

PSYCO 282

Behaviour Modification

Winter, 2021

LEC B1 MWF 1:00-1:50p.m. [remote]

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Prerequisites

The **required** prerequisite for this course is PSYCO 104 or SCI 100, **no** exceptions or waivers. You may **not** take this course for credit if you already have credit in PSYCO 281. See [UAlberta Calendar](#) section Registration: [Prerequisite Course Requirements](#).

Course Description & Learning Objectives

In this course, you will learn the basic principles of behaviour modification, and procedures on how to apply them in various settings. You will be able to apply a functional approach to the ethical understanding and treatment of problem behaviours. More specifically, you will acquire an understanding of the basic principles of operant conditioning (including reinforcement, extinction, punishment, stimulus control, shaping, prompting, fading, and chaining) and classical conditioning. Also, you will learn how to apply these principles to implement behaviour change procedures with the goal of improving a person's life. You will develop and implement a self-management program to modify one of your own behaviours. Specific learning outcomes will be described in lectures for each topic.

Assessment

eClass Lecture Quizzes (worth 5%): Marks are assigned for participating in quizzes posted on eClass--not according to how many questions you answer correctly. There are 22 polls; each poll is worth 0.2272727% (i.e., 5%/22). The weight of any missed polls will be automatically added to your final exam.

Self-Management Project (worth 15%): One of the goals of behaviour modification is to apply the scientific principles of learning to human behaviour. In this project, you will have the opportunity to modify one of your own behaviours. This multi-part project requires you to submit assignments at each stage of the behaviour modification program. More information (including due dates) is in the [Self-Management Project document](#).

Midterm Exams (worth 20% each): The two online midterms will test material covered in the assigned readings and lectures. Although there is much overlap between the textbook and lectures, it is not a complete overlap; some content is only covered in one or the other. You are responsible for **all** material. The midterms will consist of multiple-choice questions. Midterms will **not** be available for review. If you miss a midterm for an acceptable reason such as incapacitating illness, severe domestic affliction, or religious conviction (see The Fine Print below), then the weight of the excused exam will be added to the final exam (digitally signed [statutory declaration form](#) required). Documentation must be provided within **two** working days of the missed exam. **No** makeup exams or assignments are accepted. See [UAlberta Calendar](#) sections Academic Regulations: [Attendance](#) and [Examinations \(Exams\)](#).

Cumulative Final (worth 39%): See the Office of the Registrar's [exam schedule](#) for official date and time. The 2-hour online final exam will be cumulative; it will have multiple-choice questions based on the entire course, with an emphasis on the material covered after the second midterm. If you miss this exam, you must apply to your Faculty Office for a deferral of the final exam within **two** working days of the final exam date. See [UAlberta Calendar](#) sections Academic Regulations: [Attendance](#) and [Final Examinations](#).

Proctoring Trial (worth 1%): A trial of the proctoring and exam integrity software ([Smart Exam Monitor](#) and [ExamLock](#)) will be given via eClass. You will receive 1% toward your final grade if you participate in this proctoring trial before the due date; your mark will not be based on how many questions you answer correctly.

Required Textbook & Readings

Textbook:

Miltenberger, R. G. (2016). *Behavior modification: Principles and procedures* (6th ed.). Cengage Learning. [ISBN-13: 9781305109391]

Required readings (posted on eClass):

Martin, G., & Pear, J. (2019). Ethical issues. In G. Martin & J. Pear, *Behavior modification: What it is and how to do it* (11th ed.) (pp. 322-331). Routledge.

