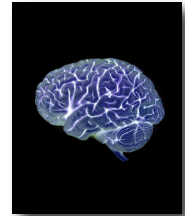
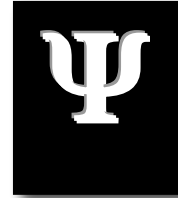

BEHAVIOUR MODIFICATION



ORIGINS AND APPLICATIONS

Course Instructor

Zachariah Campbell

Teaching Assistant

Diane Mangalindan

Course Code

PSYB45H3

Section

LEC60

Lectures

WebOption

Course Content

Blackboard/Portal

Office Hour Details

TBA Online

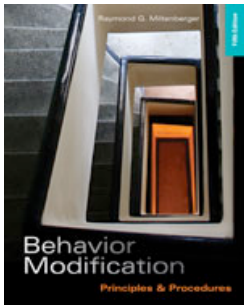
Course Email

psyb45@utsc.utoronto.ca

Brief Description

The objective of this course is to comprehensively survey the principles and procedures underlying behavioural change in conjunction with coverage of various forms of treatment implementation, research considerations, ethical issues and historical contributions. An effort will also be made to provide in depth coverage of recent and relevant research.

Required Readings



Miltenberger, R. G. (2012). *Behavior Modification: Principles and Procedures* (5th ed.). Toronto: Thomson Wadsworth.

This book will be stocked by the UTSC bookstore. A less expensive, digital form is also available online and offered in various formats. There is also a student companion website with some useful resources. Links for these items will be posted online.

Note: It is recommended that you obtain the 5th edition (softcopy and/or e-book format) as using previous editions will not be complete.

Original Research Articles



There are other required readings for this course (i.e., original research articles) which will be posted on the Blackboard (University Learning Portal).

Important Notes

- A. All course related inquiries are to be directed to the course email address (psyb45@utsc.utoronto.ca). Use your academic email account (i.e., utsc or utoronto account) to abide by University policy and avoid fraudulent representation of your person. Email inquiries will be responded to within a reasonable time frame (typically within 24 hours).
- B. The prerequisites for this course are PSYA01H3 & PSYA02H3 (Exclusion: PSY260H3).
- C. Every enrolled student must ensure that they have access to the Blackboard. This is the only place to access the online lectures, course-related materials, supplementary readings, midterm marks and important announcements. All documents will be posted in either Microsoft PowerPoint or Adobe PDF format.

- D. For all examinations, students MUST bring their U of T student ID cards (no exceptions).
- E. If you miss a midterm examination, you must contact the teaching assistant via the course email (noted above) within 24 hours. Only students with a valid, instructor-approved, 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 (www.utsc.utoronto.ca/registrar - select the eService tab).
- F. Students with diverse learning styles and needs are welcome in this course. In particular, if you have a disability/health consideration that may require accommodations, please feel free to approach me and/or the AccessAbility Services as soon as possible. AccessAbility Services staff (located in Room SW302, Science Wing) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations 416-287-7560 or email (ability@utsc.utoronto.ca).
- G. Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto is a strong signal of each student's individual academic achievement. As a result, the University treats cases of cheating and plagiarism very seriously. The University of Toronto's Code of Behaviour on Academic Matters outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences ([Code of Behaviour on Academic Matters](#)). Potential offences include, but are not limited to:

On Tests and Exams:

- Using or possessing unauthorized aids.
- Looking at someone else's answers during an exam or test.
- Misrepresenting your identity.

In Academic Work:

- Falsifying institutional documents or grades.
- Falsifying or altering any documentation required by the University, including (but not limited to) doctor's notes.

Grading Scheme

Midterm Exams (60%)

The exact date, time and location, once known, will be announced on Blackboard. It will be comprised of multiple-choice questions. Exact coverage will be detailed on Blackboard according to the exam date provided by the Office of the Registrar once known.

Final Exam (40%)

It will be administered during the UTSC Final Examination Period (i.e., August 13 – 28). The exact details on the date, time, and location will be announced on the UTSC Office of the Registrar's website once they have been determined. It will also be comprised of multiple-choice questions.

Bonus Assignment: An optional bonus assignment will be offered in this course to encourage students to develop and implement a plan that will improve some aspect of their lifestyle (i.e., self-management) by utilizing their evolving knowledge of behaviour modification. Complete details will be posted several weeks into the term.

Important Sessional Dates

May 6	Classes begin in F & Y courses
May 20	Last day to add F & Y courses (on ROSI only)
May 20	Victoria Day (University closed)
June 18 – 22	Reading Week
July 1	Canada Day (University closed)
July 22	Last day to drop Y courses without academic penalty
August 5	Civic Holiday (University closed)
August 7	Last day for late withdrawal (LWD) from Y session courses
August 8 – 20	Final examination period

Lecture Schedule & Readings

Please note that, in harmony with this schedule, original research articles will also be posted on the Blackboard on an ongoing basis. Further, to achieve cohesion and facilitate comprehension, the lectures will be delivered in the same sequence of the textbook chapters given that the knowledge base within this subject area is particularly hierarchical in nature. The dates listed below are the recommended dates to keep up with the course content as they were delivered throughout the winter/spring term in 2012.

Date	Chapter	Topic
May 6	Ch 1	Introduction to Behaviour Modification
	Ch 2	Observing and Recording Behaviour
May 13	Ch 3	Graphing Behaviour and Measuring Change
	Ch 4	Reinforcement
May 20	Ch 5	Extinction
	Ch 6	Punishment
May 27	Ch 7	Stimulus Control
	Ch 8	Respondent Conditioning
June TBA	Midterm 1 Exam	Coverage: TBA
June 3	Ch 9	Shaping
	Ch 10	Prompting and Transfer of Stimulus Control
June 10	Ch 11	Chaining
	Ch 12	Behavioural Skills Training Procedures
June 18 – 22	Reading Week	
June 24	Ch 13	Understanding Problem Behaviours through Functional Assessment
	Ch 14	Applying Extinction
July TBA	Midterm 2 Exam	Coverage: TBA
July 1	Ch 15	Differential Reinforcement
	Ch 16	Antecedent Control Procedures
July 8	Ch 17	Using Punishment: Time-Out and Response Cost
	Ch 18	Positive Punishment Procedures and the Ethics of Punishment
July 15	Ch 19	Promoting Generalization
	Ch 20	Self-Management
July 22	Ch 21	Habit Reversal Procedures
	Ch 22	The Token Economy
July 29	Ch 23	Behavioural Contracts
	Ch 24	Fear and Anxiety Reduction Procedures
	Ch 25	Cognitive Behavioral Modification
August 8 – 20	Final Exam	Coverage: TBA