model an effective method for teaching new skills?

The BST model teaches a student what behaviours to engage in during a specific circumstance. When using the BST model, it allows students multiple times to practice a skill in a teaching environment. The aim is to practice until the student is fluent and requires minimal prompts to complete the skill.

Four Components of BST:

1. Instructions: what the teacher will do

- Describe the behavior you want to see and the rationale for teaching this new skill
- Present in a way that is clear and understandable
- Remember to include when you would use the skill

2. Modelling: teacher demonstrates appropriate behaviour for student

- Can be live or by other means such as video or cartoons.
- The model should result in a successful outcome.
- Should be modeled in an appropriate context.
- Should be modeled a variety of ways.
- The student should be able to practice shortly after the model.

3. Rehearsal: student practices the skill

- Have the student practice the skill multiple times
- It is important for the student to practice the skill in the environment in which it will be used.

4. Feedback: teacher provides positive praise and constructive feedback

- The teacher should deliver feedback as immediately as possible
- Provide both positive praise and constructive feedback when talking to the student
- Continue to practice new skills using the BST model, repeat rehearsal and feedback process

Reference

Parsons, M. B., & Rollyson, J. H. (2012). Evidence-Based Staff Training: A Guide for Practitioners. ABAI. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3592486/>