
BEHAVIOUR MODIFICATION

ORIGINS & APPLICATIONS



Course Instructor
Zachariah Campbell

Teaching Assistant
Bobby Stojanovski

Course Code
PSYB45H3F

Course Email
psyb45@utsc.utoronto.ca

Lecture Details
Friday, 9-12 AM, AA 112

Office Hour Details
Friday, 1 to 3 PM, S420A

Brief Description

The objective of this course is to survey the basic principles underlying behaviour modification which form the basis for established clinical procedures that are used to treat various psychological disorders.

Textbook

Martin, G. L., & Pear, J. (2006). Behavior Modification: What it is and how to do it (8th Edition). Prentice Hall.

Important Notes

- A. All course related inquiries are to be directed to the course email address listed on the first page.
- B. Every enrolled student must ensure that they have access the course web page via the UTSC intranet. All course related content will be posted here (e.g., lecture slides, important announcements, and midterm grades). The only format that will be used for all posted documents is Adobe PDF. Free reading software is available at www.adobe.com.
- C. Every effort will be made to post the lecture slides on the Thursday evening prior to each class (before 10 pm).
- D. The prerequisites for this course are [PSYA01H & PSYA02H] or PSYA01Y. Exclusion: PSY260H.
- E. If a lecture is cancelled because of an unforeseen circumstance (e.g., unexpected illness), students are still responsible for the material that was to be discussed that day (lecture slides and assigned readings).
- F. If a student is absent from a midterm examination due to illness or other extenuating circumstance, they must communicate their status via email as soon as possible. For medical reasons, students must use the University of Toronto Student Medical certificate. It can be downloaded on the UTSC website. Matters concerning the final examination are dealt with solely by the Registrar's office.
- G. For all examinations, you must bring your U of T student ID cards. You are also encouraged to bring a pencil and eraser to allow for making answer changes.
- H. Students with a disability/health consideration are encouraged to approach me and the AccessAbility Services Office. You can also drop by their office, S302B, inside the Resource Centre. A coordinator is available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations.

Grading Scheme

Your grade will be determined by two midterm examinations and a final examination.

Midterm Exam #1 (30% of your final grade)
Administered in-class on October 5th
90 minutes in length. 60 multiple-choice questions.

Midterm Exam #2 (30% of your final grade)
Administered in-class on November 2nd
90 minutes in length. 60 multiple-choice questions.

Final Exam (40% of your final grade)
UTSC Final Examination Period (December 7 to 21) – Details TBA.
2 hours in length. 80 multiple-choice questions.

**Please note that all examinations are non-cumulative.*

Important Session Dates

September 23 Last day to add F & Y courses
October 8 Thanksgiving Day – University closed
November 18 Last day to drop F courses without academic penalty
December 3 Last day of classes in F courses
December 4-6 Study Break
December 7-21 Final examinations in F courses.

Lecture Dates & Readings

*These listings are approximations of when chapters will be covered. Due to varying lengths, they may overlap at times.

September 14 CHAPTER 1 *Introduction*
CHAPTER 2 *Areas of Application: An Overview*

September 21 CHAPTER 3 *Getting a Behavior to Occur More Often with Positive Reinforcement*
CHAPTER 4 *Developing and Maintaining Behavior with Conditioned Reinforcement*

September 28	CHAPTER 5 <i>Decreasing a Behavior with Extinction</i> CHAPTER 6 <i>Developing Behavioural Persistence Through the Use of Intermittent Reinforcement</i>
October 5	MIDTERM EXAMINATION 1 (In class) <i>Covers Chapters 1 to 6</i>
October 12	CHAPTER 7 <i>Types of Intermittent Reinforcement to Decrease Behavior</i> CHAPTER 8 <i>Doing the Right Thing at the Right Time and Place: Stimulus Discrimination and Stimulus Generalization</i>
October 19	CHAPTER 9 <i>Developing Appropriate Behavior with Fading</i> CHAPTER 10 <i>Getting a New Behavior to Occur: An Application of Shaping</i>
October 26	CHAPTER 11 <i>Getting a New Sequence of Behaviors to Occur with Behavioral Chaining</i> CHAPTER 12 <i>Eliminating Inappropriate Behavior Through Punishment</i>
November 2	MIDTERM EXAMINATION 2 (In class) <i>Covers Chapters 7 to 12</i>
November 9	CHAPTER 13 <i>Establishing a Desirable Behavior by Using Escape and Avoidance Conditioning</i> CHAPTER 14 <i>Procedures Based on Principles of Respondent Conditioning</i>
November 16	CHAPTER 15 <i>Respondent and Operant Conditioning Together</i> CHAPTER 16 <i>Transferring Behavior to New Settings and Making It Last: Generality of Behavior Change</i>
November 23	CHAPTER 27 <i>Cognitive Behavior Modification</i> CHAPTER 28 <i>Areas of Clinical Behavior Therapy</i>
November 30	CHAPTER 29 <i>Giving It All Some Perspective: A Brief History</i> CHAPTER 30 <i>Ethical Issues</i>
December 7-21	FINAL EXAMINATION <i>Non-cumulative</i> <i>Covers Chapters 13 to 16 and 27 to 30</i>