

PY 310: Behavior Modification

General Information:

Instructor: Cassidy Bloom, PSY. S.

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Preferred Method of Contact: Email

Office Hours: Virtual Via Zoom – Open office hours: Mondays 6:00-8:00pm or by appointment

Course Information:

- ❖ **Prerequisite:** PSY 101 (Introductory Psychology)
- ❖ **Description:** This course will provide an overview of Behavior Modification for advanced undergraduate students. This course takes an empirical approach to behavioral psychology and will examine the relevant theoretical underpinnings of behavioral techniques, strategies to design effective interventions, and various applications. This course will expose students to the study and the application of learning principles, techniques and procedures to the understanding and treatment of human behavioral and psychological problems in a wide range of settings. Some areas of application include developmental disabilities, special education, clinical psychology, business and industry, self-management, child management, and preventative behaviors.

Required Materials:

- ❖ **Textbook:** Miltenberger - Behavior Modification 7th Edition eBook
 - This textbook is part of the GVSU Save Program. Your student account has already been billed for the textbook and it is available on Blackboard for your use. You can find the textbook under the GVSU Save folder.
- ❖ **Internet Access:** Reliable high-speed internet access (use Mozilla Firefox or Google Chrome)
 - You must have access to [Blackboard](http://bb.grcc.edu) (<http://bb.grcc.edu>) and [GVSU Email](#).
- ❖ **Computer or Tablet Access:**
 - Computer with a sound card and speakers, and an operating system that meets current Blackboard browser requirements (Windows 7 or above, OS 10.10 or above)
 - Computer microphone built in or external (most laptops have a microphone)
 - Computer camera – built in or external (most laptops have a camera)

Course Objectives:

1. Differentiate between various principles of operant conditioning, including but not limited to reinforcement, punishment, extinction, shaping, chaining, and verbal and rule-governed behavior.
2. Evaluate a behavior modification program and use the theoretical principles to understand, modify, and shape programs to modify behavior in a variety of settings and service organizations.
3. Describe behavioral problems and the underlying principles used to explain such aberrant behavior, as well as possible consequences of maladaptive behavior.

Class Policies and Procedures

Class Format

- ❖ Classes will be provided entirely asynchronously online. This means that you can watch the video lectures and complete course work each week, online, at a time that is convenient for you, but **you must submit assignments and take quizzes by their due dates.**
- ❖ Course material will be delivered via lectures, which will include questions, video clips, and in-class activities. You are expected to have read the textbook chapters and additional readings as outlined in the syllabus.
- ❖ Material will be posted each week, and everything will be due on Sunday of the week by 11:59 pm

Course Communication

- ❖ Communication regarding the course will occur through Blackboard and GVSU email. You are expected to **frequently (i.e., every day)** check your GVSU email and Blackboard account for important course materials, information, and updates.
- ❖ My policy is to try to respond to your email within **1 business day**, which means within 24 hours on weekdays and by 5pm on Monday if you send me an email on Friday or over the weekend. I generally will not check emails after 5pm or on the weekends.
- ❖ For questions best answered face to face, I will ask you to attend my virtual office hours or set up an alternate time to meet with me.
- ❖ To connect you with other students in the class, I will be randomly making groups of 5 students each in the class.
 - You will have a discussion board specific for your group. You will have to exchange/post contact information with the other students in your group (name and email address, phone number is optional).
 - Please contact the other students **FIRST** if you have a question about the course (e.g., finding a particular assignment, not understanding a specific direction, venting about how awful of a class this is, etc.). If they can't answer your question, then reach out to me.

Grading Procedures

Assignment	Points Per Assignment	Points Total
Knowledge Assessment Quizzes	15	30
1 st Week Activity	50	50
Syllabus Quiz	20	20
Activities	20	100
Discussion Board	20	100
Writing Assignments	50	150
Online Quizzes	10	100
Total		550

Knowledge Assessment Quizzes (15 points):

You will have to complete a pre-semester knowledge assessment quiz and a post-semester knowledge assessment quiz online worth 15 points each. You will receive full points on both quizzes if they are completed fully and on time. These quizzes are merely to gauge how much you already know and then how much you learn over the course of the semester.

First Week Activity (50 points):

You will need to find your group on the discussion board. Once you locate your group, you will complete the questions within the discussion board for credit.

Syllabus Quiz (20 points):

You will need to complete an online multiple-choice quiz testing you on the content in the syllabus that will be graded on a pass/fail basis (full points if completed on time). Please read the entire syllabus carefully and answer all questions. Although the quiz will give you a grade, you do not need to answer every question correctly in order to pass. However, if you answer ALL questions correctly, you will earn 2 points of extra credit. Due date is listed on the course schedule.

Activities (100 points):

You will complete 5 activities worth 20 points each throughout the semester. Activities are homework assignments based on material for the week and graded as pass/fail assignments. That is, if the activity is completed fully and on time, you will receive full points for it. Some activities will allow you to complete them as a group.

Writing Assignments (150 points):

You will complete 3 Writing Assignments spaced throughout the semester. Each Writing Assignment covers a topic from the previous few chapters covered. Although these are labeled as writing assignments, each assignment has set criteria on how to complete and write up the assignment. All directions are posted individually for each assignment.

Chapter quizzes (100 points):

Each Chapter quiz consists of 10 multiple-choice questions. You have two attempts and unlimited time on each reading quiz. Your highest attempt will be recorded in the gradebook. Quiz questions will be from your reading.

