

Winter 2021 Course Syllabus

**Introduction to Behaviour Modification: Origins and Applications**  
(PSYB38H3 Y LEC99)

**Online Lectures:** Available via Quercus. Lectures will be posted Wednesday evenings each week.

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

**Teaching Assistants:** Denada Alushaj, Zoey Zuo

**Course Email:** [PSYB38.2021@gmail.com](mailto:PSYB38.2021@gmail.com)

**A note on email communication:** *All questions* regarding the course, lectures, readings, exams, etc. **must** be sent to the course email address: [PSYB38.2021@gmail.com](mailto:PSYB38.2021@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 only, 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:** Behavior Modification: Principles and Procedures, 6th Edition  
Raymond G. Miltenberger

**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 5
Mid-term Exam	30%	TBA
Quiz 2	5%	Week 9
Case Study	15%	Due April 5
Quiz 3	5%	Week 12
Final Exam	40%	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 watching the 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 lecture and in the required readings.**

*\*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.*

## LECTURE SCHEDULE

Week	Topic	Readings
Week 1 (Jan 11)	Introduction to Behaviour Modification Behavioural Data	Chapters 1, 2
Week 2 (Jan 18)	Respondent & Operant Conditioning	Chapter 8
Week 3 (Jan 25)	Positive and Conditioned Reinforcement Schedules of Reinforcement	Chapter 4
Week 4 (Feb 1)	Extinction	Chapters 5
Week 5 (Feb 8)	Decreasing Behaviour Escape and Avoidance Conditioning	Chapters 6, 15, 17, 18
<b>Feb 13-19 Reading Week</b>		
Week 6 (Feb 22)	Stimulus Discrimination and Generalization Shaping	Chapter 7, 9
Week 7 (March 1)	Fading Behavioural Chaining	Chapters 10, 11
Week 8 (March 8)	Respondent and Operant Conditioning Together Generalizing Behavioural Change	Chapter 19
Week 9 (March 15)	Antecedent Control Procedures	Chapter 16
Week 10 (March 22)	Dealing with Behavioural Data Developing Behavioural Programs 1	Chapters 3, 13
Week 11 (March 29)	Developing Behavioural Programs 2 CBT and Other Therapeutic Approaches 1	Chapters 12, 24
Week 12 (April 5)	CBT and Other Therapeutic Approaches 2 Ethics in Behaviour Modification	Chapter 25

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

**mTuner quizzes (5% each):** Students will be required to complete three 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 week 5 (exact timing TBA)
  - Will cover weeks 1-4
- **Quiz 2:** Will take place during week 9 (exact timing TBA)
  - Will cover weeks 5-8
- **Quiz 3:** Will take place during week 12 (exact timing TBA)
  - Will cover weeks 9-11

**Case Study (15%):** The case study will involve apply what you have learned in the course to a case that I provide you. You will be given several options to choose from. You will then provide your response as a formal report in a maximum of 2 pages. The main goal is to perform a functional assessment based on the information provided, propose an intervention to change the behaviour, and explain how you would conduct an experiment to test your intervention. This will be due at the end of the term and more details will be provided.

**Mid-term examination (30%):** Mid-term date TBA when scheduled. The mid-term exam will cover all required readings and lecture material prior to the mid-term date. The exam will be administered through Quercus Quizzes, consist of multiple- choice questions and will not exceed two hours. The specific date and time of the mid-term will be announced once they have been set by the Registrar's Office.

**Final examination (40%):** The final exam will be cumulative. It will cover all course material however an emphasis will be placed on material covered after the mid-term. The exam will consist of multiple-choice questions and will not exceed two hours. The final exam will be scheduled during the University examination period.

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### **Policies for Missed Term Work**

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. Submit via email to: Keely Hicks, Departmental Assistant, [keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)

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 ASSIGNMENTS or TERM TESTS due to FLU-LIKE SYMPTOMS or SELF-ISOLATION REQUIREMENTS: · Email the Request for Missed Term Work Accommodations form ([uoft.me/PSY-MTW](http://uoft.me/PSY-MTW)) to Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)), and · Declare your absence on ACORN (Profile & Settings > Absence Declaration)

For missed ASSIGNMENTS due to OTHER ILLNESS: · Email the Request for Missed Term Work Accommodations form ([uoft.me/PSY-MTW](http://uoft.me/PSY-MTW)) to Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)), along with the Self-Declaration of Student Illness Form ([uoft.me/PSY-self-declare-form](http://uoft.me/PSY-self-declare-form)).

For missed TERM TESTS due to OTHER ILLNESS: · Email the Request for Missed Term Work Accommodations form ([uoft.me/PSY-MTW](http://uoft.me/PSY-MTW)) to Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)), along with a scan/photo of the 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 ER.

· Forms are to be completed in full, clearly indicating the start date, anticipated end date, and severity of illness. The physician's registration # and business stamp are required.

