WKU

PSY 443
CRN: 37990
Behavior Modification
College of Education and Behavioral Sciences
Psychology Department
Summer 2022 | Web
Monday May 09 – Friday June 03

Instructor: Sarah Ochs, Ph.D.
Office: GRH 3025
Phone: 270-745-4414
Blackboard: wku.blackboard.com

Email: Sarah.Ochs@wku.edu
Virtual Office Hours*: By appointment, happy to meet on zoom, talk over phone. You can add a meeting to my calendar a calendly.com/drochs

Text or email is the best way to make initial contact with me. If you would like an appointment (i.e., phone, zoom, online chat), I am happy to set up a time and communication mode that works for you, just send me an email or add a meeting to my calendar through the link calendly.com/drochs. It is my hope that each student will be successful in this course, and I am happy to provide support in that process!

I. WHAT IS THIS COURSE ABOUT?

Catalog Description: An introduction to techniques of behavior modification. Both theory and application of behavioral techniques will be covered with special emphasis on their use in education, child rearing, clinics, and self-modification. Course activities or assignments may require the individual to disclose personal information. This is a 3 credit hour course.

Prerequisites: 6 hours of Psychology including PSY 100: Introduction to Psychology, and junior standing or permission of the instructor.

II. WHAT WILL YOU READ?

Miltenberger, R. G. (2016). *Behavior modification: Principles and procedures* (6th edition). Belmont, CA: Wadsworth. ISBN 13: 978-1305109391

*The electronic version of this book is available at a cheaper price and is completely acceptable. Older versions may also be acceptable, but check the table of contents against this version. Send me an email if you have any concerns.

Computer and internet access (high speed recommended) are required. Your web browser should be within 1-2 years of the current browser. This course requires *frequent* use of Blackboard. Blackboard works very well with Firefox and Chrome. You can download either browser free for both WIN and Mac from the Blackboard home page. You will also submit at least one assignment in a compatible Word program.

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III. WHAT WILL YOU LEARN IN THIS COURSE?

1. Define the basic principles of behavior modification.
2. Identify various behavioral theorists and their contribution(s).
3. Chart the ABCs of behavior
4. Identify and apply principles of positive and negative reinforcement
5. Identify and apply principles of positive and negative punishment
6. Develop and implement a self-management program to modify your own behaviors.

A complete list of course objectives for each chapter is listed on Blackboard.

IV. WHAT WILL YOU DO?

All assignments will be available for the full 24 hours during the date listed on the syllabus. However, you must complete the quizzes and final exam in one sitting. You will have 30 minutes to complete quizzes, and 90 minutes to complete your final exam.

	Points Possible
Syllabus Quiz	*10*

A syllabus quiz will be available the first day of class to assess understanding of the course structure and procedures. The syllabus quiz will be available for 48 hours (Monday 5/09 and Tuesday 5/10).

Quizzes (5 given, 4 highest will be used to calculate grade)   *80*

Short quizzes will be administered five times throughout the semester and will cover the assigned readings. Questions will be primarily multiple choice, fill-in-the-blank, and short answer. If you keep up with the assigned readings, you should be successful on the quizzes. **Your lowest quiz grade will be dropped and only your highest four quiz grades will be used to calculate your final grade.** Each quiz is worth twenty points.

Weekly Activities   *100*

Each week you will have a new activity to complete worth 25 points. These may include discussion posts, an article review, practice questions, short reflections, or some other type of task. These activities will help you to think more deeply about the content, and often, to apply or practice it. Your weekly activity will be available for the entire week, but must be submitted by Friday of each week, by 11:59 pm.

Behavior Modification Project   *100*

This is a fun and interesting project! You will identify a behavior of your own that you would like to modify. Then, you will design and implement a self-management plan, measure and track your behavior, and evaluate your plan. 80 points will come from your written plan and 20 points will come from your virtual presentation.

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Final Exam	*100*

A cumulative final exam will be administered at the end of the semester. It will include primarily the assigned readings and also class discussion.

Total Points	*390*

V. HOW WILL YOU BE EVALUATED?

Grades are assigned at the end of the course on the following scale:

Letter Grade	Grade Points	Points Earned	%
A	4.0	349-390	90-100%
B	3.0	310-348	80-89%
C	2.0	273-309	70-79%
D	1.0	232-272	60-69%
F	0	≤ 231	$\leq 59\%$

VI. COURSE PROCEDURES

Being "Online" or Using Blackboard: This class and associated material will be presented through Blackboard, which is the name of the website you will use to access your materials and submit your assignments. A course site has been set up in Blackboard and reference materials, class assignments, announcement, events, and other features of Blackboard will be used. To access Blackboard:

1. Go to wku.blackboard.com
2. You will be required to login using your wku net ID and password
3. On the left side menu, select courses
4. You will see all of your courses for the current term. Click on the course name: 443 – Behavior Modification
5. You will see a screen that will have any current announcements in the center. To the left will be a list of menu items. Click on these, depending on what you want to do.

