



UNIVERSITY OF ALBERTA
DEPARTMENT OF PSYCHOLOGY

Behaviour Modification

PSYCO 282, Section X01

Fall 2020

Instructor: Dr. Jeffrey M. Pisklak

Office: BS-P535

E-mail: pisklak@ualberta.ca (put PSYCO 282 in subject header)

Web Page: eClass

Office Hours: Online via Zoom Fridays from 11:00 to 11:55 or by appointment.

Teaching Assistant: Gopika Balasubramanian (gopika@ualberta.ca)

Course Format: Weekly pre-recorded video lectures (available for download or streaming) will be provided each Wednesday by 17:30 through the course eClass page.

Course Content

Course Description:

A study of applications of learning principles and laboratory findings to behavior problems in educational, clinical, and social settings, with emphasis on empirical research demonstrating the effectiveness of behavior modification and cognitive/behavioral techniques. [Faculty of Science]

Course Prerequisites:

PSYCO 104 or SCI 100

It is the responsibility of the student to ensure they have the appropriate prerequisite(s) for the course.

Course Objectives and Expected Learning Outcomes:

This course is designed as an introduction to the study of behaviour as a natural science, and its subsequent applications in the form of behaviour analysis and modification. In addition to discussion of theory and practice of behaviour modification, this course also involves a self-modification project that will allow students to experience

first-hand the particulars of setting behaviour goals, establishing a baseline, and methodically changing behaviour.

The objectives of this course are to 1) expand your understanding of historical and contemporary learning principles through a review of empirical research in the area, and 2) provide examples for how these principles are applied in research, clinical, classroom, and home settings.

Course Schedule:

See the current Calendar for the Academic Schedule, Dates, and Deadlines, which include the Registration Add/Drop deadline and Withdrawal date.

| Tentative Lecture Schedule | | |
|----------------------------|----------|---|
| Week | Date | Topic / Assigned Chapters to Read |
| 1 | Sept 2 | Introduction, Measurement (Ch. 1–3) |
| 2 | Sept 7 | Reinforcement & Extinction (Ch. 4, 5); Assign. 1 - Instructions |
| 3 | Sept 16 | Punishment & Respondent Conditioning (Ch. 6, 8) |
| 4 | Sept 23* | Stimulus Control, Shaping (Ch., 7, 9); Assign. 2 - Instructions |
| 5 | Sept 30 | Python Tutorial # 1, Fading & Chaining (Ch. 10, 11) |
| 6 | Oct 7 | Midterm 1 (@ 17:30); Assessment, Extinction (Ch. 13, 14) |
| 7 | Oct 14 | Diff. Reinforcement, (Ch. 15) |
| 8 | Oct 21* | Antecedent Control & Aversive Control (Ch. 16–18); Assign. 3 - Instructions |
| 9 | Oct 28 | Generalization, Self-Management (Ch. 19, 20) |
| 10 | Nov 4 | Midterm 2 (@ 17:30); Python Tutorial # 2 |
| 11 | Nov 11 | Reading Week – No Lecture |
| 12 | Nov 18 | Token Economies, Habit Reversal, Fear/Anxiety, (Ch. 22, 21, 24) |
| 13 | Nov 25* | CBT (Ch. 25) |
| 14 | Dec 2** | Final Exam (@ 17:30) |

*Assignment due

** CAUTION: Students must verify this date on BearTracks when the Final Exam Schedule is posted.

 Midterm 1 material.

 Midterm 2 material.

Learning Resources

Required Textbook:

Miltenberger, R.G. *Behavior Modification: Principles and Procedures* (6th ed.). Belmont, CA: Wadsworth Cengage.

- eBook version available at <https://www.nelsonbrain.com/shop/>
- 5th edition is okay to purchase as well.

Academic Success Centre:

The [Academic Success Centre](#) provides professional academic support to help students strengthen their academic skills and achieve their academic goals. Individual advising, appointments, and group workshops are available year round in the areas of Accessibility, Communication, Learning, and Writing Resources. Modest fees apply for some services.

