

## Psychology 100

### Instructions for Sniffy the Virtual Rat Operant Conditioning Lab

In this lab, you will be shaping the behavior of Sniffy the Virtual Rat and teaching him to press a bar in a Skinner Box in order to receive a food reward. Please read these instructions` and carefully follow the directions for magazine training, shaping the bar press, and extinction.

ON THE LAB DAY FOR “SNIFFY THE VIRTUAL RAT” YOU WILL REPORT TO ONE OF THE COMPUTER LABS IN THE BASEMENT OF SMC (THE SCIENCE- MATH CENTER). YOUR TA AND YOUR PROFESSOR WILL INFORM YOU ABOUT WHICH LAB YOUR SPECIFIC LAB SECTION WILL BE IN.

When you log onto one of the lab computers, you will see a small icon of a rat labeled “Sniffy Lite” somewhere on the desktop. Click on this icon to open the Sniffy the Rat program.

#### PROCEDURES

When you first open the program, you will see Sniffy moving around the operant chamber (often called a “Skinner Box”). Sniffy is hungry and therefore motivated to perform for food reinforcement. On the left side of the back wall is Sniffy’s water spigot. Like a real rat in a typical operant chamber, Sniffy can have a drink of water whenever he wants one. In the center of the back wall is the bar (or lever) that you will train Sniffy to press. Below the bar is the hopper into which Sniffy’s food pellets will drop.

At the bottom of the screen is the cumulative recorder of Sniffy’s bar presses. As time elapses, a line will be drawn horizontally across the screen from left to right. Every time Sniffy presses the bar, the line will move up a notch. Every time Sniffy gets a food pellet because he pressed the bar, a backslash (\) will be drawn across the line.

When the line reaches the top of the record, it will reset back down to the bottom (this is called a “pen reset”). If Sniffy is not bar pressing, the line will be horizontal. Once you have trained him to press, the steepness of the line will reflect the rate of Sniffy’s bar pressing. The faster he presses, the faster the line will rise. The vertical lines (alternating dashed and solid) represent five-minute intervals. Don’t confuse these time markers with the heavy vertical lines produced when the recording pen resets.

#### STEP A: Behavioral Observations

The starting point in operant conditioning is observing what actions your untrained subject naturally exhibits (baseline behaviors). Operant conditioning affects the frequency of spontaneous behaviors, so it is important to find out what your subject does before training begins.

Start with an untrained Sniffy by selecting NEW in the FILE Menu. The first step is to simply watch what Sniffy does. What behaviors does your rat perform? Observe Sniffy to become

familiar with the rat's repertoire of behaviors. After watching Sniffy for about 5 minutes, make a list of the things he does and identify up to 8 names of the actions you see him exhibit.

### **STEP B: Magazine Training**

Magazine training is the procedure that you are going to employ to turn the sound made by the food-delivery mechanism into a secondary reinforcer for Sniffy. To start magazine training, wait until Sniffy is quite near the food hopper and then operate the magazine to deliver a pellet of food. If he's close enough, Sniffy will find the food pellet quickly. To save time, give him several pellets of food before he wanders off. Then start delivering the food pellets when he's a little further away from the hopper. He should orient to the hopper and grab each pellet. **MAKE SURE THAT THE SOUND IS TURNED ON** your computer before starting the Magazine Training.

When you can "call" him from any part of the chamber by operating the magazine, you know that Sniffy is magazine trained; that is, the sound of the food-delivery mechanism has become a secondary reinforcer. This could take as many as 15 to 20 reinforcements. After every 5 reinforcers determine whether Sniffy has been magazine trained by allowing him to wander away from the magazine and then delivering a food pellet. When the sound of the mechanism calls Sniffy back to the food hopper from anywhere in the chamber, proceed to the next step.

### **STEP C: Shaping Bar-Pressing Behavior**

Shaping is the procedure employed to train an animal to do often something that it normally does rarely or not at all by reinforcing *successive approximations* of the desired behavior. To be effective, the reinforcer must be delivered to the animal *immediately* after the target behavior.

