

Grand Valley State University

Psychology 310: Behavior Modification

Online Asynchronous

Fall 2022 Course Syllabus

Instructor: Lindsay Essig, M.A., BCBA (Pronouns: She/Hers/Her)
Course Sections/Locations: Section 06: Online Asynchronous
Email: essigl@gvsu.edu
Virtual Office Hours: Fridays 9-11 AM, or by appointment
Office: Virtual, Zoom link below:
<https://gvsuedu.zoom.us/j/91460465315?pwd=ZjV5YktDaHdmYWZzc1RXV2Vod3cxZz09>
If you're prompted to enter a password to the Zoom meeting, it will always be **PSYROCKS**

TEXT AND MATERIALS

- Miltenberger, R. G. (2016). *Behavior modification: Principles and procedures* (6th ed. ed.). Boston, MA: Cengage Learning.
- Other readings, provided on Blackboard.

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 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 explore 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. **This course is 100% online. Computer use is required for all assignments.** I have developed this course to make your learning flexible, convenient, interesting and intellectually stimulating. At the same time, I also have high expectations for student behavior and performance in this online class. Many students find online courses difficult as it requires a great deal of self-motivation, diligence, and discipline. Inactivity on Blackboard or failing to closely attend to deadlines will be detrimental to your overall grade in the course. *You should expect to devote 3-4 hours a week to complete all the requirements for this course well.*

LEARNING OBJECTIVES

- Be fluent and able to differentiate between various principles of operant conditioning, including but not limited to reinforcement, punishment, extinction, shaping, chaining, and verbal and rule-governed behavior.
- Be able to evaluate a behavior modification program and use the theoretical principles to understand, modify, and shape programs to change your own behavior, or the behavior of others in a variety of settings, as acceptable and required by various service organizations.
- Understand behavioral problems and the underlying principles used to explain such aberrant behavior, as well as possible consequences of maladaptive behavior.

BLACKBOARD

- Blackboard will be our online learning forum for this course. It is the student's responsibility to use Blackboard daily and to complete all coursework and submit assignments through this platform. Please be sure that you review the online resources on www.gvsu.edu related to interacting with Blackboard to be sure you have the basic technological skills to complete this online course.

CLASS ORGANIZATION

- The material that you will need for the course is on Blackboard. Each week a new module will be presented in Blackboard. You will need to click on the **Learning Module** tab on the left side of your Blackboard screen. You will then see the list of tasks that need to be completed for that week. There will typically be a weekly reading from the textbook, lecture notes/video, short video clips, an assignment, and a quiz. All work should be completed in the order it is presented in the Learning Module.
- Everything that you need to know for the class will be in the syllabus posted on the Announcements, or sent via email in Blackboard. Please make sure that you are checking your GVSU email frequently to stay up to date on the course. There is a Discussion Board that is available for any questions you may have that may pertain to the entire class. For more personal concerns, please email me directly through Blackboard.

COMPUTING POLICIES AND TECHNOLOGY

- **Please attend to the Netiquette guidelines posted on our Blackboard site.** Please be aware that all writing in this course, should include proper grammar, spelling, and citations.
- You will need to be able to open PDF files for this course. You can find links to download this from the “Online Orientation” from the GVSU IT website. You will also find information on the self-directed Blackboard Orientation and links to additional Help documents. For technology related questions, please contact the Help Desk at helpdesk@gvsu.edu, or 616.331.2101.
- The standard GVSU word processing program is Word, and that is what I will use. Word documents in the course site are posted as .docx. Please submit your documents as Word files. I will not accept incompatible programs. As a GVSU student, you have access to Microsoft Office for free.
- All official GVSU email goes to your student (Gmail) account, including email sent from Blackboard. I will send email through Blackboard, so it is very important that you check your GVSU Gmail account on a regular basis. Many times, I will send reminders, tips and general FYI information as an email message.
- 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.
- Please consider the **Three Before Me** rule, where before emailing me concerning technical questions or other class logistics, try learning your answer through other means first:
 - For technical support, contact the Help Desk by phone (616.331.2101) or email: helpdesk@gvsu.edu.
 - Refer to course resources such as the syllabus, calendar, assignment details, etc. You can also consult the Discussion Board that is devoted to general questions about the class.
 - Email another student in the class.
- 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.

POLICY ON ACADEMIC INTEGRITY

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.

