**PSYCO 282**  
*Behaviour Modification*  
Winter, 2020*  
LEC B1  MWF 1:00-1:50 p.m.  CCIS L2 200

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Office: BS P231  
Hours: Tues. 12:30-1:30, or by appointment  
Phone: (780) 492-7157  
Course Website: https://sites.ualberta.ca/~kloepelm/282/

**Prerequisites**  
The required prerequisite for this course is PSYCO 104 or SCI 100, no exceptions or waivers. You may not take this course for credit if you already have credit in PSYCO 281. See UAlberta Calendar section Registration: Prerequisite Course Requirements.

**Course Description & Learning Outcomes**  
In this course, you will learn the basic principles of behaviour modification, and procedures on how to apply them in various settings. You will be able to apply a functional approach to the ethical understanding and treatment of problem behaviours. More specifically, you will acquire an understanding of the basic principles of operant conditioning (including reinforcement, extinction, punishment, stimulus control, shaping, prompting, fading, and chaining) and classical conditioning. Also, you will learn how to apply these principles to implement behaviour change procedures to the goal of improving a person’s life. You will develop and implement a self-management program to modify one of your own behaviours. Specific learning objectives will be given in lectures for each topic.

**Assessment**  
**Self-Management Project (worth 15%):** One of the goals of behaviour modification is to apply the scientific principles of learning to human behaviour. In this project, you will have the opportunity to modify one of your own behaviours. This multi-part project requires you to hand in assignments at each stage of the behaviour modification program. If you are unable to carry out this project, contact the instructor; a substantial alternate project will be assigned. More information (including deadlines) is in the Self-Management Project document.

**Two Midterms (worth 20% each):** The midterms will test material covered in the assigned readings and lectures. Although there is much overlap between the textbook and lectures, it is not a complete overlap; some content is only covered in one or the other. You are responsible for all material. The midterms will consist of multiple-choice questions. Midterms will not be handed back in class; the TAs will hold exam viewings. If you miss a midterm for an acceptable reason such as incapacitating illness, severe domestic affliction, or religious conviction (see The Fine Print below), then the weight of the excused exam will be added to the final exam (signed paper copy statutory declaration form required). Documentation must be provided within two working days of the missed exam. No makeup exams or assignments are accepted. You must show your ONECard at exams. See UAlberta Calendar sections Academic Regulations: Attendance and Examinations (Exams).

**Cumulative Final (worth 40%):** See the Office of the Registrar’s exam schedule for official date and time. The final exam will be cumulative, done via eClass; it will have multiple-choice questions based on the entire course, with an emphasis on the material covered after the second midterm. If you miss this exam, you must apply to your Faculty Office for a deferral of the final exam within two working days of the final exam date. See UAlberta Calendar sections Academic Regulations: Attendance and Final Examinations. (See The Fine Print below for more about this exam.)
ePoll Participation (worth 5%): Marks are assigned for participating in ePolls presented in class—not according to how many questions you answer correctly. There are 22 polls; each poll is worth 0.2272727% (i.e., 5%/22). The weight of any missed polls will be automatically added to your final exam. ePoll requires the use of an Internet-connected device (e.g., laptop, tablet, phone). Due to the change to remote delivery of the course, the last 7 ePolls will be done online via eClass quizzes.

Grading
Final grades in this course will be assigned as CR (credit): completed requirements, no grade point value assigned, credit provided; NC (no credit): failure, no grade point value assigned, no credit provided; IN (Incomplete): if there is insufficient information to assign CR or NC. Credit is assigned based on your overall weighted average:

CR = 43-100%
NC = 0-42%

Required Textbook & Readings
Textbook:

Required readings (posted on eClass):

Schedule of Classes (* indicates Self-Management Project due date)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assigned readings:</th>
<th>Project part due:</th>
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<tbody>
<tr>
<td>Jan 6-10</td>
<td>Introduction</td>
<td>Chapter 1</td>
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<tr>
<td>Jan 13-17</td>
<td>Observing and recording behaviour; Ethics</td>
<td>Chapter 2; Martin &amp; Pear</td>
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<tr>
<td>Jan 20*-24</td>
<td>Graphing &amp; Research designs</td>
<td>Chapter 3</td>
<td>I: Target Behaviour</td>
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<td>Jan 27-31</td>
<td>Extinction; Punishment; Stimulus control</td>
<td>Chapters 5, 6, &amp; 7</td>
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<td>Feb 3*-7</td>
<td>Respondent conditioning</td>
<td>Chapter 8</td>
<td>II: Ethics</td>
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<td><strong>Midterm 1: Wednesday, February 5</strong></td>
<td>Chapters 1-8 + Martin &amp; Pear</td>
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<td></td>
<td>Shaping</td>
<td>Chapter 9</td>
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<td>Feb 10-14</td>
<td>Prompting &amp; Transfer of stimulus control; Chaining</td>
<td>Chapter 10</td>
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<td>Chapter 11</td>
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<td>Feb 17-21</td>
<td><strong>No classes (Reading Week)</strong></td>
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<td>Feb 24-28</td>
<td>Functional assessment; Applying extinction</td>
<td>Chapters 13 &amp; 14</td>
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<td>Mar 2*-6</td>
<td>Differential reinforcement Antecedent control procedures</td>
<td>Chapter 15</td>
<td>III: Baseline Phase</td>
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<td>Chapter 16</td>
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<td>Mar 9-13</td>
<td><strong>Midterm 2: Monday, March 9</strong></td>
<td>Chapters 9-11 &amp; 13-16</td>
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<td>Applying punishment</td>
<td>Chapters 17 &amp; 18</td>
<td>IV: Treatment Plan</td>
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<td>Mar 16*-20</td>
<td>Generalization &amp; Maintenance Self-management; Willpower</td>
<td>Chapter 19</td>
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<td>Chapter 20; Baumeister</td>
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<td>Mar 23-27</td>
<td>Habit reversal procedures; Token economies</td>
<td>Chapters 21 &amp; 22</td>
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<td>Mar 30-Apr 3</td>
<td>Fear and anxiety reduction procedures</td>
<td>Chapter 24</td>
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<td>Apr 6*-8</td>
<td>Cognitive behavioural therapies (CBT)</td>
<td>Chapter 25</td>
<td>V: Treatment Phase</td>
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As per the exam schedule, the final exam is scheduled for Monday, April 20, 2020 at 9:00 a.m. via eClass.