There should be a gradual shift toward the target behavior. For instance, keep track minute by minute of how often you reinforce rearing in various parts of the chamber. As the first approximation of bar pressing, reinforce Sniffy for rearing up on his hind legs anywhere in the chamber. After 15 or 20 reinforcements, he should be rearing fairly often. At that point, stop reinforcing rearing at the side walls and reinforce Sniffy only for rearing up against the back wall. Finally, gradually require him to rear up closer and closer to the bar. If your patience, observational skills, and timing are average, Sniffy should be bar pressing frequently in 30 minutes or so. If you are skilled at conditioning, you can train him in half that time. The skill involved is to identify and move through the appropriate steps. If you reinforce side-wall rearing too often, Sniffy may fixate on the side walls. If you proceed too quickly, he may acquire several competing actions.

#### *Training Tricks*

1. Do not miss any chances to reinforce the target behavior.
2. Move Sniffy to the back wall at least once every minute any way you can.
3. If Sniffy is rearing up near the bar, wait to let him press the bar by himself.

### **STEP D: Conditioning**

If your rat is not shaped in less than half an hour, consider starting over because you have obviously screwed up. If you have been successful, on the other hand, you will see Sniffy pressing the bar four or five times within a minute. When that happens, stop delivering reinforcers. Over the next several minutes, the response rate will climb; the cumulative recorder will grow steeper and steeper. When the line reaches the top of the record, it will reset down to the bottom and continue climbing back up. *Consider conditioning complete when the pen resets a second time.*

### **STEP E: Show Your TA that Sniffy has been Trained. Also, take a Screen Shot of the Graph in the Cumulative Recorder at the Bottom of the Screen.**

You will attach the screen shot to your lab report as evidence that you actually shaped Sniffy's behavior.

### **STEP F: Extinction: What happens when the food stops?**

After you have demonstrated to your TA that you successfully conditioned Sniffy, the next step will be to observe the phenomenon called "extinction" and to record bar pressing minute by minute until the behavior disappears.

To institute "extinction," choose "EXPERIMENT" from the menu and then choose "DESIGN OPERANT EXPERIMENT," and then click the button labeled extinction. This choice means that Sniffy will no longer be reinforced for bar pressing. Click "OK" and watch what happens over the next several minutes.

Your extinction criterion will be that *extinction will be said to have occurred when Sniffy presses the bar fewer than three times in five minutes*. Your task is to time the period from when you instituted extinction until extinction was complete. You will observe that the rat's bar pressing rate will decline slowly at first and then flatten out. When the cumulative record has been flat for five minutes (that is, with fewer than 3 bar presses), extinction is complete.

### **STEP G: WRITE THE REPORT!**

Begin the lab report with a few sentences about operant conditioning. Cite a journal article that you found that is related to operant conditioning, and cite the article in the text of the report by putting the author's names and the date of the article in parentheses. For example: (Smith & Jones, 2022). You should also list this article as a reference in proper APA Format at the end of your lab report.

The rest of the lab report will be a typed series of answers to the following questions:

1. How long did magazine training take? Why was this step necessary? What stimulus was used in magazine training Sniffy?

2. How long did it take to teach Sniffy to press the bar? What were the greatest difficulties you encountered?
3. About how many responses did Sniffy make before extinction occurred? Did you extinguish his behavior with or without the sound of the magazine turned on? Do you think that it would take more time or less time to extinguish the bar pressing behavior if the sound of the magazine was still present when the bar was pressed? Why do you think so?
4. Under what conditions do you think spontaneous recovery of Sniffy's bar pressing behavior would occur? What does spontaneous recovery tell us about the nature of extinction?

5. REMEMBER TO ATTACH YOUR SCREEN SHOT OF THE CUMULATIVE RECORDER GRAPH TO YOUR LAB REPORT!