

Winter 2019 Course Syllabus

**Introduction to Behaviour Modification: Origins and Applications**

(PSYB45H3 S LEC01 and LEC60)

**Mondays, 2:00pm – 5:00pm, SY110**

**Online Lectures:** Available via WebOption Lecturecasts link on Quercus course page

**Instructor:** Mark Morrissey, Ph.D.

**Office Hours and Location**

**Drop in:** Mondays, 12:00pm – 1:00pm, **SW132-E**

**By appointment:** Mondays, 11:00am – 12:00pm. SW132-E, *Must email [mark.morrissey@mail.utoronto.ca](mailto:mark.morrissey@mail.utoronto.ca) by 5:00pm the day before to confirm a meeting during this time.*

**Teaching Assistants:** Cindy Tao, Kathleen Walsh, and Alina Patel

**Course Email:** [PSYB45.2019@gmail.com](mailto:PSYB45.2019@gmail.com)

**A note on email communication:** *All questions* regarding the course, lectures, readings, exams, etc. *must* be sent to the course email address: [PSYB45.2019@gmail.com](mailto:PSYB45.2019@gmail.com). Questions that have already been answered in the course syllabus, in lecture slides, or on Blackboard will **not** receive a response. Students are asked to contact Dr. Morrissey directly for personal or confidential matters, at [mark.morrissey@mail.utoronto.ca](mailto:mark.morrissey@mail.utoronto.ca)

*\*\* Please note: Course announcements will be made through Quercus. Students are responsible for monitoring the course website regularly for important announcements and updates. Class emails will also be sent through Quercus. Therefore, students are responsible for making sure that their listed email address is correct. \*\**

**REQUIRED TEXTBOOK:** Martin, G., & Pear, J. (2015). *Behavior Modification: What It Is and How To Do It* (10<sup>th</sup> ed.). Boston, MA: Pearson.

**COURSE DESCRIPTION:** This course will emphasize the fundamental principles of behaviour change, including reinforcement, extinction, punishment, stimulus control, and respondent conditioning. The application of these principles to procedures designed to establish new behaviours or change problem behaviour will be covered and, where appropriate, the use of these procedures in the treatment of abnormal human behaviours, such as depression, anxiety, fear, and substance abuse, will be highlighted.

**Prerequisites:** PSYA01H3 and PSYA02H3

**Exclusion:** PSY260H

## **COURSE OBJECTIVES:**

1. Identify and describe basic principles of behaviour modification.
2. Identify and describe basic procedures of behaviour modification.
3. Demonstrate understanding of the application of behaviour modification principles
4. Demonstrate a basic understanding of how to deal with behavioural data in the context of assessment and research.

## **EVALUATION**

Quiz 1	5%	Week of February 4
Mid-term Exam	40%	TBA- will take place after reading week
Quiz 2	5%	Week of March 25
Final Exam	50%	April Exam period

## **COURSE STRUCTURE**

The format of the course will consist primarily of lectures, but will also include video and other methods to help illustrate course material. The material covered in lectures will generally correspond to the material in the textbook, but will often serve to supplement the readings rather than simply duplicate their contents. Therefore, I strongly recommend having completed the relevant readings prior to attending class or watching the accompanying online lecture; having done so will make the learning experience more enjoyable and productive. I will also present material that is not included in the readings; therefore, familiarity with both lectures and course readings is necessary to succeed in this course. **You will be responsible for all material presented in class and in the required readings.** I will make lecture slides available on Blackboard, but these will not be sufficient to understand everything that was covered in lecture. I will do my best to post the lecture slides several hours prior to class time each week.

### **A note on the textbook**

You will notice that the end of each textbook chapter contains a *Notes for Further Learning* section. This section provides more advanced discussion of certain course concepts, and often offers some empirical examples or references linked to the chapter content. Students are responsible for reading this section at the end of each assigned chapter, in order to gain a more complete picture of the topics being discussed.

Students are encouraged to make use of the *Questions for Learning* provided throughout the textbook. These questions can serve as useful study tools and a convenient method to check your understanding of the material. Answers to the questions are not specifically listed in the book, but all relevant material can be found in the same chapter in which the questions are posed.

