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**PSY 310-03  
Behavior Modification  
Winter 2023**

**Instructor Information**

Taylor Thorpe, Psy.S., BCBA, LBA  
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**Office Hours**

Monday and Wednesday @ 5:45pm - 6:45pm, or by appointment.

**Course Information**

Monday and Wednesday @ 4:30pm - 5:45pm  
ASH 2302  
*Prerequisites:* PSY 101

**Required Text**

Miltenberger, R. (2016). *Behavior modification: Principles and procedures* (6th ed.). Cengage Learning.

This text will be available digitally via VitalSource through the GVSU SAVE program. You have been charged for your course material on your GV student account. *The deadline to opt-out of the SAVE program is Friday, January 20.* Please be aware, if you opt-out you will be responsible for purchasing the required course material on your own. For the instructions to opt-out, and more information about the program visit the GVSU SAVE website at: <https://lakerstore.gvsu.edu/gvsusave>. If you have any questions or are experiencing any issues, please contact [lakersave@gvsu.edu](mailto:lakersave@gvsu.edu).

All other required readings will be posted via Blackboard.

**Course Description**

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.

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.

### Course Requirements

Grades are calculated by dividing the total number of points earned by the total number of possible points (280).

Content Check-Ins (10 points each)	120 points
Application Assignments (20 points each)	60 points
Final Assessment	100 points
<b>TOTAL POINTS FOR COURSE</b>	<b>280 points</b>

#### Content Check-Ins: 120 points

There will be a total of 12 content check-in assessments at 10 points each (i.e., open book quizzes) following each chapter or topic to be completed on Blackboard. These are designed to continually assess your learning and understanding of the content throughout the course. *Each content check in will be due by Friday at 11:59pm of the week that it is assigned.* You will have 20 minutes to complete each check in. While these are open book activities, you will need to be familiar and fluent with the content in order to complete it within the time limit. Once you begin the assessment, you must complete it. If you are unsatisfied with your performance on the first attempt, you will have the opportunity to attempt the check in again and you will receive points for your attempt with the highest score. Late check-ins will not be accepted.

#### Application Assignments: 60 points

There will be a total of 3 application assignments at 20 points each. The assignment due dates are spaced throughout the semester. Detailed information about each assignment will be provided on Blackboard.

#### Final Assessment: 100 points

This is not a final exam. Rather, it is a cumulative project that you will complete to demonstrate your understanding and application of topics we have covered throughout the semester. This will require you to complete an inquiry-based review of a behavior change procedure in an area of your interest or choosing. The assessment will be comprised of the following components: (1) identification of journal articles relevant to the topic, (2) summary of the study findings, (3) identification and analysis of behavior change procedures used and their impact on behavior, and (4) implications for practice. Additional detailed information about this assessment will be provided on Blackboard. Journal articles must be selected and submitted by mid-semester.

## Grading Scale

A letter grade will be assigned based on the grading scale listed below.

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

## Course Specific Policies

**Attendance:** Class attendance is required, but will not be tracked. It is your responsibility to arrive on time and participate in lectures and discussions. Missing class will result in missing content that is important to demonstrate understanding of course objectives. If you must miss a class, be sure to review the lecture notes and materials, and reach out to peers or the instructor to determine if you missed any important announcements.

**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 may result in a deduction of points at the discretion of the instructor.

## COVID Specific Policies

Please refer to information available at <https://www.qvsu.edu/lakerstogether/>. Please do not come to class if you are feeling ill and notify me if you have to miss more than once class due to illness. I will work with you to ensure that you do not miss any content. In the event that I have to quarantine, I will temporarily move the class online for that time period.

## 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 and Plagiarism:** 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. If I have evidence of any form of

academic dishonesty (cheating on an exam, giving or receiving information about what is asked in an assessment, 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 (e.g., the textbook, a journal article, etc.). 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.

This course is subject to the GVSU policies listed at <http://www.gvsu.edu/coursepolicies/>

### **Psychology Department Peer Mentorship Program**

**Psych Friends:** 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](mailto:psychfriends@gvsu.edu). To schedule an appointment with a mentor, go to <https://www.gvsu.edu/navigate/>.

### **Additional Student Resources and Supports**

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/>

Fred Meijer Center for Writing & Michigan Authors (Writing Center) <https://www.gvsu.edu/wc/>

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/>

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/>

COURSE SCHEDULE				
	Date	Topics	Readings	Assignments
<b>Week 1</b>	01/09	Welcome and Course Introduction	Course Syllabus	Introduction Survey Watch SAFMEDS Tutorial
	01/11	Introduction to Behavior Modification and Applied Behavior Analysis	Biglan, Chapter 1 Miltenberger, Chapter 1	Begin SAFMEDS Content Check In
<b>Week 2</b>	01/16	MARTIN LUTHER KING JR. RECESS		
	01/18	Identifying, Defining, and Measuring Behavior	Miltenberger, Chapter 2	
<b>Week 3</b>	01/23	Identifying, Defining, and Measuring Behavior		Content Check In
	01/25	Ethical Behavior Change Functional Assessment	Bannerman (1990) Miltenberger, Chapter 13 (pg. 243-256)	
<b>Week 4</b>	01/30	Graphing and Evaluating Behavior Change	Normand (2009) Miltenberger, Chapter 3	
	02/01	Graphing and Evaluating Behavior Change		Content Check In
<b>Week 5</b>	02/06	Reinforcement	Miltenberger, Chapter 4	
	02/08	Reinforcement		Content Check In Application Assignment
<b>Week 6</b>	02/13	Extinction	Miltenberger, Chapters 5 and 14	
	02/15	Punishment	Miltenberger, Chapters 6, 17, and 18	Content Check In
<b>Week 7</b>	02/20	Punishment		Content Check In
	02/22	Differential Reinforcement	Miltenberger, Chapter 15	
<b>Week 8</b>	02/27	Shaping and Prompting	Miltenberger, Chapters 9 and 10	Content Check In
	03/01	Chaining (NO IN-PERSON CLASS)	Miltenberger, Chapter 11	Asynchronous Activities Submit Journal Articles
<b>Week 9</b>	03/06	SPRING BREAK		
	03/08	SPRING BREAK		
<b>Week 10</b>	03/13	Stimulus Control	Miltenberger, Chapter 7 Martin, Chapter 8	Content Check In
	03/15	TBD, Catch-up as needed		Application Assignment

<b>Week 11</b>	03/20	Behavior Skills Training	Miltenberger, Chapter 12	
	03/22	Promoting Generalization	Miltenberger, Chapter 19	Content Check In
<b>Week 12</b>	03/27	Self-Management	Miltenberger, Chapter 20	
	03/29	Habit Reversal	Miltenberger, Chapter 21	Content Check In
<b>Week 13</b>	04/03	Token Economy	Miltenberger, Chapter 22	
	04/05	Behavioral Contracts	Miltenberger, Chapter 23	Content Check In
<b>Week 14</b>	04/10	Fear and Anxiety Reduction Cognitive Behavior Modification	Miltenberger, Chapter 24	
	04/12	Verbal Behavior ABA and Autism Spectrum Disorder	TBD	Content Check In
<b>Week 15</b>	04/17	TBD, Catch-up and / or review as needed		Application Assignment
	04/19	TBD, Catch-up and / or review as needed		
<b>FINALS</b>	04/22	Classes End		
	04/28	Final Assessment <b>Due Friday, April 28 by 5:00pm!</b>		