

PSYB38H3 F

Introduction to Behaviour Modification

Fall 2024 Syllabus

Course Meetings

PSYB38H3 F

| Section | Day & Time | Delivery Mode & Location |
|---------|------------------------------------|--------------------------|
| LEC01 | Tuesday, 7:00 PM - 10:00 PM | In Person: HL B101 |
| LEC02 | Posted weekly Tuesdays after class | Online Asynchronous |

Refer to ACORN for the most up-to-date information about the location of the course meetings.

A note on email communication: *All questions* regarding the course, lectures, readings, exams, etc. *must* be sent to the course email address: PSYB38.f2024@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

**** 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. ***

Course Contacts

Instructor: Dr. Mark Morrissey

Email: mark.morrissey@utoronto.ca

Office Hours and Location: Office hours: One-on-one appointments - Fridays 12-1230pm
Must be reserved 24 hours in advance through: <https://calendly.com/morrissey-utsc>

Additional Notes: All questions regarding the course, lectures, readings, exams, etc. must be sent to the course email address: PSYB38.f2024@gmail.com.

Course Overview

An introduction to behaviour modification, focusing on attempts to regulate human behaviour. Basic principles and procedures of behaviour change are examined, including their application across different domains and populations. Topics include operant and respondent conditioning; reinforcement; extinction; punishment; behavioural data; ethics; and using behaviourally-based approaches (e.g., CBT) to treat psychopathology.

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.

Course Learning Outcomes

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.

Prerequisites: PSYA01H3 and PSYA02H3

Corequisites: None

Exclusions: PSY260H1, (PSYB45H3)

Recommended Preparation: None

Credit Value: 0.5

Course Materials

Behavior Modification: Principles and Procedures, 6th Edition

Raymond G. Miltenberger

Marking Scheme

| Assessment | Percent | Details | Due Date |
|------------|---------|--|------------|
| Term Test | 30% | The mid-term exam will cover all required readings and lecture material prior to the mid-term date. The exam will be in-person, consist of multiple-choice and short answer questions and will not exceed two hours. | 2024-10-15 |

| Assessment | Percent | Details | Due Date |
|-----------------------|----------------|--|----------------------------------|
| Case Study | 20% | The case study will involve applying 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. | 2024-11-19 |
| mtuner quizzes | 10% |): 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. All quizzes are closed-book. | 2024-10-03,2024-11-07,2024-12-02 |

| Assessment | Percent | Details | Due Date |
|------------|---------|---|-------------------|
| Final Exam | 40% | The final exam will directly test material from after the midterm, but sufficient knowledge/understanding of those earlier tested concepts will be required. 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. | Final Exam Period |

Late Assessment Submissions Policy

Late submissions will be assessed late penalties according to the following schedule. 2.5% per day for the first two days. 5% per day for each following day.

Policies & Statements

Plagiarism Detection Tool

Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

Academic Integrity

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/policies/behaveac.htm>) outlines the behaviours that constitute academic dishonesty and the processes for addressing academic offences.

Potential offences in papers and assignments include 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, cheating includes using or possessing unauthorized aids, looking at someone else's answers during an exam or test, misrepresenting your identity, or falsifying or altering any documentation required by the University.

Equity, Diversity and Inclusion

The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

The University of Toronto is a richly diverse community and as such is committed to providing an environment free of any form of harassment, misconduct, or discrimination. In this course, I seek to foster a civil, respectful, and open-minded climate in which we can all work together to develop a better understanding of key questions and debates through meaningful dialogue. As such, I expect all involved with this course to refrain from actions or behaviours that intimidate, humiliate, or demean persons or groups or that undermine their security or self-esteem based on traits related to race, religion, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status, disability, receipt of public assistance or record of offences.

Accommodations

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 Office as soon as possible.

AccessAbility Services staff (located in Rm AA142, Arts and Administration Building) are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations 416-287-7560 or email ability.utsc@utoronto.ca. The sooner you let us know your needs the quicker we can assist you in achieving your learning goals in this course.

University Land Acknowledgement

I wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.

Use of Generative Artificial Intelligence Tools

Students may use artificial intelligence tools, including generative AI, in this course as learning aids or to help produce assignments. However, students are ultimately accountable for the work they submit.

Students may not use artificial intelligence tools for taking tests, writing research papers, creating computer code, or completing major course assignments. However, these tools may be useful when gathering information from across sources and assimilating it for understanding.

The knowing use of generative artificial intelligence tools, including ChatGPT and other AI writing and coding assistants, for the completion of, or to support the completion of, an

examination, term test, assignment, or any other form of academic assessment, may be considered an academic offense in this course.