*\*Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced ahead of time. However, the test dates are fixed.*

## LECTURE SCHEDULE

<b>Date/Lecture</b>	<b>Topic</b>	<b>Readings</b>
January 7 (Lecture 1)	Introduction to Behaviour Modification	Chapters 1, 2
January 14 (Lecture 2)	Respondent & Operant Conditioning Positive and Conditioned Reinforcement	Chapters 3, 4, 5
January 21 (Lecture 3)	Operant Extinction Shaping	Chapters 6, 7
January 28 (Lecture 4)	Schedules of Reinforcement Stimulus Discrimination and Generalization	Chapters 8, 9
February 4 (Lecture 5)	Fading Behavioural Chaining	Chapters 10, 11
February 11 (Lecture 6)	Decreasing Behaviour Escape and Avoidance Conditioning	Chapters 12, 13, 14
<b>FAMILY DAY/ READING WEEK</b>		
February 25 (Lecture 7)	Respondent and Operant Conditioning Together Generalizing Behavioural Change	Chapters 15, 16
March 4 (Lecture 8)	Antecedent Control Procedures	Chapters 17, 18
March 11 (Lecture 9)	Antecedent Control Procedures Dealing with Behavioural Data	Chapters 19, 20
March 18 (Lecture 10)	Dealing with Behavioural Data	Chapters 21, 22,
March 25 (Lecture 11)	Ethics in Behaviour Modification Developing Behavioural Programs	Chapters 30, 23, 24
April 1 (Lecture 12)	CBT and Other Therapeutic Approaches	Chapters 27, 28

## **QUIZZES, TERM TEST AND FINAL EXAM**

**mTuner quizzes (5% each):** Students will be required to complete two online quizzes during the semester. These quizzes will be taken online with mTuner. mTuner allows for enhanced online multiple-choice tests specifically designed to help promote students' learning and understanding of the course material. The quizzes are designed to help students keep up with the course material and be prepared for the mid-term and the final exam. **No extensions** will be granted for completing the quizzes.

Specific details about the mTuner quizzes will be provided on Quercus.

- **Quiz 1:** Will take place during the week of February 4<sup>th</sup>, 2019 (exact timing TBA)
  - Will cover Chapters 1 to 11 (Lectures 1 to 5)
- **Quiz 2:** Will take place during the week of March 26<sup>th</sup>, 2019 (exact timing TBA)
  - Will cover Chapters 15 to 26, and 30 (Lecture 7 to 10)

*Please Note:* Quiz 1 covers one lecture less than the mid-term so that I can discuss results of the quiz with the class prior to the mid-term exam. Similarly, Quiz 2 covers one lecture less than the final exam so that I can discuss results of that quiz in our final class together.

**Mid-term examination (40%):** The mid-term exam will cover all required readings and lecture material from **Lecture 1 to Lecture 6**. The exam will consist primarily of multiple-choice questions, with a few short answer questions, and will not exceed two hours. The exam will take place outside of class time, and will be scheduled by the Registrar's Office. The exam will take place after Reading Week. The specific date, time and location of the mid-term will be announced once they have been set by the Registrar's Office.

**Final examination (50%):** The final exam will be cumulative. It will cover all course material however an emphasis will be placed on material from **Lecture 7 to Lecture 12**. The exam will consist primarily of multiple-choice questions, with a few short answer questions, and will not exceed two hours. The final exam will be scheduled during the University examination period.

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### **Policies for Examinations in this Course**

Please Note: You must bring **photo identification** with you to each examination or you will not be permitted to write the examination.

**Missed Mid-term Examination:** A make-up mid-term exam will be held approximately two weeks following the date of the mid-term. Students will be permitted to take the make-up exam only if they were absent on the date of the mid-term exam due to a verified illness, a serious family emergency (e.g., death of a close family member), or religious observances. Students must follow the departmental policy outlined below when submitting relevant documentation. Only those students who follow this process will be considered for writing the make-up mid-term. Students who do not submit their documentation on time, whose documents are not accepted, or who do not appear for the make-up mid-term, will receive a grade of zero on the mid-term exam.

***Missed Term Work due to Medical Illness or Other Emergency:***

All students citing a documented reason for missed term work must submit their request for accommodations **within three (3) business days** of the deadline for the missed work.

Students must submit **BOTH** of the following:

- (1.) A completed **Request for Missed Term Work Accommodations form** (<http://uoft.me/PSY-MTW>), and
- (2.) **Appropriate documentation** to verify your illness or emergency, as described below.

### **Appropriate documentation:**

For missed **TERM TESTS** due to **ILLNESS**:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with an **original** copy of the official UTSC Verification of Illness Form ([uoft.me/UTSC-Verification-Of-Illness-Form](http://uoft.me/UTSC-Verification-Of-Illness-Form)) or an **original** copy of the record of visitation to a hospital emergency room. Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration number and business stamp are required.

For missed **ASSIGNMENTS** due to **ILLNESS**:

- Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with a **hardcopy** of the Self-Declaration of Student Illness Form ([uoft.me/PSY-self-declare-form](http://uoft.me/PSY-self-declare-form)).

For missed term tests or assignments in **OTHER CIRCUMSTANCES**:

Submit the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>), along with:

- In the case of a **death of a family member or friend**, please provide a copy of a death certificate.
- In the case of a **disability-related concern**, if your desired accommodation is within the scope of your Accommodation Letter, please attach a copy of your letter. If your desired accommodation is outside the scope of your Accommodation Letter (ex. if your letter says "extensions of up to 7 days" but you need more time than that) you will need to meet with your consultant at AccessAbility Services and have them email Keely Hicks ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.
- For U of T Varsity **athletic commitments**, an email from your coach or varsity administrator should be sent directly to Keely Hicks ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **well in advance** of the missed work, detailing the dates and nature of the commitment.
- For **religious accommodations**, please email ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **well in advance** of the missed work.

