

ABA Programming: Creating Targets by Data Type

1. Frequency/Count (rate-based)

Goal Example:

"During unstructured free time, the learner will independently initiate a greeting to a peer (e.g., 'hi,' wave, verbal request to play) a minimum of 3 times per session, across 3 consecutive sessions, in 2 different settings."

How to Program:

→ Target sequence would break into count/rate goals: increasing frequency over time

Example:

Targets	
1	Initiates greeting 1x per session
2	Initiates greeting 2x per session
3	Initiates greeting 3x per session

2. Duration-based

Goal Example:

"During a preferred activity of the learner's choosing, the learner will sustain engagement (e.g., active play, manipulation of materials, or interaction with a peer/adult) for a minimum of 5 consecutive minutes, across 3 consecutive sessions, in 2 different settings."

How to Program:

→ Targets here would progress by increasing time increments (15 sec → 30 sec → 1 min → 2 min), not trial percentage. Time increments should be individualized to the learner.

Example:

Targets	
1	15 seconds
2	30 seconds
3	45 seconds
4	1 minute
5	2 minutes
6	3 minutes
7	4 minutes
8	5 minutes

3. Percentage-based

Goal Example:

"Given a field of 4 objects, the learner will correctly identify 6 colors by receptive identification (point to/touch) in 80% of opportunities, across 3 consecutive sessions, with 2 different instructors."

How to Program:

→ Targets break into individual colors taught in sets

- Indicate whether targets are taught 1 at a time to mastery or taught concurrently.

Example:

Targets	
1	Red
2	Orange
3	Yellow
4	Green
5	Blue
6	Purple

4. Task Analysis

Goal Example:

"Given the verbal instruction 'wash your hands,' the learner will complete all 7 steps of the handwashing task analysis with 90% step accuracy across 3 consecutive sessions, in 2 different settings."

How to Program:

→ Targets are the individual TA steps

- Indicate whether this is taught using forward chaining, backward chaining or total task

Example:

Targets	
1	Turns on faucet
2	Wets hands
3	Pumps soap in hands
4	Rubs hands together 5x
5	Rubs top of each hands 5x
6	Rinses hands
7	Dries hands with towel