· Note: If an end date of "ongoing" is specified, the medical note will be assumed to cover a period of two weeks. If no end date / an "unknown" end date is specified, the note will be assumed to cover a period of three business days (starting from illness start date.)

For missed TERM TESTS due to ACCESSABILITY REASONS: · Meet with your AccessAbility consultant and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing accommodations required.

For missed ASSIGNMENTS due to ACCESSABILITY REASONS:

· If your desired accommodation is within the scope of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" and you need 1-7 more days), email the Request for Missed Term Work Accommodations form ([uoft.me/PSY-MTW](http://uoft.me/PSY-MTW)) to Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)), and attach a copy of your letter. Specify how many days extension you are requesting in your email.

· If your desired accommodation is outside the scope of your Accommodation Letter (ex. your letter includes "extensions of up to 7 days" but you need more time than that) you will need to meet with your AccessAbility consultant and have them email Keely ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) detailing the accommodations required.

Accommodations for Academic, Religious, or Time Zone Conflicts: You should report the conflict for Keely Hicks ([keely.hicks@utoronto.ca](mailto:keely.hicks@utoronto.ca)) at least two weeks (10 business days) before the date of the activity (or as soon as possible, if it was not possible to identify the conflict earlier.)

For missed term work due to an **ACADEMIC CONFLICT** (i.e. two quizzes or tests scheduled at the same time):

- Complete this form, choosing “Other” as your reason for missed work and explaining the conflict in the space provided.
- Take screenshots of your course homepages that demonstrate the conflict. · Email this form to Keely Hicks (keely.hicks@utoronto.ca), attaching the screenshots.
- Note: Multiple assignments due on the same day are not considered conflicts. Accommodations may only be possible in the case of quizzes and tests that are both scheduled during the same discrete period. Back-to-back tests/quizzes are not considered conflicts.
- Note: Students are responsible for keeping their course timetables conflict-free. Students who choose to register in two synchronous courses with overlapping lecture/tutorial/lab schedules may not necessarily be accommodated.

For missed term work due to a **RELIGIOUS CONFLICT**:

- Complete the Request for Missed Term Work Accommodations form (uoft.me/PSY-MTW), choosing “Other” as your reason for missed work and noting “Religious conflict” in the space provided. · Email this form to Keely Hicks (keely.hicks@utoronto.ca).

For missed term work due to a **TIME ZONE CONFLICT**: · Complete the Time Zone Conflict Form (uoft.me/PSY-TimeZone). Submit to Keely Hicks (keely.hicks@utoronto.ca).

For missed **ASSIGNMENTS** or **TERM TESTS** in **OTHER CIRCUMSTANCES**: Email the Request for Missed Term Work Accommodations form (<http://uoft.me/PSY-MTW>) form to Keely (keely.hicks@utoronto.ca), along with:

- For the death of a family member/friend, provide a copy of the death certificate.
- For U of T varsity-level or professional athletic commitments, an email from your coach or varsity administrator should be sent directly to Keely (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 (keely.hicks@utoronto.ca) well in advance of the missed work. · For circumstances outside of these guidelines, please email Keely (keely.hicks@utoronto.ca) on or before the date of the test / assignment deadline to describe your circumstances and determine appropriate documentation.

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

As stated above, your documents must be submitted within three (3) business days of the deadline for the missed work.

After submitting your documentation:

Within approximately one to five business days, you will receive a 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.

You should continue to work on your assignments to the best of your ability, as extension accommodations may be as short as one business day, depending on the nature of the illness/emergency.

If an accommodation has been granted but you are unable to meet the conditions of the accommodation (ex. you need a longer extension, or you missed a make-up test), you will need to repeat the missed term work procedure and submit additional forms to request further accommodation. Note that in the case of a missed make-up test, an opportunity to write a second make-up test may not be provided.

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.

#### Missed Accommodations

If an accommodation is granted but a continued illness/emergency prevents you from meeting the requirements of your accommodation, you must repeat the missed term work procedure to request additional accommodations.

(E.g.) If you miss a make-up midterm, you would need to submit another Request for Missed Term Work Accommodations form. If your original medical note / documentation included the date of the make-up midterm, then only the Request form is required. If the date of the make-up midterm fell outside of the dates indicated on your original medical note/other documentation, then a new medical note/other appropriate documentation must also be submitted.

#### Importance of Three Business Day window:

If you are unable to submit your documents within the three business day window, you must email Keely (keely.hicks@utoronto.ca) within the three business day window to explain the nature of the delay, and when you will be able to provide your documents. Exceptions to the documentation deadline will only be made under exceptional circumstances.

NOTE: Assignments due at end of term

Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, you would need to file a petition with the Registrar's Office (<https://www.utoronto.ca/registrar/term-work>).

NOTE: Final Exams

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