

PSY 310: Behavior Modification
Winter 2021
ASYNCHRONOUS ONLINE
Sections 06 and 07

Instructor: Mikhila Wildey, PhD

Office Hours: Mondays 1-3pm, Tuesdays 10-11am, and Thursdays 1-3pm via Zoom.

Please make an appointment here: <https://mwildey.youcanbook.me>

*If these times do not work, email me with your available times M-F from 9am-5pm.

*You do NOT need to let me know you want to meet with me before scheduling a time online – just schedule the time and I will see the purpose of the meeting in the form you complete online to schedule it.

Email: wildeymi@gvsu.edu *Email is the best way to get in contact with me.

Course Details:

Prerequisite: PSY 101 (Introductory Psychology)

Description: This course will provide an overview of Behavior Modification 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. 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.

Required Text:

Martin, G. & Pear, J. (2019). *Behavior Modification: What it is and How to Do it.* (11th Ed.). New York, NY: Routledge. ISBN: 9780815366546

Note: Although you can get the 10th edition of this book, the text will be slightly different and chapter numbers are different. Required chapters from both the 10th and 11th editions are included in the schedule for your benefit.

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.

Classroom Process:

1. **Format:** Classes will be provided entirely asynchronously online. This means that you can watch the video lectures and complete course work each week, online, at a time that is convenient for you, but **you must submit assignments and take quizzes by their due dates**. Course material will be delivered via lectures, which will include questions, video clips, and in-class activities. You are expected to have read the textbook chapters and additional readings as outlined in the syllabus. Material will be posted each week, and there are two consistent due dates for assignments for the entire semester (see course schedule).

2. **Course Communication:**
 - Communication regarding the course will occur through Blackboard and GVSU email. You are expected to **frequently (i.e., every day)** check your GVSU email and Blackboard account for important course materials, information, and updates.
 - 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 generally will not check emails after 5pm or on the weekends.
 - For questions best answered face to face, I will ask you to attend my virtual office hours or set up an alternate time to meet with me.
 - Please draft emails to me carefully and considerately, keeping in mind that you are speaking with a professor and not a friend and therefore should be professional in your communication. I will also respond professionally, as I believe these exchanges are important for professional development.
 - To connect you with other students in the class, I will be randomly making groups of 4-5 students each in the class. You will have a discussion board specific for your group. You will have to exchange/post contact information with the other students in your group (name and email address, phone number is optional). Please contact the other students **FIRST** if you have a question about the course (e.g., finding a particular assignment, not understanding a specific direction, venting about how awful of a class this is, etc.). If they can't answer your question, then reach out to me. On the syllabus quiz, please select that you should first contact the instructor as the correct answer and in order to receive a point for the question, even though this is technically not the correct answer.

3. **Required Course Equipment (owned or accessible):**
 - Reliable high-speed internet access
 - Computer with a sound card and speakers, and an operating system that meets current Blackboard browser requirements (Windows 7 or above, OS 10.10 or above)
 - Computer microphone built in or external (most laptops have a microphone)
 - Computer camera – built in or external (most laptops have a camera)

Assignments and Exams:

Assignment:	Total Possible Points:	Percentage of Grade	My Score (keep track):
Knowledge Quizzes (2 Total)	10	2.5%	
Syllabus Quiz	15	3.75%	
Activities (12 given, 10 points each)	120	30%	
Writing Assignments (3 Total, 25 points each)	75	18.75%	
Quizzes (13 given, one dropped, 15 pts each)	180	45%	
Total	400		

