

PSYCH 282E: Behaviour Modification

3 credits, 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, no exceptions or waivers.

NOTE: Not open to students with credit in PSYCH 281

Instructor

Michael A. Smith, Ph.D.

S213B

780-791-8964

michael.smith@keyano.ca

Office Hours

Mon: 01:00 - 02:30

Tue: 10:30 - 12:00

Wed: 01:00 - 02:30

Thu: 01:00 - 01:30

Hours of Instruction

Mon. 3:00 – 4:20 (CC216)

Wed 3:00 – 4:20 (CC216)

Required Resources

Behavior modification: Principles and procedures, Miltenberger, R.G., 6th edition, ISBN 978-1-305-10939-1

Course Outcomes

Upon successful completion of this course, students will be able to:

- 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

Term Test 1	20%
Term Test 2	20%
Final Exam	35%
Self-modification project	25%
<i>Total</i>	<i>100%</i>

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

Midterms:

There will be two midterms and a final exam based on in-class materials and chapters within the book.

Final:

There will be one cumulative final exam based on in-class materials and chapters within the book.

Self-Modification Project: You will complete a self-modification program using the principles of behavior modification. **Details will be discussed in class.**

Projects are due on the specified due date at the BEGINNING of class and in printed APA format. There will be a one day 'grace' period during which time you can still hand in your paper. The one day 'grace' period ends at 3:00 pm the day after the due date of the paper (regardless of whether you are in a day or evening class), and you will lose 10%.

Projects will NOT BE ACCEPTED after the day following the due date (by 3:00 pm). **Extensions will NOT be granted** except for documented illness or bereavement. Computer or printer issues are not valid reasons for an extension, nor are competing deadlines.

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 Progression	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 Minimum Pass	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

Topics	Chs.
Introduction to course and behavior modification / Observing & recording,	1 & 2
Graphing / Reinforcement	3 & 4
Extinction / Punishment	5 & 6
Stimulus Control / Respondent Conditioning	7 & 8
Shaping Prompting Transfer of Stimulus Control	9 & 10
Chaining / Behavioral skills training procedures	11 & 12
functional assessment / Applying Extinction	13 & 14
Differential reinforcement / Antecedent control procedures	15 & 16
Time out & response cost / Positive Punishment: Ethics & Procedures	17 & 18
Promoting generalization / Self-Management	19 & 20
Habit Reversal / Behavioral contracts	21 & 23
Fear and anxiety reduction procedures	24
Cognitive Behavior Modification	25

Please Note:

Date and time allotted to each topic is subject to change.

Performance Requirements**Student Responsibilities**

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.

More specific details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

Student Attendance

Class attendance is useful for two reasons. First, class attendance maximizes a students' 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
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Student Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Student Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work will not be graded until you show this signed certificate.

Specialized Supports

The Student Academic Support Services (SASS) department: Accessibility Services, Skill Centre and Wellness Services, work together to support student success at Keyano College.

Accessibility Services (CC167) supports student success through group and individualized instruction of learning, study and test taking strategies, and adaptive technologies. Students with documented disabilities, or who suspect a disability, can meet with the Learning Strategists to discuss accommodation of the learning barriers that they may be experiencing. Students who have accessed accommodations in the past are encouraged to visit our office at their earliest opportunity to discuss the availability of accommodations in their current courses. Individual appointments can be made by calling 780-791-8934

Skill Centre (CC119) provides a learning space where students can gather to share ideas, collaborate on projects and get new perspectives on learning from our tutorial staff. Students visiting the centre have access to one-to-one or group tutoring, facilitated study groups, and assistance in academic writing. The Skill Centre's Peer Tutor program provides paid employment opportunities for students who have demonstrated academic success and want to share what they have learned. Tutoring is available free to any students registered at Keyano College on a drop in basis, from 9:00 am to 5:00 pm Monday through Friday. Additional evening hours are subject to tutor availability and are posted in the Skill Centre.

Wellness Services (CC260) offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. The Mindfulness Room in CC260 is available as a quiet space for students to relax during regular office hours. Wellness Service welcomes students to participate in any of the group sessions offered throughout the academic year addressing such topics as Mindfulness and Test Anxiety. Individual appointments can be made by calling 780-791-8934.

Student Life Department (CC210) is a place for students to go when they don't know who else can answer their questions. The staff will help students navigate barriers to success and if they don't know the answer, they will find it out. Student success is directly affected by how connected a student feels to their college. The student life department is there to help students get connected.

Please watch your Keyano email for workshop announcements from our Student Academic Support Services team.