You must verify this date on Bear Tracks when the final exam schedule is posted.
Academic Integrity

The University of Alberta is committed to the highest standards of academic integrity and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the Code of Student Behaviour and avoid any behaviour which could potentially result in suspensions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University.

All forms of dishonesty are unacceptable at the University. Any offence will be reported to the Associate Dean of Science who will determine the disciplinary action to be taken. Cheating, plagiarism and misrepresentation of facts are serious offences. Anyone who engages in these practices will receive at minimum a grade of zero for the exam or paper in question and no opportunity will be given to replace the grade or redistribute the weights. As well, in the Faculty of Science the sanction for cheating on any examination will include a disciplinary failing grade (no exceptions) and senior students should expect a period of suspension or expulsion from the University of Alberta.

Absences from Examinations

For an excused absence where the cause is religious belief, a student must contact the instructor(s) within two weeks of the start of Fall or Winter classes (within three days of the start of Spring or Summer classes) to request accommodation for the term (including the final exam, where relevant). Instructors may request adequate documentation to substantiate the student request.

A student who cannot write the final examination due to incapacitating illness, severe domestic affliction or other compelling reasons can apply for a deferred final examination. Students who failed at the start of term to request exam accommodations for religious beliefs are expected to follow the normal deferred final examination process. Such an application must be made to the student’s Faculty office within two working days of the missed examination and must be supported by appropriate documentation or a Statutory Declaration (see UAlberta Calendar section Absence from Final Exams).

Deferred examinations are a privilege and not a right; there is no guarantee that a deferred examination will be granted. Misrepresentation of Facts to gain a deferred examination is a serious breach of the Code of Student Behaviour.

Term Work Policy

With the exception of term work for which students did not receive feedback before the posting of final grades, students must initiate a request for reevaluation of term work with the instructor prior to the day of the final exam or in the case of courses without final exams, before the posting of final grades.

Representative evaluative course material (e.g., short-answer and multiple choice review questions) is available in the textbook and on eClass.

Support Services

Students who require additional help in developing strategies for better time management, study skills or examination skills should contact the Academic Success Centre.

Students registered with Accessibility Resources have both rights and responsibilities with regard to accessibility-related accommodations. Consequently, scheduling exam accommodations in accordance with Accessibility Resources’ deadlines and procedures is essential. Please note adherence to procedures and deadlines is required for U of A to provide accommodations. Contact Accessibility Resources for further information.

Final Examination

The final exam for this section of PSYCO 282 will be 2 hours in length, however, all students will be allowed up to 3 hours to complete the exam. For students registered with Accessibility Resources:

- If your ONLY accommodation is a 1.5 exam time multiplier, you will write your final exam with your classmates at the standard date, time, and location published by the Office of the Registrar. You DO NOT need to register this final exam in ClockWork.
- If you have ANY other accommodations, you MUST register this exam in ClockWork by the required deadline and write your exam in a location determined by the Accessibility Resources Exam Office.
- If you have any questions regarding this accommodation, please contact Accessibility Resources (arrec@ualberta.ca).

Recording Permissions Policy

Audio or video recording, digital or otherwise, of lectures, labs, seminars or any other teaching environment by students is allowed only with the prior written consent of the instructor or as a part of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course (e.g., lecture notes) is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

Reexamination

Reexamination is not permitted in a course in which a passing grade was achieved. A student who writes the final examination and fails the course may apply for a reexamination. Reexaminations are rarely granted. Reexaminations are governed by Calendar sections Academic Regulations: Examinations (Exams): Reexaminations, and by individual Faculty regulations. Misrepresentation of Facts to gain a reexamination is a serious breach of the Code of Student Behaviour.

Other Policies

Any typographical errors in this Course Outline are subject to change and will be announced in class. The date of the final examination is set by the Registrar and takes precedence over the final examination date reported in this syllabus.

Policy about course outlines can be found in Course Requirements, Evaluation Procedures and Grading of the University Calendar.

For information on changes made to this course in light of the COVID-19 pandemic, see the Revised Amendment to Existing Syllabus document on eClass.