- **Knowledge Assessment Quizzes (10 points):** You will have to complete a pre-semester knowledge assessment quiz and a post-semester knowledge assessment quiz online worth 5 points each. You will receive full points on both quizzes if they are completed fully and on time. These quizzes are merely to gauge how much you already know and then how much you learn over the course of the semester.
- **Syllabus Quiz (15 points):** You will need to complete an online multiple-choice quiz testing you on content in the syllabus that will be graded on a pass/fail basis (full points if completed on time). Please read the entire syllabus carefully and answer all questions. Although the quiz will give you a grade, you do not need to answer every question correctly in order to pass. However, if you answer ALL questions correctly, you will earn 2 points of extra credit. Due date is listed on the course schedule.
- **Activities (120 points):** You will complete 12 activities worth 10 points each throughout the semester. Activities are homework assignments based on material for the week and graded as pass/fail assignments. That is, if the activity is completed fully and on time, you will receive full points for it. Answer keys to activities will be posted after the due date of the activity has ended.
- **Writing Assignments (75 points):** There will be three short writing assignments (25 points each) due throughout the semester on various topics. These assignments are due in the week they are listed on the schedule by Monday at 11pm.
- **Online quizzes (180 points):** Most weeks you will have a quiz testing you on the prior week's material that will consist of 15 questions worth 1 point each (15 points total per quiz; 13 quizzes given and 1 lowest quiz score dropped). If you are taking the syllabus quiz, please select that there are 14 quizzes given and 12 count towards your grade as the correct answer and to get a point for the question, even though it is technically not the correct answer. Quizzes will consist of multiple-choice/true-false questions and will be posted on Blackboard. They will be timed (15 minutes total) and you can only take the quiz once. Quizzes are always due Monday by 3pm.

Grading Scale:

93% and above	A	77-79%	C+
90-92%	A-	73-76%	C
87-89%	B+	70-72%	C-
83-86%	B	67-69%	D+
80-82%	B-	60-66%	D
		59% or below	F

The final grade for the course will be calculated by dividing the total points obtained by the total points possible in the class (400 points). I do not curve grades, but if your grade is at the .5 percentage mark, I will round up (i.e., 86.5% will be rounded up to 87%). I will not adjust your grade in any other way.

Please do not ask at the end of the semester.

Late Assignments and Make-up Policy:

1. All activities and quizzes must be completed and submitted on time or you will receive a zero for that activity or quiz. Blackboard will mark anything that is submitted even a few seconds past the deadline as late.
2. Writing assignments are subject to a 5 point penalty if turned in up to 24 hours late. Writing assignments are marked a zero if they are turned in late beyond the 24 hour window. If you are taking the syllabus quiz, please select late writing assignments will receive an automatic zero as the correct answer and to receive a point, even though it is technically not the correct answer.
3. Each student will receive 2 “pardon passes” for the semester. These passes can be used for any activity, writing assignment, or quiz, and will allow you to turn in the assignment up to 24 hours past the deadline without penalty. If you turn in an assignment beyond 24 hours after the deadline, you cannot use a “pardon pass” and the assignment will be marked a zero. Use your passes wisely!

University Policies:

1. ***Accommodations for Students with Disabilities:*** If you need accommodations due to a learning, physical, or other disability you must present a memo to me from Disability Support Resources (DSR), indicating the existence of a disability and the suggested reasonable accommodations. If you have not already done so, please contact the Disability Support Resources office (4015 JHZ) by calling 331-2490 or email to dsrgvsu@gvsu.edu. Please note that I cannot provide accommodations based upon any disability until I have received a copy of the DSR issued memo. All discussions will remain confidential. Furthermore, if you have a physical 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.
2. ***Copyright Policy:*** The materials presented in this class are copyright protected and may not be used without the express prior consent of the instructor. Intentional misuse of the intellectual property of another may subject the user to penalties up to and including dismissal.
3. This course is subject to GVSU's general requirements for courses. A full list with pointers to resources may be found at www.gvsu.edu/coursepolicies.

How to Succeed in This Course:

1. **Self-Management is key.** Online courses require perseverance, self-discipline, self-motivation, and the ability to work independently – much more so than face-to-face courses. Be sure to:
 - a. Log into Blackboard at least 4-5 times/week or once/day
 - b. Stay organized by writing down all of the due dates for this course in your personal/work calendar
 - c. Plan consistent and regular weekly study times. You may need to block out specific (and consistent) times in your schedule each week solely to work on this class. Put the time(s) in your schedule/planner.
 - d. Visit <https://www.gvsu.edu/sasc/online-learning-tips-140.htm> for additional tips and videos to help you better succeed in an online class.
2. **Read the textbook.** It provides broader context for understanding the class lectures.
3. **Watch ALL of the online lectures each week.** When watching lectures, take good notes. Pretend that you are in-class and needing to take notes. Go back and re-watch aspects you didn't understand. *Plan on spending double the time of the lecture as you watch it, to account for notes and stopping and re-watching.*
4. **Turn in all assignments on time.** Easy points can be lost when students do not complete assignments on time. Missing assignments will substantially lower your grade in the course.
5. **Prepare for weekly unit quizzes.** You should make sure you feel confident about the material and feel like you know it very well before taking the quiz. You should be re-reading your notes daily and testing yourself on the course material (this method is one of the best at ensuring you retain the information).
6. **Communicate with me!** Email me or make an appointment to meet with me on Zoom if you need to discuss anything pertaining to this course. You don't need to email me first to let me know that you want to meet with me or are struggling – simply book a time during my office hours and then we can chat about your concerns. I enjoy meeting and talking with students, and I want you to succeed in this course! In addition, contact me when you **first** notice that you might be struggling. I will do everything in my power to help you discover what is difficult for you and how you can work towards improving your performance. DO NOT wait until the last minute to see me because of poor understanding or poor grades. I will be much less sympathetic at that point and there's not much you can do then. Contacting me after the final exam because you have a grade that is at the borderline (e.g., an 89.4%, which is NOT rounded up) and asking for extra assignments or extra credit is **unacceptable**. I try to be fair in the course by offering extra credit opportunities (the first of which is getting a 100% on the syllabus quiz for extra credit!) and offering help throughout the course if you are struggling.

