

**PSYCH 282E: Behaviour Modification**

*Credits, weeks, hours*

*3 credits, 16 weeks, 3 hours lecture*

Psychology 282 introduces students to issues in the field of Learning and behaviour including principles and procedures of classical and operant conditioning. Students in this course will learn practical skills such as how to record behaviour, design, implement, and evaluate behaviour change plans. Much of the lecture materials comes from basic research, however, applied examples will frequently be used and application of principles will often be obvious.

*Prerequisite: PSYCH 104*

**Instructor**

Michael A. Smith

S213B

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**Office Hours**

Tuesday 1:00 – 1:50

Wednesday 1:00 – 1:50

Thursday 1:00 – 1:50

Friday 1:00 – 2:50

**Hours of Instruction**

Thursday 6:30 – 9:30, Room 215

**Required Resources**

**Behavior modification: Principles and procedures**, Miltenberger, R.G., 5<sup>th</sup> edition, ISBN 978-1-111-30611-3

**Course Outcomes**

- Demonstrate knowledge (through tests, assignment and activities) of the concepts within the area of behavioural psychology.
- Identify and explain the major theories and concepts within the discipline of Behavioural Psychology using the appropriate terminology.
- Gain an understanding of the practical applications of classical conditioning, operant conditioning and observational learning.
- Demonstrate the use of the principles of behavior modification through self-modification of behavior

**Evaluation**

Clearly outline what students must do in order to pass or complete the course.

Section quizzes 10%

Self-modification project	20%
Term Test 1	20%
Term Test 2	20%
Final Exam	30%
Total	100%

A grade of C- is required for progression or transfer.

**Grading System**

Descriptor	Alpha Grade	4.0 Scale	Percent	Rubric for Letter Grades
Excellent	A+	4.0	> 92.9	Work shows in-depth and critical analysis, well developed ideas, creativity, excellent writing, clarity and proper format.
	A	4.0	85 – 92.9	
	A-	3.7	80 – 84.9	
Good	B+	3.3	77 – 79.9	Work is generally of high quality, well developed, well written, has clarity, and uses proper format.
	B	3.0	74 – 76.9	
	B-	2.7	70 – 73.9	
Satisfactory <b>Progression</b>	C+	2.3	67 – 69.9	Work has some developed ideas but needs more attention to clarity, style and formatting.
	C	2.0	64 – 66.9	
	C-	1.7	60 – 63.9	
Poor <b>Minimum Pass</b>	D+	1.3	55 – 59.9	Work is completed in a general way with minimal support, or is poorly written or did not use proper format.
	D	1.0	50 – 54.9	
Failure	F	0.0	< 50	Responses fail to demonstrate appropriate understanding or are fundamentally incomplete.

**Proposed Schedule of Topics**

Chapters	Topics
1	Introduction to behavior modification
2	Observing and recording behavior
3	Graphing behavior and measuring change
4	Reinforcement
5	Extinction
6	Punishment
7	Stimulus Control: Discrimination and generalization
8	Respondent Conditioning
<b>Term Test 1: February 12, 2015</b>	
9	Shaping
10	Prompting and transfer of Stimulus Control
11	Chaining
12	Behavioral skills training procedure
13	Understanding problem behaviors through functional assessment
14	Applying Extinction
15	Differential reinforcement
16	Antecedent control procedures
<b>Term Test 2: March 19, 2015</b>	
17	Using punishment: Time out and response cost

18	Positive Punishment
19	Promoting generalization
20	Self-Management
21	Habit Reversal
23	Behavioral contracts
24	Fear and anxiety reduction procedures

**Please Note:**

Date and time allotted to each topic is subject to change. It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College Credit Calendar.

**Performance Requirements**

Self-Modification Project: You will complete a self-modification program using the principles of behavior modification. Details of the assignment and the due date will be handed out in an appropriate class and discussed.

Section Quizzes: At the conclusion to each *section* we will have a quiz. The quizzes will be made available on-line in the moodle site for the course.

There will be two term tests and a final exam. The tests will cover textbook chapters, lecture material, and any supplementary material.

**Student Attendance**

Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and / or notes that may be due.

**Academic Misconduct**

Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own
- The use of unauthorized aids in assignments or examinations (cheating)
- Collusion or the unauthorized collaboration with others in preparing work
- The deliberate misrepresentation of qualifications
- The willful distortion of results or data
- Substitution in an examination by another person
- Handing in the same unchanged work as submitted for another assignment

Penalties for academic offences range from a verbal reprimand to dismissal from the College, and in certain circumstances may involve legal action.

**Specialized Supports****Counselling and Disability Services**

Counselling Services provides a wide range of specialized counselling services to prospective and registered students, including personal, career and academic counselling.

**SKILL Centre**

The SKILL Centre is a learning space in the Clearwater Campus at Keyano College where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff.

The SKILL Centre, through a variety of delivery methods, provides assistance in skill development to Keyano students. Assistance is provided by instructors, staff and student tutors. Individuals wishing to improve their mathematics, writing, grammar, study, or other skills, can take advantage of this unique service.



**Authorization**

This course outline has been reviewed and approved by the Program Chair.

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[Michael, Smith], Instructor

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[Louis, Dingley], Chair

Date Authorized

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Guy Harmer, Dean

Date Authorized

**Signed copies to be delivered to:**

Instructor

Registrar's Office