Grade Evaluation

| Assessment | Weight | Date |
|--------------|--------|----------------------------|
| Assignment 1 | 3% | September 23 rd |
| Assignment 2 | 12% | October 21 st |
| Assignment 3 | 15% | November 25 th |
| Midterm 1 | 20% | October 7 th |
| Midterm 2 | 20% | November 4 th |
| Final Exam | 30% | *December 2 nd |

*Students must verify this date on BearTracks when the Final Exam Schedule is posted.

Exam and assignment marks will be tallied at the end of the course (rounded to two decimal points) and converted to the 4-point/letter grade according to the table below. This course is NOT graded on a curve.

| Distribution of Grades | | | |
|------------------------|------------------|-------------------|----------------|
| Percentage Grade: | University Grade | Grade Point Value | Interpretation |
| 95.00 ≥ 100.00 | A+ | 4.0 | Excellent |
| 90.00 ≥ 94.99 | A | 4.0 | |
| 85.00 ≥ 89.99 | A- | 3.7 | |
| 80.00 ≥ 84.99 | B+ | 3.3 | Good |
| 75.00 ≥ 79.99 | B | 3.0 | |
| 70.00 ≥ 74.99 | B- | 2.7 | |

| | | | |
|--------------------|----|-----|--------------|
| 66.00 \geq 69.99 | C+ | 2.3 | Satisfactory |
| 62.00 \geq 65.99 | C | 2.0 | |
| 58.00 \geq 61.99 | C- | 1.7 | |
| 54.00 \geq 57.99 | D+ | 1.3 | Poor |
| 50.00 \geq 53.99 | D | 1.0 | Minimal Pass |
| 0.00 \geq 49.99 | F | 0.0 | Fail |

This table contains an approximate guideline for the course; however, the instructor reserves the right to adjust this table to correspond to University-suggested ranges and assign appropriate grades based on relative performance.

Grades are unofficial until approved by the Department and/or Faculty offering the course.

Re-examination:

There is no possibility of a re-examination in this course.

Format of Exams:

Both midterms and the final will be multiple-choice exams covering material from both the lectures and textbook. Only the final exam will be cumulative; however, it will emphasize materials from the latter third of the course. All exams will be open-book and delivered electronically via eClass.

Representative Evaluative Material:

A sample exam to illustrate the style of questions will be provided on eClass. It will be made available at least one week prior to the first midterm. Note that the sample exam is not meant to serve as a substitute for proper studying.

Missed Term Exams and Assignments:

For *excused* absence from a midterm exam, the weight of the missed midterm will be transferred to the final exam. Students who have missed a midterm and been granted a deferral will be required to write a longer final exam that will include additional questions from the first two-thirds of the term.

The instructor must be informed of an absence as soon as possible (within 48 hrs) after missing the midterm and a completed copy of the *Psychology Statutory Declaration Form* must be provided to them.

- <https://www.ualberta.ca/psychology/media-library/pdfs/undergraduate/departments-declaration.pdf>

In all cases, instructors may request adequate documentation to substantiate the reason for the absence, at their discretion. Deferral of term work is a privilege and not a right;

there is no guarantee that a deferral will be granted. Misrepresentation of facts to gain a deferral is a serious breach of the *Code of Student Behaviour*.

Missed Assessments Where the Cause is Religious Belief:

For an excused absence where the cause is religious belief, a student must contact the instructor(s) within two weeks of the start of Fall or Winter classes (or within three days of the start of Spring or Summer classes) to request accommodation for the term (including the final exam, where relevant). Instructors may request adequate documentation to substantiate the student request.

Deferred Final Examination:

A student who cannot write the final examination due to incapacitating illness, severe domestic affliction or other compelling reasons can apply for a deferred final examination. Students who failed at the start of term to request exam accommodations for religious beliefs are expected to follow the normal deferred final examination process. Such an application must be made to the student's Faculty office within two working days of the missed examination and must be supported by appropriate documentation or a Statutory Declaration (see [Calendar for information on Attendance](#)). Deferred examinations are a privilege and not a right; there is no guarantee that a deferred examination will be granted. Misrepresentation of Facts to gain a deferred examination is a serious breach of the Code of Student Behaviour.