Baumeister, R. F. (2012, February). Self-control: The moral muscle. *The Psychologist*, 25(2), 112-115.
<https://thepsychologist.bps.org.uk/volume-25/edition-2/self-control-%E2%80%93-moral-muscle>



Schedule of Classes (* indicates Self-Management Project due date)

Date:	Topic:	Assigned readings:	Project part due:
Jan 11-15	Introduction	Chapter 1	
Jan 18-22	Observing & recording behaviour Ethics; Graphing & research designs	Chapter 2 Martin & Pear; Chapter 3	
Jan 25*-29	Finding research & APA style; Reinforcement Extinction	Chapter 4 Chapter 5	I: Target Behaviour
Feb 1-5	Proctoring Trial due: Mon., Feb. 1 Punishment Stimulus control	Chapter 6 Chapter 7	
Feb 8*-12	Respondent conditioning Midterm 1: Wed., Feb. 10 Shaping	Chapter 8 Chapters 1-8 + Martin & Pear Chapter 9	II: Ethics
Feb 15-19	No classes (Reading Week)		
Feb 22-26	Prompting & Fading; Chaining	Chapters 10 & 11	
Mar 1-5	Functional assessment; Applying extinction	Chapters 13 & 14	
Mar 8*-12	Differential reinforcement Antecedent control procedures	Chapter 15 Chapter 16	III: Baseline Phase
Mar 15-19	Midterm 2: Mon., Mar 15 Applying punishment	Chapters 9-11 & 13-16 Chapters 17 & 18	
Mar 22*-26	Generalization & maintenance Self-management; Willpower	Chapter 19 Chapter 20; Baumeister	IV: Treatment Plan
Mar 29-Apr 2	Habit reversal procedures; Token economies No class (Good Friday): Fri., Apr. 2	Chapters 21 & 22	
Apr 5-9	No class (Easter Monday): Mon., Apr. 5 Fear and anxiety reduction procedures	Chapter 24	
Apr 12*-16	Cognitive behavioural therapies (CBT)	Chapter 25	V: Treatment Phase

As per the exam schedule, the final exam is scheduled for **Monday, April 26, 2021 at 9:00 a.m.** online.

You must verify this date on [Bear Tracks](#) when the final exam schedule is posted.

(Deferred final exam will be held Monday, May 10, 2021 at 12:00 p.m. online.)

Grading

Final grades in this course will be assigned based on the University of Alberta letter grading system. This grade translation is approximate; the instructor reserves the right to use expert judgment to adjust the grades as necessary.

A+ = 90-100%	B+ = 78-81%	C+ = 64-68%	D+ = 48-55%
A = 86-89%	B = 74-77%	C = 60-63%	D = 43-47%
A- = 82-85%	B- = 69-73%	C- = 56-59%	F = 0-42%

The Fine Print

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](#) 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.

Absences from Examinations

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 (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.

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 UAlberta Calendar section Academic Regulations: [Absence from Final Exams](#)).

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.

Term Work Policy

With the exception of term work for which students did not receive feedback before the posting of final grades, students must initiate a request for reevaluation of term work with the instructor prior to the day of the final exam or in the case of courses without final exams, before the posting of final grades.

Representative evaluative course material (e.g., short-answer and multiple choice review questions) is available in the textbook and on eClass.

Support Services

Students who require additional help in developing strategies for better time management, study skills or examination skills should contact the [Academic Success Centre](#).

Students registered with Accessibility Resources 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 Permissions Policy

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 (e.g., lecture notes) 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).

Reexamination

Reexamination is not permitted in a course in which a passing grade was achieved. A student who writes the final examination and fails the course may apply for a reexamination. Reexaminations are rarely granted. Reexaminations are governed by *Calendar* sections Academic Regulations: Examinations (Exams): [Reexaminations](#), and by individual Faculty regulations. Misrepresentation of Facts to gain a reexamination is a serious breach of the Code of Student Behaviour.

Other Policies

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.

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

Remote Teaching & Learning Appendix

Due to the COVID-19 pandemic, this course will be delivered remotely. Remote delivery is not the same as an online course that has been carefully designed from the ground up to be a fully integrated online experience. In being required to deliver this course remotely, some tradeoffs have been made to try to preserve the essential experience of the in-person course. Every effort has been made to provide a high-quality learning experience. Be aware, though, that circumstances may result in deviations from procedures in the Before Times. Your patience and understanding are appreciated.

