

Using the Be + (Be Positive) App for Distance Instruction

This document provides a description of the Be + (Be Positive) mobile application released by the National Center on PBIS along with some suggestions for how educators can use the app for distance instruction.

Be + (Be Positive) Mobile Application

The National Center on Positive Behavioral Interventions & Supports (PBIS) released a mobile application that supports educators as they provide a positive learning environment for students. This app can be used for both in-person instruction as well as distance instruction. Distance instruction poses a particular challenge for educators in providing the same number of positive acknowledgements and opportunities to respond as they might if students were physically in a classroom. While educators are wonderful at managing dynamic instruction, providing a positive learning environment, and navigating online formats all at the same time, the Be + app can make juggling these a little bit easier.

This free mobile application is now offered for both Android and Apple users. To download, search for “Be Positive” by University of Oregon National Press. From the home screen (Figure 1), you can see the various functions that can support educators in providing positive acknowledgements, reminders about expectations, and even prompting opportunities to respond.

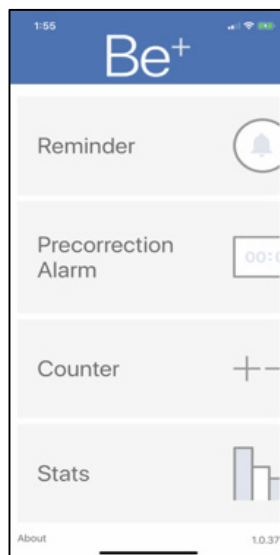


Figure 1. Be+ app home screen

Features and Examples for Use with Distance Instruction

Reminder

Description:

The Reminder feature allows educators to set notifications to prompt a specific behavior. There are two highly effective instructional strategies already pre-loaded: Opportunities to Respond and Specific Praise. Additional effective behaviors that educators may need a reminder for or new behaviors they want to begin incorporating into their instruction can be built into the app as well.

Examples of use during distance instruction:

- Set a reminder prompting the educator to provide an opportunity for students to respond (i.e., choral answer, thumbs up/thumbs down, answer a multiple-choice question in the chat box)
- Set a reminder at a fixed interval (e.g., every minute) to provide specific praise to students on use of the technology, such as, “Wonderful use of the chat box to ask a question about this math problem”
- Set a reminder at a fixed interval (e.g. every minute) to provide specific praise to students on their participation in the session, such as, “Even though you are on mute, I can see your lips moving and that lets me know you are saying the parts of the word with me.”

Pre-correction Alarm

Description:

The pre-correction alarm allows educators to set up an alarm during a recurring day and time to prompt a precorrection

Examples of use during distance instruction

During a longer online session the precorrection alarm may support educators during transitions:

- Pre-correct for behavior errors that have frequently happened in previous sessions (i.e., “please remember to limit your distractions and find a quiet space to work”)
- Pre-correct for behaviors before moving into break-out rooms
- Send out a message to students 15 minutes before a session begins with a pre-correct to login in on time with materials ready
- Set an alarm for when a transition between subjects happens to prompt precorrections for the new subject. For example, when switching from reading to math it may be helpful to pre-correct for the materials students need or any changes in participation expectations.

Counter:

Description:

The Counter feature allows educators to track or count the number of times a behavior occurs. There are two high leverage strategies preloaded (Opportunities to Respond and Specific Praise) or the behavior being counted can be customized.

Examples of use during distance instruction

- Track the number of times a positive acknowledgement is given during a session and set a goal for increasing it in the next session
- Identify a behavior that is included in the behavior expectations for students and tell students that the behavior will be tracked. For example, the educator tells students that he will be looking for how many times “kind words” are used (and provides examples). Then announce the number at the end of session and perhaps set a goal with students for increasing the count in the next session. The count could be used to work toward earning a class reward, such as a group game or a themed day (i.e., hat day, crazy hair).

Resources

Implementing Positive Behavioral Interventions and Supports (PBIS) in an online learning environment supports an increase in expected behavior as well as time for instruction. For information on how to implement this within an online learning environment see the [Classroom PBIS for Online Learning](#) document.

References

Center on Positive Behavioral Interventions and Supports (September, 2020). Track Positive Reinforcement with our Be+ App. University of Oregon. <https://www.pbis.org/announcements/track-positive-reinforcement-with-our-be-app>

Michigan's MTSS Technical Assistance Center is funded by the Michigan Department of Education and the U.S. Department of Education, Office of Special Education Programs