Documents covering the following situations are NOT acceptable: medical prescriptions, personal travel, weddings/personal/work commitments.

### **Procedure:**

Submit your (1.) [request form](#) and (2.) [medical/self-declaration](#)/other documents in person **WITHIN 3 BUSINESS DAYS** of the missed term test or assignment.

**Submit to:** Keely Hicks, Room SW420B, Monday – Friday, 9 AM – 4 PM

Exceptions to the documentation deadline will only be made under exceptional circumstances. If you are unable to meet this deadline, you must email Keely Hicks ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) **within the**

**three business day window** to explain when you will be able to bring your documents in person. Attach scans of your documentation.

Within approximately one week, you will receive an email response from your instructor detailing the accommodations to be made (if any). **You are responsible for checking your official U of T email and Quercus course announcements daily, as accommodations may be time-critical.**

Completion of this form does NOT guarantee that accommodations will be made. The course instructor reserves the right to decide what accommodations (if any) will be made. Failure to adhere to any aspect of this policy may result in a denial of your request for accommodation.

Note that this policy applies only to missed assignments and term tests. Missed final exams are handled by the Registrar's Office (<http://www.utoronto.ca/registrar/missing-examination>).

## **Rights and Responsibilities**

### **Copyright in Instructional Settings:**

If a student wishes to tape-record, photograph, video-record or otherwise reproduce lectures, course notes/slides, or other similar materials provided by instructors, he or she must obtain the instructor's written consent beforehand. Without consent, all such reproduction is an infringement of copyright and is absolutely prohibited. In the case of private use by students with disabilities, the instructor's consent will not be unreasonably withheld.

### **Accessibility:**

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 Rm SW302, Science Wing) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations [416-287- 7560](tel:416-287-7560) or email [ability@utoronto.ca](mailto:ability@utoronto.ca). The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

**Students working with the AccessAbility office who require accommodations for the mTuner quizzes are asked to notify us as early as possible in the semester, and no later than two weeks before the first quiz, in order to allow sufficient time to set up a modified online quiz.**

### **Academic Integrity:**

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 (<http://www.governingcouncil.utoronto.ca/Assets/Governing+Council+Digital+Assets/Policies/PDF/ppjun011995.pdf>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

- Using someone else's ideas or words without appropriate acknowledgement;

- Submitting your own work in more than one course without the permission of the instructor;
- Making up sources or facts;
- Obtaining or providing unauthorized assistance on any assignment.

On tests and exams:

- Using or possessing unauthorized aids;
- Looking at someone else's answers during an exam or test;
- Misrepresenting your identity; and
- When you knew or ought to have known you were doing it.

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; and
- When you knew or ought to have known you were doing so.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If students have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, they are expected to seek out additional information on academic integrity from their instructors or from other institutional resources.

*Note:*

You may see advertisements for services offering grammar help, essay editing and proof-reading. Be very careful. If these services take a draft of your work and significantly change the content and/or language, you may be committing an academic offence (unauthorized assistance) under the *Code of Behaviour on Academic Matters*.

It is much better and safer to take your draft to the Writing Centre as early as you can. They will give you guidance you can trust. Students for whom English is not their first language should go to the English Language Development Centre.

If you decide to use these services in spite of this caution, you must keep a draft of your work and any notes you made before you got help and be prepared to give it to your instructor on request.

**UTSC Missed Final Examination Policy:**

From the UTSC Registrar's Office: "Students are expected to write their final examinations at the end of their courses and are strongly discouraged from missing a final examination. Very occasionally, students encounter circumstances where it is impossible for them to write a final examination; for example, because of a serious illness or the death of a close family member. If you are ill or other circumstances absolutely prevent you from attending a final examination, you may petition (with supporting documentation) for permission to defer writing it until a later date. In most cases deferred exams will be written in the next final examination period or in the study break that immediately precedes it. However, students should be aware that deferred exams can be scheduled at any time during the following session."

### Grade Scale

NUMERICAL MARKS	LETTER GRADE	GRADE POINT VALUE
90 - 100%	A+	4.0
85 - 89%	A	4.0
80 - 84%	A-	3.7
77 - 79%	B+	3.3
73 - 76%	B	3.0
70 - 72%	B-	2.7
67 - 69%	C+	2.3
63 - 66%	C	2.0
60 - 62%	C-	1.7
57 - 59%	D+	1.3
53 - 56%	D	1.0
50 - 52%	D-	0.7
0 - 49%	F	0.0