To successfully participate in remote learning in this course, it is recommended that you 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 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 me by the add/drop date (Jan. 22) if you do not have access to the minimum technology recommended. I will try to make arrangements to accommodate those who contact me before this date. Failure to do so may result in a zero in any assessment that depends on the minimum technology.

Lectures

Although links to lecture videos will be posted throughout the semester on eClass, the videos themselves are hosted on YouTube. These videos are asynchronous; that is, they are **not** being run live at a specific day and time; this allows maximum flexibility to accommodate diverse situations (e.g., time zones, family obligations, work, etc.). Note that, technically, this course is listed as “synchronous” because Zoom meetings and exams will take place during scheduled class time.

Office Hours

It will not be possible to have in-person office hours this term. Instead, you are encouraged to post general questions to the eClass discussion forum and ask personal questions via email. If there is enough interest, I may try holding group sessions periodically via Google Chat/Meet or Zoom (however, Zoom sessions are limited to 300 participants). Students have the right to not participate in synchronous activities and may turn off their cameras and audio. It is recommended that students remove all identifiable and personal belongings from the space in which they will be participating. Synchronous activities will not be recorded/posted online.

Online Behaviour

Students from many different backgrounds participate in courses at the University of Alberta. Sexist, racist, homophobic comments and other inflammatory remarks are not conducive to learning in our courses, and absolutely are not permitted. All participants are governed by the [Code of Student Behaviour](#). Be mindful when discussions involve controversial topics or issues, and consider the possibility that members of our community have themselves experienced some of these issues and/or very different realities because of these issues. Participate in a respectful and considered manner.

If you are witness to or the target of abusive or offensive behaviour in any course, please inform your instructor immediately. You may also contact the Department of Psychology Undergraduate Advisor Kerry Ann Berrisford (psyscience@ualberta.ca), Associate Chair (Undergraduate) Dr Cor Baerveldt (cor@ualberta.ca), or Chair Dr Anthony Singhal (psych.chair@ualberta.ca).

Exams

You will write the exams remotely online synchronously (on the scheduled day and time) using exam integrity software (ExamLock) and proctoring software (Smart Exam Monitor); see below for technological requirements. While writing the online exams, you are **not** to refer to any notes, books, websites, people, or deities. Any use of these materials will be considered a violation of academic integrity, and will result in the matter being sent to the Associate Dean of Science (Undergraduate) and the academic discipline team. You should arrange for a place to write your exams without interruption. If you have concerns about the exam writing and/or proctoring process, please contact me as soon as possible (for example, if you have religious or other reasons that do not permit you to show your face).


You **will** be able to contact me during the exams if you encounter problems. Details to follow.

[ExamLock](#) is software that you download and run on your computer. It will prevent you from navigating away from the exam, and it will take screenshots of all your on-screen activity. System requirements for ExamLock are:

- ✓ macOS version 10.10 (Yosemite) or newer
- ✓ Windows 10
- ✗ iPads, tablets, and Chromebooks are **not** supported

[Smart Exam Monitor](#) is software that works with eClass; you do **not** have to download this to your computer. You are asked to share your screen, turn on your webcam and microphone (for the duration of the exam), show your ID, and show your face. System requirements for Smart Exam Monitor are:

- ✓ laptop, desktop, or Chromebook computer (phones, tablets, and iPads are not supported)
- ✓ operating system: macOS X, Windows, ChromeOS
- ✓ Google Chrome browser
- ✓ webcam
- ✓ microphone
- ✓ fully charged device and/or power supply

 It is important that you read the [information and privacy statement regarding remote exam proctoring](#), as well as the documentation in the Online Exams section of the eClass page for this course.

If you have any technical questions, please contact eClass support at (780) 492-9372 or eclass@ualberta.ca.

Student Resources

Updates to university-related activities impacted by COVID-19 can be found on the [COVID-19 Information website](#).

General information about various services and resources for students, including academic, financial, health, safety, and career development, can be found on the website for [Current Students](#).