

Grand Valley State University
Psychology 310
Behavior Modification
Winter 2020

COURSE SYLLABUS

<u>Instructor:</u>	Tara Cornelius, Ph.D. (Pronouns: She/Her/Hers)		
<u>Office:</u>	1321 Au Sable Hall		
<u>Office Hours:</u>	T and TH 7:30am-8:30am, TH 1-2pm (in Fieldhouse), and by appointment		
<u>Phone:</u>	(616) 331-8702		
<u>Email:</u>	cornelta@gvsu.edu		
<u>Course Sections/Locations:</u>	Section 02:	TTH 8:30-9:45am	1310 ASH
	Section 06:	TTH 10:00-11:15am	1310 ASH
	Section 05:	TTH 11:30-12:45pm	1113 KHS

Required Text:

Martin, G. & Pear, J. (2019). *Behavior Modification: What it is and How to Do it*. (11th Ed.). Upper Saddle River, NJ: Pearson Education.

Reserve readings, listed on e-reserve system.

Course Description:

- This course is designed as an overview of Behavior Modification for advanced undergraduate students. The prerequisite for this course is PSY 101, Introductory Psychology. This course assumes that you have a thorough understanding of the theories of learning, including operant and respondent (classical) conditioning, as well as sound research methods. If that is not the case, please inform the instructor promptly to arrange for remedial education.
- 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.

Learning Objectives:

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

University Policies and Policy on Academic Integrity:

- This course is subject to the GVSU policies listed at: www.gvsu.edu/coursepolicies
- Students will be held accountable for violations of the policies regarding cheating, academic misconduct, plagiarism, and fabrication that are outlined in the Grand Valley State University Student Code. To avoid any appearance of academic dishonesty, please scrupulously attend to the importance of citing the ideas and works of other authors. Any student who is found, after appropriate investigation, to have engaged in an act of academic dishonesty will be subject to discipline as outlined in the Student Code.

In-Class Activities:

- Students are expected and are strongly encouraged to attend each class for the full class period. Material will be covered in classes and videos that is not in your text, and knowing this material will be essential for you to do well on the exams. Your thoughtful and informed participation during class will be factored into your final grade. Therefore, attendance is considered required and you will likely have difficulty on the exams if your absence is a regular practice.
- In-class assignments include announced and unannounced activities that will involve group reflection and discussion on various issues from your assigned readings. If you are not present for a class activity, you will not receive any points for that activity. If you are absent because of a university-sponsored event or medical emergency, please contact me before leaving for a makeup activity. Other unexcused absences will not be eligible for makeup.
- Class participation is a crucial component of clearly understanding the course material. Group and discussion activities are a critical part of the educational process, and you should expect to participate fully in these activities. In-Class activities are worth *fifty points*, and this will contribute to your final grade.

Computing Policies:

- Laptops and tablets are welcome for the purposes of note taking, research on topics under discussion, and review of PowerPoints in class. Please silence and put away your cell phones during all class periods. If I see your phone out during class, I will publicly ask you to put it away. Please refrain from sending text messages, chatting online, or using social networking sites during class. If you would prefer to spend your time doing these things, please do not come to class. If you urgently need to send a message or answer a call, please leave the classroom.
- My policy is to try to respond to your email within **1 business day**, which means within 24 hours on weekdays and by 5pm on Monday if you send me an email on Friday or over the weekend. I expect that emails be drafted in a careful, considerate manner such that they reflect an email to a professor and not to a friend. I will also respond in this same professional manner. Congrats on reading this far into the syllabus- if you send me a picture, meme, or gif of a hedgehog, I will reward you with a sweet, delicious treat.
- Please be advised that use of university technology, including email, for commercial use is prohibited. Resources should be used for GVSU purposes or academic work.

Reading Assignments:

- It is to your advantage to read each assignment before the class in which it will be addressed in lecture/discussion. During your initial reading of the text, you should begin to formulate thoughts and questions that will form the basis of class discussion. Please bring these to class to discuss!

Behavior Modification Group Project/Paper:

- As part of this course, you will be asked to design a project in which you apply the principles of behavior modification to your own or another's behavior. As a group, you will decide on a general topic of behavior that all in the group will target, will track individual data on that behavior, and will use a behavior modification treatment to change that behavior. You will be required to work on your project from the beginning of the course by putting into practice what you are learning in class and in your reading. As part of this project, you will search the relevant literature, design a program of behavior modification, collect and document data on the frequency, duration, rate, and/or latency of the behavior, and write a 15-20 page group paper integrating these components. **All individuals should work on ALL aspects of the paper. Failure to do this will result in point reduction on the paper.** You may NOT complete this as an individual assignment. If you turn in an individual assignment, you will not have completed the assignment and will earn a zero. All papers will be turned into SafeAssign on Blackboard. You are required to upload your paper to Blackboard before the beginning of the class in which it is due. *Each group will turn in one paper, and, with very few exceptions, all group members will earn the same grade on the project.* This paper is described in greater detail later in another document. This paper is worth 70 points, and is due on **April 7, 2020**.

Late Project Paper Policy:

- If you fail to turn in the document on time, your grade will be penalized 10% for every 24 hours (or portion of 24 hours) that it is late. **DO NOT RELY ON YOUR GROUP MEMBERS TO TURN IT IN, because if it is late, ALL group members will be penalized as outlined above.** I will not accept any final papers more than one week late. I do not accept emailed assignments. It is your responsibility to allow yourself sufficient time to write your paper and address any computer or drive problems you may encounter.