Grading Policies

Grading Scale

93% and above	A	77-79%	C+
90-92%	A-	73-76%	C
87-89%	B+	70-72%	C-
83-86%	B	67-69%	D+
80-82%	B-	60-66%	D
		59% and below	F

The final grade for the course will be calculated by dividing the total points obtained by the total points possible in the class (550 points). If your grade is at the .5 percentage mark or higher, I will round up to the next percentage.

Late Assignments & Make-Up Policy

- ❖ All activities and quizzes are due by 11:59pm on the date provided in the **schedule**. Students are responsible for keeping track of all due dates.
- ❖ Writing assignments are subject to a 5-point penalty if turned in up to 24 hours late. Writing assignments are marked a zero if they are turned in late beyond the 24-hour window.

- ❖ Each student will receive 2 “life is busy” passes for the semester. These passes can be used for any activity, writing assignment, or quiz. Passes allow you to turn an assignment in for full credit within 72 hours. To use a pass, email the professor with the subject, “Life is Busy” and indicate in the body of the email which activity, assignment, or quiz you will be using your pass on. Remember you only have 2 for the semester!

Extra Credit

There will be opportunities for extra credit throughout the semester

University Policies

Accommodations for Students with Disabilities:

If you need accommodations due to a learning, physical, or other disability you must present a memo to me from Disability Support Resources (DSR), indicating the existence of a disability and the suggested reasonable accommodations. If you have not already done so, please contact the Disability Support Resources office (4015 JHZ) by calling 331-2490 or email to dsrgvsu@gvsu.edu. Please note that I cannot provide accommodations based upon any disability until I have received a copy of the DSR issued memo. All discussions will remain confidential. Furthermore, if you have a physical disability and think you will need assistance evacuating this classroom and/or building in an emergency situation, please make me aware so I can develop a plan to assist you.

Academic Dishonesty

If I have evidence of any form of academic dishonesty (cheating on an exam, giving or receiving information about what is asked in the exam, or any other form of cheating such as plagiarism), you will receive a failing grade in that activity and other consequences as dictated by GVSU policy. Plagiarism is presenting work, ideas or words that are not your own as though they were your own—this includes work of other students or work that is in a published source (the textbook, a journal article). To avoid plagiarism be sure to do your own work, and put information in your own words. Use of quotes with appropriate reference to the original source from which you got the information or ideas is acceptable but less preferred than paraphrasing (with referencing of the source provided) in psychological writing.

Copyright Policy:

The materials presented in this class are copyright protected and may not be used without the express prior consent of the instructor. Intentional misuse of the intellectual property of another may subject the user to penalties up to and including dismissal.

General Requirements

This course is subject to GVSU’s general requirements for courses. A full list with pointers to resources may be found at www.gvsu.edu/coursepolicies.

COVID Information

Information regarding GVSU’s COVID policies and general information may be found at www.gvsu.edu/lakerstogether .

How to Succeed in This Course

Self-Management is key.

Online courses require perseverance, self-discipline, self-motivation, and the ability to work independently – much more so than face-to-face courses. Be sure to:

- ❖ Log into Blackboard at least 4-5 times/week or once/day
- ❖ Stay organized by writing down all of the due dates for this course in your personal/work calendar
- ❖ Plan consistent and regular weekly study times. You may need to block out specific (and consistent) times in your schedule each week solely to work on this class. Put the time(s) in your schedule/planner.
- ❖ Visit <https://www.gvsu.edu/sasc/online-learning-tips-140.htm> for additional tips and videos to help you better succeed in an online class.

Read the textbook.

It provides broader context for understanding the class lectures.

Watch ALL of the online lectures each week.

- ❖ When watching lectures, take good notes. Pretend that you are in-class and needing to take notes. Go back and re-watch aspects you didn't understand. *Plan on spending double the time of the lecture as you watch it, to account for notes and stopping and re-watching.*

Turn in all assignments on time.

Easy points can be lost when students do not complete assignments on time. Missing assignments will substantially lower your grade in the course.

Prepare for weekly unit quizzes.

You should make sure you feel confident about the material and feel like you know it very well before taking the quiz. You should be re-reading your notes daily and testing yourself on the course material (this method is one of the best at ensuring you retain the information).

Communicate with me!

Email me or make an appointment to meet with me on Zoom if you need to discuss anything pertaining to this course. You don't need to email me first to let me know that you want to meet with me or are struggling – simply book a time during my office hours and then we can chat about your concerns. I enjoy meeting and talking with students, and I want you to succeed in this course! In addition, contact me when you **first** notice that you might be struggling. I will do everything in my power to help you discover what is difficult for you and how you can work towards improving your performance. DO NOT wait until the last minute to see me because of poor understanding or poor grades. I will be much less sympathetic at that point and there's not much you can do then. I try to be fair in the course by offering extra credit opportunities (the first of which is getting a 100% on the syllabus quiz for extra credit!) and offering help throughout the course if you are struggling.

Psych Friends

Psych Friends: If you feel you could use some extra help/guidance/support in any academic domain or for your well-being, please consider scheduling an appointment with a mentor through Psych Friends. Psych Friends mentors are upper-level undergraduate peer mentors who are trained to provide support in many areas including: effective study and time management techniques, exam preparation and reflection skills, comprehension of the psychology and behavioral neuroscience major requirements, tips for engaging in the

field, strategies for education continuation, methods for maintaining physical and mental health. Schedule an appointment here: <https://www.gvsu.edu/navigate> and Questions? Email psychfriends@gvsu.edu