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**PSY 310**

**Behavior Modification**

**Spring 2023**

**Section 02**

**Instructor Information**

Jewel Sale, Psy.S., BCBA

Psychology Department

[salej@gvsu.edu](mailto:salej@gvsu.edu)

**Office Hours**

By appointment.

Office hours will be hosted via Zoom. Please use the following link to join: <https://gvsu-edu.zoom.us/j/9739002199?pwd=ZW52OUJBVTVKYTFJNktlL0pySUlYdz09>.

**Course Information**

Section 05

CRN: 40923

Online

Prerequisites: PSY 101

**Required Text**

Miltenberger, R. G. (2016). Behavior modification: Principles and procedures (6th edition).

Supplemental readings will be made available on Blackboard.

**Course Description**

From the Catalog

Study of the application of learning principles, techniques, and procedures to the understanding and treatment of human psychological problems in a wide range of settings.

Additional Information

This course is designed as an overview of Applied Behavior Analysis for advanced undergraduate students. This course takes an empirical approach to behavioral psychology, and will examine the relevant theoretical underpinnings of behavioral techniques, strategies to design effective interventions, and various applications. Please note that you will be asked to critically examine empirical data and the rationale for behavioral interventions. This course will expose students to the study and the application of learning principles, techniques and procedures to the understanding and treatment of human behavioral and psychological problems in a wide range of settings. Some areas of application include developmental disabilities, special education, clinical psychology, business and industry, self-management, child management, and preventative behaviors.

**Course Objectives**

1. Differentiate between various principles of operant conditioning, including but not limited to reinforcement, punishment, extinction, shaping, chaining, and verbal and rule-governed behavior.
2. Evaluate a behavior modification program and use the theoretical principles to understand, modify, and shape programs to modify behavior in a variety of settings and service organizations.
3. Describe behavioral problems and the underlying principles used to explain such aberrant behavior, as well as possible consequences of maladaptive behavior.

**Online Course Information**

This course is taught under the online designation, meaning that that entire course will be delivered online through Blackboard (lms.gvsu.edu). To access this site, you will need your GVSU login and password. If you do not have a login, please contact IT ASAP. There will be NO face-to-face class meetings. Although this course is delivered online, it is not self-paced, and students are expected to actively participate in the course throughout the entire semester.

Our course weeks will run from Monday through Sunday.

**Course Format and Structure**

Each week, I will post content by Monday morning at the latest. Each learning unit will focus on a topic area. Each week I will post an outline for the class tasks that need to be completed that week. I will also include reminders for upcoming assignments, feedback, etc. It is important that you check this announcement early in the week. Any changes to the course schedule or due dates will be contained in this document.

Each week, I will post lecture(s) on course content. I may also provide links to other videos/lectures and readings that you are expected to watch as part of the course content.

The majority of weeks will also have discussion boards, assignments, and quizzes. Please see the schedule for an outline of the assignments and due dates.

**Grading**

Grades are calculated by dividing the total number of points earned by the total number of possible points (230). A letter grade will be assigned based on the grading scale listed below.

Grading Scale

A = 100 – 93

A - = 92 – 90

B + = 89 – 87

B = 86 – 83

B - = 82 – 80

C+ = 79 – 77

C = 76 – 73

C - = 72 – 70

D+ = 69 – 65

D = 64 – 60

F = 59

**Course Requirements**

| Quizzes (6@10pts) | 60pts |
| --- | --- |
| Midterm Exam | 50pts |
| Final Exam | 50pts |
| Assignments (2@20pts) | 40pts |
| Discussion Board Activities (6@5pts) | 30pts |
|  |  |
| **Total** | **230pts** |

Midterm and Final Exam: 100pts

There will be a midterm and a final examination in this class. The dates for each examination are listed on the course schedule. Each examination will be worth 50 points and will consist of multiple-choice, true/false, matching, and/or short answer/essay questions. The final examination in this course is cumulative. The content on the exams will be drawn from lectures and assigned readings.

You will take each exam on the Blackboard site. The exam will be made available for 2 days. I will not be using a proctoring system for the exams. You may use your readings/notes for the exam, but you may not work together. In addition, do not share exam content with your classmates. You will have 2 hours to complete the exams. Once you press begin, the timer starts, and it cannot be stopped for any reason. Therefore, make sure you are in a quiet place that has a reliable internet connection.

Make-up exams: **Make-up exams are only permitted for documented extenuating circumstances.** If you must miss an exam due to an extenuating circumstance, please contact me at least 24 hours prior to the exam. In addition, I may require documentation (doctor note, car repair bill, etc.). If you know that you will be absent for an exam at the beginning of the semester, you may arrange to take the exam at an earlier date. Not all early exams will be approved, only ones that have a compelling reason and that are arranged in advance will be considered.

