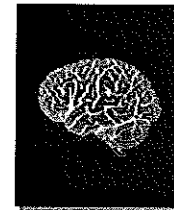




BEHAVIOUR MODIFICATION

ORIGINS & APPLICATIONS



Course Instructor

Zachariah Campbell

Teaching Assistants

Maireanne Ryan Harrison

Course Email

psyb45@utsc.utoronto.ca

Course Code

PSYB45H3 Y (LEC60)

Lecture Details

Online

Accessible via the Portal (Blackboard)

Office Hour Details

SY 162 – SY 169

Clinical and Developmental

Psychobiology labs

Thursdays, 3-5 PM

Brief Description

The objective of this course is to comprehensively survey the principles underlying behavioural change in conjunction with coverage of various forms of treatment implementation, research considerations, ethical issues and historical contributions to this field.

Textbook

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

Important Notes

- A. All course related inquiries are to be directed to the course email address: psyb45@utsc.utoronto.ca.
- B. The prerequisites for this course are PSYA01H & PSYA02H (Exclusion: PSY260H).
- C. Every enrolled student must ensure that they have access to the course materials and announcements via the U of T Portal (UTORid is required). All course related content will be posted here (e.g., lecture slides, important announcements, and grades).
- D. Students can access the video lectures through the "Online Link" button on the course portal website.
- E. 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.
- F. If you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services Office as soon as possible. The UTSC AccessAbility Services staff (located in S302) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations (416) 287-7560 or ability@utsc.utoronto.ca.
- G. If you miss the midterm examination, you must contact the teaching assistants via the course email within 24 hours. Only students with a valid, documented medical excuse or other personal documented excuse (of an extreme nature) will be given any consideration. For medical reasons, students must use the UTSC Medical certificate (a copy of the certificate may be downloaded from www.utsc.utoronto.ca/registrar - select the eService tab). This form can be obtained on the registrar's website. Please note that there will be only one make-up test which will be scheduled two weeks after the midterm. There will not be a second make-up test. If the make-up midterm is missed (and permission is granted) the missed marks will be reassigned to a cumulative final exam. Matters concerning the final examination are dealt with solely by the Registrar's office.

H. Lastly, please note that the University of Toronto treats academic integrity very seriously. To this end, the instructor and teaching assistants of PSYB45 fully endorse the University's Code of Behaviour on Academic Matters (1995).

Grading Scheme

Your grade will be determined by one midterm and one cumulative final examination. Everything that is contained within each chapter (including the Notes & Discussion section) as well as each lecture and posted videos are considered fair game for examination material.

Midterm Exam (40% of your final grade)

- Date & time to be announced on the portal
- 60 minutes in length (50 multiple-choice questions)
- All assigned readings (text content and extended discussion) and lecture material is considered game for testing
- *Note: There will be only one make-up midterm examination. If the make-up midterm is missed for a valid reason, you may be granted permission to write an extended final exam (see below).*

Final Exam (60% of your final grade)

- UTSC Final Examination Period (August 8 – 21)
- 90 minutes hours in length (75 multiple-choice questions – cumulative)
- The ratio/breakdown of the final exam questions will be approximately 3:1 in favour of untested chapters/lectures. That is, there will be 3 times as many questions from Chapters 13-16 and 23-30 versus Chapters 1-12.
- *Note: If you are writing an extended final exam, it will be 120 minutes length (100 multiple-choice questions equally weighted across all of the assigned chapters)*

Important Session Dates

May 18	Last day to add Y courses
June 30 – July 3	Reading week
July 19	Last day to drop Y courses without academic penalty
August 4 - 7	Study break
August 8 - 21	Final examination period

Lectures & Readings

Note: These listings are approximations of when chapters will be covered. Due to varying chapter lengths and asymmetric lecture time slots, there will be overlap at times.

Week 1	CHAPTER 1 <i>Introduction</i> CHAPTER 2 <i>Areas of Application: An Overview</i>
Week 2	CHAPTER 3 <i>Getting a Behavior to Occur More Often with Positive Reinforcement</i> CHAPTER 4 <i>Developing and Maintaining Behavior with Conditioned Reinforcement</i>
Week 3	CHAPTER 5 <i>Decreasing a Behavior with Extinction</i> CHAPTER 6 <i>Developing Behavioural Persistence Through the Use of Intermittent Reinforcement</i>
Week 4	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>
Week 5	CHAPTER 9 <i>Developing Appropriate Behavior with Fading</i> CHAPTER 10 <i>Getting a New Behavior to Occur: An Application of Shaping</i>
Week 6	CHAPTER 11 <i>Getting a New Sequence of Behaviors to Occur with Behavioral Chaining</i> CHAPTER 12 <i>Eliminating Inappropriate Behaviour through Punishment</i>
Details TBA	MIDTERM EXAMINATION <i>Covers Chapters 1 to 12</i>
June 30 – July 3	READING WEEK
Week 7	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>

Week 8	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>
Week 9	CHAPTER 23 <i>Doing Research in Behavior Modification</i> CHAPTER 24 <i>Planning, Applying, and Evaluating a Treatment Program</i>
Week 10	CHAPTER 25 <i>Token Economies</i> CHAPTER 26 <i>Helping an Individual to Develop Self-Control</i>
Week 11	CHAPTER 27 <i>Cognitive Behavior Modification</i> CHAPTER 28 <i>Areas of Clinical Behavior Therapy</i>
Week 12	CHAPTER 29 <i>Giving It All Some Perspective: A Brief History</i> CHAPTER 30 <i>Ethical Issues</i>
Details TBA	FINAL EXAMINATION <i>*Please refer to Grading Scheme section of this document for details</i>