Email Etiquette: Be professional and respectful in all communication. When emailing me, please include PSY 443 in the subject line and your name within the body of the email. If you do not receive a response within 48 hours, please email me again or call me. If you require an immediate response, you are welcome to call or text my cellphone from 8 am – 6 pm, Monday – Friday.

Due Dates and Late Assignments: I appreciate students who work diligently and adhere to course deadlines. **All assignments are due by 11:59 pm (just before midnight) Central Standard Time on the due date listed.** There will be no make-up assignments with the exception of a documented emergency. The only assignment that I will accept after the due date/time is your behavior modification project. Your grade for this assignment will decrease 10 percentage points per day late.

Course Assistance: If you are experiencing difficulty with your computer or the internet, please call the WKU IT Help Desk at 270-745-7000. While I am usually your best resource for helping you with Blackboard, I am not a good resource for helping you with technical problems concerning your computer and the way it might be interfacing with Blackboard. Be aware that technology malfunctions will not be

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accepted as an excuse for a late or incomplete assignment. **PLEASE read important information on Blackboard that is on the screen immediately after you login, and before you click the name of the class.** There is a box in the middle of the screen that tells you which web browsers work best for Blackboard (Web Browser recommendations). Most technical problems can be solved by changing browsers. Ironically, some newer browsers do not work well with Blackboard—so check.

Privacy Matters: The Internet may change or challenge the notions of what is private and what is not. Although the course is protected by a password, no one can guarantee privacy online. Privacy for every student depends on the actions of each individual student – sharing your password with a friend is a violation of privacy to your classmates. Do not share passwords with anyone else or allow access to this course to those not registered in it.

Discussion of Grades: Sometimes students want to discuss their grades via email. However, email is not a secure nor private form of communication. Although I can make some general statements about your progress via email, I am always happy to chat more about your grades via phone or zoom.

Academic Honesty: All students are expected to conform to the WKU Academic Integrity Policy. Refer to the policy outlined in the Student Code of Conduct which includes academic dishonesty, plagiarism, and cheating. Student work may be checked by plagiarism detection software. An incident of any kind of academic dishonesty may lead to serious consequences.

Accommodations: In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

Student Assistance: Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. The Learning Center at Downing Student Union offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and a computer lab to complete academic coursework. Please call TLC in the Downing Student Union at (270) 745-5065 for more information or to schedule a tutoring appointment. www.wku.edu/tlc

Writing Center Assistance: The Writing Center has locations in Cherry Hall 123 and in the Commons at Cravens Library on the Bowling Green campus. The Writing Center also offers online consultations for students who live at a distance or who cannot visit during our operating hours. Writing tutors have been trained to provide helpful feedback to students at all phases of a writing project: they can *help you* brainstorm ideas, structure your essay, clarify your purpose, strengthen your support, and edit for clarity and correctness. But they will not revise or edit the paper *for you*. See instructions on the website (www.wku.edu/writingcenter) for making online or face-to-face appointments. Or call (270) 745-5719 during our operating hours (also listed on our website) for help scheduling an appointment.

Title IX Misconduct/Assault Statement: Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) and Discrimination and Harassment Policy (#0.2040). Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based

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discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

VII. TENTATIVE COURSE SCHEDULE

Week	Day	Date	Readings	Assignments and Activities
1	M	5.09	Review Syllabus	Welcome Video and **Syllabus Quiz**
	TU	5.10	Chapter 1: Intro. to Behavior Modification	
	W	5.11	Chapter 2: Observing and Recording Behavior	
	TH	5.12	Chapter 3: Graphing Behavior and Measuring Change	**Quiz #1: Chs. 1 & Ch. 2**
	F	5.13	Chapter 4: Reinforcement	**Quiz #2: Ch. 3** *Weekly Activity #1 Due*
2	M	5.16	Chapter 5: Extinction; Chapter 6: Punishment	
	TU	5.17	Chapter 20: Self-Management	**Quiz #3: Chs. 4, 5, & 6**
	W	5.18	Chapter 7: Stimulus Control	
	TH	5.19	Chapter 9: Shaping; Chapter 11: Chaining	
	F	5.20	Chapter 13: Understanding Problem Behaviors through Functional Assessment	*Weekly Activity #2 Due*
3	M	5.23	Chapter 15: Differential Reinforcement	
	TU	5.24	Chapter 22: The Token Economy Chapter 23: Behavioral Contracts	**Quiz #4: Ch. 15**
	W	5.25	Chapter 16: Antecedent Control Chapter 21: Habit Reversal	**Quiz #5: 22 & 23**
	TH	5.26	Chapter 17: Using Punishment: Time-Out and Response Cost	
	F	5.27	Chapter 18: Positive Punishment Procedures and the Ethics of Punishment	*Weekly Activity #3 Due*
4	M	5.30	**Enjoy the Memorial Day holiday!**	
	TU	5.31	Chapter 25: Cognitive Behavior Modification Chapter 24: Fear & Anxiety Reduction	
	W	6.01	Chapter 19: Promoting Generalization	
	TH	6.02	Review	**Behavior Modification Project Due**
	F	6.03		**Final Exam** *Weekly Activity #4 Due*

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