Quizzes: 60pts

There will be six quizzes (10 points each) in this class. All quizzes will be taken on Blackboard and will be available during the entire week, due on Sunday at midnight. The purpose of the quizzes is to make sure you are understanding the course content. Each quiz can be attempted **2 times**. Each quiz is worth 10pts and will cover the content from only that week. You will have 60 minutes to complete each quiz. Once you begin a quiz, you must complete it. The quizzes will consist of multiple choice, true/false or matching questions, and you may use your notes but not other people.

Assignments: 40pts

There will be two assignments to complete for this class. The assignment due dates are spaced throughout the semester. Each assignment is worth 20pts. Detailed information about each assignment will be provided on Blackboard.

Discussion Board Participation (6 pts per week, 30 pts total):

Throughout the term, you will be required to participate in a discussion group on the blackboard site. There will be a total of 6 discussion board assignments for the semester.

I will provide approximately 1-2 topics for each of the discussion board weeks. The topics will vary, and may include responding to a question, researching a topic and reporting out, responding to a short reading, etc. The purpose of the discussion board is to have you actively engaged in the course on a regular basis. Therefore, the discussion board is not meant to be an activity that you complete in one sitting, but something that you check back with throughout the week.

The following guidelines apply to posting and grading:

1. You must post your response to the questions or assignment by the end of the day on **Thursday** (at midnight). Responses should be complete, thorough, and detailed. Although I do not check for grammar/spelling, be sure that your responses are well constructed, and well-written. Points will be based on the quality and timeliness of your responses.
2. You must respond to other group member’s posts or assignments at least **twice** during the week for each topic. These must be completed by Sunday (at midnight) to receive credit. In addition, please contribute in a meaningful fashion, rather than simply stating “I agree”. Again, your points will be based on the quality of the response and the timeliness of the response.
3. You may earn up to 5 points each week for responses. Points will be awarded for following the discussion board directions for posting, the timeliness of responses, and the quality of your responses.

Discussion Board “etiquette”:

1. As these discussions are held online, we do not have the benefit of non-verbal communication. This can often lead to misunderstandings, and problems with the group. Remember, sarcasm does not translate well on discussion boards! Please always be respectful to your other group members. If I find that there are inappropriate comments made on the discussion boards, I will talk with you and provide a warning. If the comments continue, I may remove you from your discussion board, and you may receive a 0 for the remainder of activities.
2. I expect that discussion board responses are well-written and thorough. Please type your responses using standard grammar and complete sentences. In other words, treat your response as an assignment that you would turn in for a class.
3. Please make every attempt to space your responses to other students across the week, rather than waiting until Sunday evening to post both responses. I would like this to be an ongoing discussion, rather than multiple posts in one evening. Although I understand that there may be a week that responses may be posted closer together, I reserve the right to reduce points if it becomes a regular occurrence.

**Course Specific Policies**

Participation: I expect that you will be engaged in this class on a regular basis throughout the entire semester. This means: logging into the site several times per week, completing all assignments, and regularly posting to the discussion board. Do not allow yourself to “disappear” for a couple of weeks, as this will adversely impact your grade. Although you may have the impression that online courses are easier and less work than traditional courses, I have found that online courses require more work and time.

Communication: Our main form of communication will be via email. Please reach out to me with any questions. You are also welcome to join my office hours! However, be aware that I am not available to answer emails 24 hours a day, 7 days a week. During the workweek (Monday through Friday from 9 to 5) I check my email several times per day. In general, you can expect a response from me within 24 hours, often sooner. Although I may check my email on the weekends, I reserve the right to limit my email access. Therefore, please do not expect a quick response if you send an email after 5:00pm or on the weekend. Please plan accordingly.

Late Assignments: Late assignments must be approved by the course instructor 24 hours prior to the assignment deadline. I am generally flexible with deadlines, but you must communicate with me ahead of time. Failure to obtain approval within this timeframe will result in a 10% deduction each 24 hour period past the deadline.

**COVID Specific Policies**

Please refer to the following university link for the most up-to-date COVID relevant information: <https://www.gvsu.edu/lakerstogether/>.

**University Policies**

Accommodations for Students with Disabilities: If there is any student in this class who has special needs because of a learning, physical, or other disability, please contact me or Disability Support Services (DSS) at 331-2490. Although students with disabilities are held to the same academic standards as all other students, accommodations will be provided for you, as appropriate. Where warranted, accommodations will also be provided to students without a diagnosed disability if that student discusses the specific need with me and the accommodation appears to be justified. Furthermore, if you have a disability and think you will need assistance evacuating this classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you.

Academic Integrity: Students are expected to adhere to the university’s policies on Academic Honesty. These policies are described in the catalog and in the Student Code. Cheating and plagiarism will be dealt with as per the procedures described in the Student Code.