Recording of Classroom Material by Students

Recording or photographing any aspect of a university course - lecture, tutorial, seminar, lab, studio, practice session, field trip etc. – without prior approval of all involved and with written approval from the instructor is not permitted.

Video Recording and Sharing (Download Permissible; Re-use Prohibited)

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session.

Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation and are protected by copyright. In this course, you are permitted to download session videos and materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the instructor.

For questions about the recording and use of videos in which you appear, please contact your instructor.

Additional Content

Department of Psychology Missed Term Work Policy

For missed term work (assignments and term tests) due to illness, emergency, or other mitigating circumstances, please follow the procedure outlined below.

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Procedure:

1. Complete the [Request for Missed Term Work Accommodations Form](#) ("MTW Form").
2. Email **BOTH** your MTW Form and Supporting Documentation to PSYB38.f2024@gmail.com according to the instructions specified below.

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Supporting Documentation Requirements and Deadlines:

| Reason for Missed Work | Documentation required for a <i>first absence</i> in the term | Documentation required for <i>subsequent absences</i> in the term | Deadline for submitting MTW form and supporting documentation |
|-------------------------------|--|--|--|
|-------------------------------|--|--|--|

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|---|---|--|--|
| Illness or Injury | ACORN Absence Declaration | UofT Verification of Illness Form | <u>within 2 business days</u> of the missed work |
| Bereavement | ACORN Absence Declaration | A death certificate or funeral announcement | <u>within 2 business days</u> of the missed work |
| University-sponsored athletic or artistic obligation at the varsity/provincial/national level | ACORN Absence Declaration | A note from a university staff member (advisor, coach, residence staff, etc.) who can substantiate the obligation, sent directly to the course email | <u>10 business days IN ADVANCE</u> of the missed deadline |
| For missed <i>TERM TESTS</i> , | | | |
| - Contact your AccessAbility consultant and have them write to the course email detailing the accommodations needed. | | | |
| For missed <i>ASSIGNMENTS</i> , | | | |
| Disability-related reasons for students registered with AccessAbility Services | - If your desired accommodation is within the scope of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” and you need 3 days), send your Accommodation Letter to the course email and specify how many days extension you are requesting. | | <u>PREFERABLY IN ADVANCE of the missed work, or as soon as possible</u> |
| | - If your desired accommodation is outside the scope of your Accommodation Letter (e.g. your letter includes “extensions of up to 7 days” but you need more time than that), contact your AccessAbility consultant and have them write to the course email detailing the accommodations needed. | | |
| Academic Conflict (e.g. two midterms at the same time) | Screenshot from Quercus demonstrating the conflict. | | <u>10 business days IN ADVANCE</u> of the missed work |
| Religious Conflict | None required | | |

Notes:

- The following reasons are not considered sufficient for missed term work: social activities, recreational travel, technological issues, avoidance of assessments or deadlines, work commitments
- [Missed Final Exams](#) are handled by the Registrar's Office and should be declared on eService.
- For ACORN absence declarations, the date you declare the absence is required to fall within the seven-day declaration period (i.e.) the absence cannot be submitted proactively or retroactively.
- Instructors cannot accept term work any later than five business days after the last day of class. Beyond this date, accommodations are only possible via the Registrar's Office [petition process](#).
- If you are unable to submit your request within the specified number of business days, you must still email your instructor within that window to explain the nature of the delay. Exceptions to the deadlines are made only under exceptional circumstances.
- Multiple assignments due on the same day are not considered academic conflicts. Students are expected to manage their time effectively to meet assignment deadlines.
- Back-to-back tests/quizzes are not considered academic conflicts. Only overlapping activities are conflicts.
- Students are responsible for keeping their course timetables conflict-free. Students who register in two courses with overlapping lecture/tutorial/lab schedules will not be accommodated.

Next Steps:

After submitting your documentation, you will receive a response from your instructor or TA. The course instructor reserves the right to decide what accommodations will be made. Failure to adhere to any aspect of this policy may result in a denial of your request. **You are responsible for checking your official U of T email and Quercus course announcements daily**, as accommodations may be time-critical.

For missed assignments, **do not wait for the instructor's response to resume work on your assignment**. Extensions may be as short as one business day, depending on the nature of the illness/emergency. Complete your assignment as soon as you're able, and email it to your instructor.

If an accommodation is granted but a continued illness/emergency prevents you from meeting its requirements, you must repeat the missed term work procedure to request additional accommodations. **Please make it clear in your subject line that you are requesting a second accommodation**. Examples: If you were granted an extension for a paper but are still unable to meet the new deadline, or if you miss a make-up term test, you must submit *another* MTW form and supply documentation according to the "subsequent absences" column in the chart above. *Note: In the case of a missed make-up test, an opportunity to write a second make-up test may not necessarily be provided.