Course Schedule:

Given the unusual circumstances of this semester, please note that this schedule is **tentative** and I reserve the right to change this schedule. It is your responsibility to be aware of changes in this schedule that are announced through Blackboard and in class.

Week:	Monday, Thursday dates:	Topic: Lectures will be online and in-person unless otherwise noted	Readings from 11th edition: <i>(italics = 10th ed)</i>	Assignments to complete by Monday at 3pm:	Assignments to complete by Thursday at 3pm:
One	1/18, 1/21	Introduction and Course Overview, Behavior Modification and Its Application	Syllabus; Chapter 1, 2 <i>(1, 2)</i>		<ul style="list-style-type: none"> • Syllabus Quiz • Knowledge Assessment
Two	1/25, 1/28	Ethics in Behavior Modification	Chapter 29 <i>(30)</i> ; Facilitated Communication Articles	• Quiz #1 on Week 1	• Activity #1
Three	2/1, 2/4	Behavioral Assessment	Chapter 3 <i>(20, 21)</i>	• Quiz #2 on Week 2	• Activity #2
Four	2/8, 2/11	Functional Assessment, Behavior Modification Designs	Chapter 4, 22 <i>(22, 23)</i>	• Quiz #3 on Week 3	• Activity #3
Five	2/15, 2/18	Positive Reinforcement, Schedules of Reinforcement	Chapter 6, 7, 10 <i>(4, 5, 8)</i>	<ul style="list-style-type: none"> • Quiz #4 on Week 4 • Writing Assignment #1 	• Activity #4
Six	2/22, 2/25	Negative Reinforcement	Chapter 16 <i>(14)</i>	• Quiz #5 on Week 5	• Activity #5
Seven	3/1, 3/4	Punishment	Chapter 15 <i>(13)</i> ;	• Quiz #6 on Week 6	• Activity #6
Eight	3/8, 3/11	Punishment continued	Chapter 15 <i>(13)</i> ; School of Shock and FDA ruling; CNN article	• Quiz #7 on Week 7	• Activity #7

Nine	3/15, 3/18	Stimulus Control, Rule Governed Behavior	Chapter 11, 19 (9, 17)	• Activity #8	• Activity #9
Ten	3/22, 3/25	Extinction, Differential Reinforcement	Chapter 8, 14 (6, 12)	• Quiz #8 on Week 9	• Activity #10
Eleven	3/29, 4/1	Shaping, Chaining	Chapter 9, 13 (7, 11)	• Quiz #9 on Week 10	• No assignments – BREAK DAY
Twelve	4/5, 4/8	Generality of Behavior Change, Planning Programs, Self-Control	Chapter 18, 23, 25 (16, 24, 26)	• Quiz #10 on Week 11	• Activity #11 • Writing Assignment #2
Thirteen	4/12, 4/15	Token Economies	Chapter 24 (25)	• Quiz #11 on Week 12	• Activity #12
Fourteen	4/19, 4/22	Behavior Therapy; Cognitive Behavior Therapy	Chapter 26, 27 (27, 28)	• Quiz #12 on Week 13	• Writing Assignment #3
Fifteen	Final Exam Week	No lectures		• Quiz #13 on Week 14 • Knowledge Assessment Post-Quiz	