Plagiarism: As described in Section 223.01 of the Student Code, “any ideas or material taken from another source for either written or oral presentation must be fully acknowledged. Offering the work of someone else as one's own is plagiarism. The language or ideas taken from another may range from isolated formulas, sentences, or paragraphs to entire articles copied from books, periodicals, speeches or the writings of other students … Any student who fails to give credit in written or oral work for the ideas or materials that have been taken from another is guilty of plagiarism.” In sum, copying the work of any other individual, whether that of another student, researcher, author or editor is considered plagiarism. This is not acceptable and will be dealt with according to the policies set forth in the Student Code, which may include receiving a 0 on the assignment, failing the course, and/or other university consequences. If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work, and put information in your own words. Use of quotes with appropriate reference to the original source from which you got the information or ideas is acceptable but less preferred than paraphrasing (with referencing of the source provided) in psychological writing.

If you have questions regarding the appropriate use of citations and plagiarism, please contact the instructor BEFORE turning the assignment in. Please note that taking extensive content word-for-word from a journal, book or website is considered plagiarism.

**Psych Friends**

Psych Friends is the GVSU Psychology Department peer to peer mentorship program. This programs allows students to receive guidance and support from upper-level undergraduate peer mentors who seek to

enhance the academic success and well-being of those they assist. The primary domains of focus include effective study and time management techniques; exam preparation and reflection skills; comprehension of the psychology and behavioral neuroscience major requirements; tips for engaging in the field; strategies for education continuation; and methods for maintaining physical and mental health. For any questions, email psychfriends@gvsu.edu. To schedule an appointment with a mentor, go to <https://www.gvsu.edu/navigate/>.

**Tutoring**

Free tutoring and academic assistance are available to all GVSU students. You can utilize drop-in hours or make appointments in the Tutoring and Reading Center, or you can stop by one of the content-specific drop-in tutoring centers on campus when they are open for questions and homework help. For more information or to request assistance, please contact the Tutoring and Reading Center at [tutoring@gvsu.edu](mailto:tutoring@gvsu.edu).

**Student Supports**

There are a variety of other student resources to support you in other areas. I would be happy to assist you with reaching out to these supports if you feel you would benefit from them. Many of these resources have both in person and virtual sessions available.

The Knowledge Market (Located in the Library: Assistance with Research, Writing and Presentations) <https://www.gvsu.edu/library/km/>

The Tutoring and Reading Center <https://www.gvsu.edu/trc/>

Mental Health Needs (Counseling Center) <https://www.gvsu.edu/counsel/>

Financial Wellness (Money Smart Lakers) <https://www.gvsu.edu/moneysmart/>

Financial Aid Issues <https://www.gvsu.edu/financialaid/>

COVID information <https://www.gvsu.edu/lakerstogether/>

Career Services (Career related events, resume writing, sample interviews): <https://www.gvsu.edu/careers/>

Professional Advising (for major and graduation requirements, etc.): <https://www.gvsu.edu/clasadvising/>

**This course is subject to the GVSU policies listed at** [**http://www.gvsu.edu/coursepolicies/**](http://www.gvsu.edu/coursepolicies/)

Semester Schedule

| **Week** | **Date** | **Topics** | **Readings** | **Assignments** |
| --- | --- | --- | --- | --- |
| Week 1 | 5/8-5/14 | Welcome, Course Introduction  Introduction to ABA  Identifying, Defining, and Measuring Behavior | Miltenberger Ch. 1-3 | Discussion Board 1 Due  Quiz 1 Due |
| Week 2 | 5/15-5/21 | Evaluating Behavior Change  Reinforcement | Miltenberger Ch. 4 | Discussion Board 2 Due  Quiz 2 Due |
| Week 3 | 5/22-5/28 | Extinction  Punishment | Miltenberger Ch. 5, 6  Optional: Miltenberger Ch. 14 | Discussion Board 3 Due  Quiz 3 Due  Assignment 1 Due |
| Week 4 | 5/29-6/4 | Stimulus Control  Prompting  Shaping & Chaining | Miltenberger Ch. 7  Miltenberger Ch. 9-11  Optional: Miltenberger Ch. 17-18 | Midterm Exam Available 5/29 and 5/30  Discussion Board 4 Due  Quiz 4 Due |
| Week 5 | 6/5-6/11 | Ethical Behavior Change  Behavior Skills Training  Self-Management | Miltenberger Ch. 12  Miltenberger Ch. 20 | Discussion Board 5 Due  Quiz 5 Due |
| Week 6 | 6/12-6/18 | School Applications  Clinical Psychology Applications  Sports Applications | Miltenberger Ch. 21, 24, 25 | Discussion Board 6 Due  Quiz 6 Due  Assignment 2 Due |
| Finals | 6/19-6/21 | Final Exam: Cumulative |  | Final Exam Available 6/20 and 6/21 |