

# HIGH PROBABILITY REQUEST SEQUENCES

## WHY?

In recent years, schools have emphasized a preventative approach to managing challenging behavior in the classroom. Not only do proactive approaches produce stronger outcomes that last longer (Common et al., 2019), but they allow the student to come in contact with reinforcement while teaching appropriate behavioral skills. HPRS is an antecedent-based strategy that is rooted in empirical research. HPRS have been shown to improve compliance, reduce disruptive behavior, and support academic performance (Killu, 1999).

## How?

When implementing HPRS the teacher delivers several simple and easy requests prior to giving a request the student(s) typically do not follow. This sequence creates *behavioral momentum* that helps students complete a task or behavior they may otherwise not do (Bross et al., 2018). Upon completion of the target behavior, the student is reinforced with items or experiences that are brief (e.g. praise, BSP, token, high five). In order to carry out HPRS accurately there are several steps that must be completed prior to using the strategy and several steps that must be done when delivering the strategy.

## HPRS STEPS

### *Preparation:*

- Select the low-p behavior you want the student(s) to complete (low-p request).
- Identify a bank (8-10) high-p requests the student(s) is likely to follow at least 80% of the time.
- Mark in your lesson plan when you would like to use the HPRS.

### *Implementation:*

- Deliver 3-5 high-p requests and immediately provide reinforcement after the student(s) completes each request.
- Deliver the low-p request right after the series of high-p requests.
- Provide reinforcement when the student(s) complete both the high-p and the low-p requests.

High P	High P	High P	Low P
Touch your nose	Touch your toes	Give a little clap	Fold your hands in your lap
Give a friend a high five	Count 3 blocks	Tap on the box 3 times	Put the blocks in the box
Pick up your pencil	Tap your pencil 3 times	Raise it up, raise it down	Solve problem number 1
Stand up	Sit down	Count to 5	Put 5 bears in the cup
All eyes on me	Tap your head	Rub your stomach	Work quietly on your paper without talking



Examples of  
HPRS

## Tips for Implementing HPRS

1. Plan how, when, and with whom you are going to use it. Select times of day/specific behaviors or tasks that you know the student(s) typically do not comply with or demonstrate difficulty completing.
2. Write out the requests and steps when planning.
3. Make sure to have reinforcement planned, brief, and easily accessible.
4. Maintain a positive/neutral affect when delivering the requests.
5. Ensure student attention is obtained prior to giving the first high-p.
6. Mix up the use of the HPRS- behavioral, academic, transitions, social, as well as using it with one student, a small group, or the whole class.
7. Each request should be within 5-10 seconds of one another.
8. Create a large bank of high-p requests to pull from.

High-p Request Bank