READING ASSIGNMENTS

It will be helpful to read the assigned material each week prior to watching the recorded video lecture. This will assure that you have some basic knowledge of the topic matter before exploring the online resources in the Learning Module. This will also assure you the opportunity to ask questions regarding unclear material and engage in the online material more actively. During your initial reading of the text, you should begin to formulate thoughts and questions that will form the basis of for responses on the assignment and quiz.

VIDEO LECTURES

Every topic covered in the course has a brief video lecture covering the most important points from that topic. These are designed to be brief (10-15 minutes), and provide an *overview* and are not a comprehensive representation of all that you should know from the textbook. This will assure you the opportunity to ask questions regarding unclear material and engage in the online material more actively. Questions for the weekly quizzes are drawn directly from the recorded video lectures.

ONLINE ASSIGNMENTS

For many Learning Modules, there will be an online assignment to provide an opportunity for you to practice with the content. These will be downloaded from Blackboard, completed in Word, and then submitted to Blackboard. ***I do not accept emailed assignments.*** Please carefully attend to the due dates for these assignments because **I do not accept late assignments.** Each of these online assignments are worth 10 points.

ONLINE QUIZZES

- Most Learning Module units will include an open-note, open-book quiz. The idea behind this kind of quiz is to assess your knowledge of the learning module after you have completed the required assignments and reviewed the required components. This is an opportunity for you to make sure you are grasping the course material, and also provides a means for me to identify areas where you are struggling. These online quizzes are timed, and you are expected to complete the quiz independently, without any help. Your lowest quiz score will be dropped.
- Content on the quizzes is heavily influenced by material covered in the video recorded lectures. Therefore, it is critical to take notes effectively. Quiz questions are cumulative throughout the semester, meaning questions from the first module may be on the last quiz. It is essential to keep notes organized throughout the semester if you plan to use them for the quiz.
- Quizzes will have a deadline that is specified in the Learning Module and will automatically deactivate after that due deadline has expired. Make-up quizzes will be given in the event of extreme, unavoidable circumstances (e.g. death in family, illness) 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 a quiz deadline due to an extreme circumstance must contact me at least 24 hours prior to the deadline to be considered for a make-up quiz.

EXTRA CREDIT

Two extra credit opportunities will be available throughout the semester. Extra credit may only be obtained by filling out course/instructor feedback surveys in the middle of the semester and at the end of the semester. Students who fill out these surveys will receive two points of extra credit for each survey.

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 to discuss your specific needs. Please notify me if you are in need of accommodations, and I will work hard to assist you in this process.

PSYCH FRIENDS

If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: 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, methods for maintaining physical and mental health. Schedule an appointment here: <https://www.gvsu.edu/navigate> and Questions? Email psychfriends@gvsu.edu

OTHER INFORMATION

- This course is subject to the GVSU policies listed at: <http://www.gvsu.edu/coursepolicies/>
- University link to COVID relevant information: <https://www.gvsu.edu/lakerstogether/>

GRADING

- The final grade for the course will be based upon scores obtained on the assignments (14 assignments; 10 points each), and quizzes (13 quizzes; 10 points each, lowest quiz dropped). 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>	<i>Percentage</i>	<i>Grade</i>
93 – 100%	A	77 – 79%	C+
90 – 92%	A-	73 – 76%	C
87 – 89%	B+	70 – 72%	C-
83 – 86%	B	66 – 69%	D+
80 – 82%	B-	61 – 65%	D
		60% or less	F

FINAL NOTE

Course policies are subject to change. It is the student's responsibility to check Blackboard for corrections or updates to the syllabus. Any changes will be posted in Blackboard.

COURSE SCHEDULE

Week 1	Syllabus/Chapters 1 and 2	Syllabus; What is Behavior Modification?
Week 2	N/A – watch video	Ethics in Behavior Modification
Week 3	Chapters 2 and 13	Behavioral Assessments
Week 4	Chapter 3	Single Case Designs
Week 5	Chapter 4	Positive/Negative Reinforcement
Week 6	Chapter 5	Extinction
Week 7	Chapter 6	Punishment
Week 8	Chapter 7	Stimulus Control
Week 9	Chapter 9 and 11	Shaping & Chaining
Week 10	Chapter 19	Generality of Behavior Change
Week 11	Chapter 12	Behavioral Skills Training
Week 12	Chapter 15	Differential Reinforcement
Week 13	Chapter 16	Antecedent Control
Week 14	Chapters 20 and 22	Self-Management/Token Economies
Week 15	Chapter 25	Behavior Therapy; Cognitive Behavior Therapy