Remote Delivery Considerations

Technology for Remote Learning:

To successfully participate in remote learning in this course, it is recommended that students have access to a computer with an internet connection that can support the tools and technologies the University uses to deliver content, engage with instructors, TAs, and fellow students, and facilitate assessment and examinations. Please refer to Technology for Remote Learning - For Students for details. If you encounter difficulty meeting the technology recommendations, please email the Dean of Students Office (dosdean@ualberta.ca) directly to explore options and support.

Please contact the instructor by the add/drop deadline [Tuesday, September 15, 2020] if you do not have access to the minimum technology recommended. The instructor will make arrangements for accommodating students who contact the instructor before this date. Failure to do so may result in a zero in any assessment that depends on the minimum technology.

Student Resources for Remote Learning:

Online learning may be new to you. Check out tips for success and find out more about online learning on the [Campus Life](#) page, and specifically on the [Student Resources for Remote Learning](#) page.

Student Responsibilities

Academic Integrity:

"The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behaviour (online at www.governance.ualberta.ca) and avoid any behaviour which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University."

All forms of dishonesty are unacceptable at the University. Any offence will be reported to the Associate Dean of Science who will determine the disciplinary action to be taken. Cheating, plagiarism and misrepresentation of facts are serious offences. Anyone who engages in these practices will receive at minimum a grade of zero for the exam or paper in question and no opportunity will be given to replace the grade or redistribute the weights. As well, in the Faculty of Science, the sanction for cheating on any examination will include a disciplinary failing grade (NO EXCEPTIONS) and senior students should expect a period of suspension or expulsion from the University of Alberta.

Students are expected to familiarize themselves with the [Academic Integrity](#) resources (covering the topics of cheating, collaboration, plagiarism, and substantial assistance) on the website of the Office of the Dean of Students.

Sanctions range from a grade of zero for an exam or paper in question, with no opportunity to replace the grade or redistribute the weights, to a disciplinary failing grade with a period of suspension or expulsion from the University of Alberta.

Students Eligible for Accessibility-Related Accommodations:

Eligible students have both rights and responsibilities with regard to accessibility-related accommodations. Consequently, scheduling exam accommodations in accordance with [Accessibility Resources](#) deadlines and procedures is essential. Please note adherence to

procedures and deadlines is required for U of A to provide accommodations. Contact [Accessibility Resources](#) for further information.

Recording and/or Distribution of Course Materials:

Audio or video recording, digital or otherwise, of lectures, labs, seminars or any other teaching environment by students is allowed only with the prior written consent of the instructor or as a part of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

Student Resources

Accessibility Resources (AR) (1 – 80 SUB): The University of Alberta is committed to creating work and learning communities that inspire and enable all people to reach their full potential. AR promotes an accessible, inclusive, and universally designed environment. For general information to register for services visit the *Accessibility Resources* webpage. Eligible students have both rights and responsibilities with regard to accessibility-related accommodations. Consequently, scheduling exam accommodations in accordance with AR deadlines and procedures is essential. Please note adherence to procedures and deadlines is required for U of A to provide accommodations.

- <https://www.ualberta.ca/current-students/accessibility-resources>

The Centre for Writers (1-42 Assiniboia Hall): The *Centre for Writers* offers free one-on-one writing support to students, faculty, and staff. Students can request consultation for a writing project at any stage of development. Instructors can request class visits and presentations.

Health and Wellness Support: There are many health and community services available to current students. For more information visit the *Health and Wellness Support* webpage.

Office of the Student Ombuds: The *Office of the Student Ombuds* offers confidential interviews, advice and support to students facing academic, discipline, interpersonal and financial difficulties.

Learning and Working Environment

The Department of Psychology, Faculty of Arts, and Faculty of Science are committed to ensuring that all students, faculty, and staff are able to work and study in an environment that is safe and free from discrimination and harassment. It does not tolerate behaviour that undermines that environment.

The University of Alberta acknowledges that we are located on Treaty 6 territory, and respects the histories, languages, and cultures of the First Nations, Métis, Inuit, and all First Peoples of Canada, whose presence continues to enrich our vibrant community.

Policy about course outlines can be found in [Course Requirements, Evaluations Procedures and Grading](#) of the University Calendar.

Disclaimer:

Any typographical errors in this Course Outline are subject to change and will be announced in class. The date of the final examination is set by the Registrar and takes precedence over the final examination date reported in this syllabus.

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