Examinations:

- Three unit exams worth a possible 100 points each will be given throughout the semester. Each exam will consist of multiple choice and short answer essay questions designed to assess your understanding of the material, rather than rote memorization. In other words, you should expect to apply material from the text and class to novel situations. Exams may include material covered for the present chapters as well as from preceding chapters.
- In addition, a final exam worth 100 points will be given on **Tuesday, April 21st; 10:00-11:50am (310-06), Thursday, April 23rd; 8:00-9:50am (310-02) or Thursday, April 23rd; 10:00-11:50am (310-05)**. The final exam will be comprehensive and cumulative in nature and will cover the general material presented throughout the semester. Students should use the unit exams to identify areas of difficulty, so they can seek assistance in these areas and study the material before the final exam.
- Since portions of the unit exams and the final exam will be computer scored, scantron sheets will be provided at the time of the exam. Please be sure to cleanly erase any changes you make on the scantron while taking an exam. The answer marked on the scantron is considered your final answer.
- If you find yourself having difficulty on the exams, please seek assistance from the instructor. I am always willing to help students identify areas of difficulty and assist in identifying improved ways of studying. Please seek help earlier rather than later!

Missed Examination Policy:

- Make-up examinations will be given in the event of extreme, unavoidable circumstances (e.g. death in family, illness) or other excused absence, and **ONLY** at my discretion. In addition, I reserve the right to request and obtain written documentation verifying the reported circumstance. Students who must miss an examination due to an extreme circumstance must contact me at least one hour prior to the onset of class in order to be considered for a make-up exam. If you are in a situation in which you know well in advance that you will have to miss an examination, please notify me at least one week prior to the test so I can arrange for a make-up examination time. The format of the make-up examination may be multiple-choice, essay, or oral, at the discretion of the instructor.

Severe Weather/Fire Policy:

- In the event that GVSU classes are canceled because of severe weather, activities (including unit exams) for the canceled class will be covered in the next class session.
- In the case of fire, please proceed to the nearest exit. Do not use elevators. For more information please consult www.gvsu.edu/emergency

Accommodations for Disabilities:

- Any student who requires accommodation because of a physical or learning disability must contact Disability Support Resources at 616-331-2490 as soon as possible. After you have documented your disability, please make an appointment or see me to discuss your specific needs.

Grading:

- The final grade for the course will be based upon scores obtained on the three unit examinations (300 points), one final exam (100 points), the behavior modification project paper (70 points), and in-class activities (50 points). Percentages are calculated by dividing the total points obtained by the total points possible in the class.
- The following grading system will be used:

<i>Percentage</i>	<i>Grade</i>
93 – 100%	A
90 – 92%	A-
87 – 89%	B+
83 – 86%	B
80 – 82%	B-
77 – 79%	C+
73 – 76%	C
70 – 72%	C-
66 – 69%	D+
61 – 65%	D
60% or less	F

Schedule of Topics and Examination Dates:

1-7	Syllabus/Ch. 1	Syllabus; What is Behavior Modification?
1-9	Ch. 1, 2	Behavior Modification and its Application
1-14	Ch. 3	Behavioral Assessment
1-16	Ch. 3, 22	Behavioral and Functional Assessment
1-21	Ch. 4	Behavior Modification Designs
1-23	Ch. 29 Online Activity Only	Ethics in Behavior Modification
1-28	Ch. 4	Behavior Modification Designs
1-30	Unit Exam #1	Chapters 1, 2, 3, 4, 22, 29
2-4	Ch. 6, 7; Consent document due!	Positive Reinforcement
2-6	Ch. 6, 7	Positive Reinforcement
2-11	Ch. 16	Negative Reinforcement
2-13	Ch. 15, Gonnerman article	Punishment
2-18	Ch. 8, Lovaas article	Extinction
2-20	Ch. 14; Ch. 10	Differential Reinforcement; Schedules
2-25	Ch. 10	Reinforcement Schedules
2-27	Unit Exam #2	Chapters 6, 7, 16, 15, 8, 14, 10 Reserve articles
3-3	SPRING BREAK	No Class
3-5	SPRING BREAK	No Class
3-10	Ch. 11	Stimulus Control
3-12	Ch. 11	Stimulus Control
3-17	Ch. 19; Sundberg & Michael article	Rule Governed Behavior; Verbal Behavior
3-19	Work Day	Work on Group Paper Project
3-24	Ch. 9, 13	Shaping, Chaining
3-26	Ch. 18	Generality of Behavior change
3-31	Unit Exam #3	Chapters 11, 19, 9, 13, 18, Reserve article
4-2	Ch. 25, 24	Self-Control, Token Economies
4-7	B-Mod Group Paper Due; Ch. 25	Self-Control
4-9	Ch. 27, 26	Behavior Therapy; Cognitive Behavior Therapy
4-14	Ch. 27, 26	Behavior Therapy; Cognitive Behavior Therapy
4-16	Review Day; Time Out article	Review for final/wrap up
4-21/4-23	Final Exam	Tuesday, April 21st; 10:00-11:50am (310-05) Thursday, April 23rd; 8:00-9:50am (310-02) Thursday, April 23rd; 10:00-11:50am (310-06)