



Sample Course Syllabus

Syllabus - PSY585 - Behavior Modification/Behavior Therapy

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COURSE OBJECTIVES

1. Learn concepts and theories of Behavior Modification/Behavior Therapy
2. Apply these concepts and theories through:
 - a. Written discussion via Internet correspondence with instructor/other students
 - b. Analyzing own and others' individual and group behavior
3. Connect concepts and theories to real world issues and events through:
 - a. Applying reading material to discussion exercises and personal experience.
 - b. Designing one behavior change program
4. Connect concepts and theories to graduate study area through:
 - a. Applying course material to class discussion
 - b. Writing one research paper on a related topic

TEXTBOOK AND READINGS

- Martin, G., and Pear, J. Behavior Modification: What it is and how to do it. Prentice-Hall, 7th Ed.
- Supplemental Readings will be available on the PSY485 web site.

REQUIREMENTS

Internet: Students will use e-mail and the Blackboard 6 course web site at <http://my.oregonstate.edu> to communicate with the instructor and with other students.

- Discussion Board Forums will be used for weekly assignment discussions with other students and with the instructor.
- Reading assignment schedules, study questions and learning exercises will be found each week on the Assignments page. Supplemental reading material will be posted in Course Documents or accessed through the External Links page on the PSY485/585 web site. This is not a self-paced course. Students are expected to follow the weekly schedule in this syllabus and to finish all course work during the quarter in which first registered.

This course is offered through Oregon State University Extended Campus. For more information, contact:

Web: ecampus.oregonstate.edu

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Tel: 800-667-1465

Examinations: There will be two 2-hour online exams worth 300 points each. Exam #1 (Week 6) will cover material presented in Lessons 1-5. Exam #2 (Week 11) will cover material in Lessons 7 -10. Exams may contain multiple choice, definitions, matching, fill-in items, and essay questions. Exams will be based on assigned reading, Internet discussion, and learning exercises.

Exams will be proctored (administered by a pre-arranged proctoring agent) online using Blackboard/Respondus technology. The proctor must have access to the internet to administer the test electronically. Instructions for designating a proctor may be viewed on the E-campus web site at <http://ecampus.oregonstate.edu/services/>.

Projects: Students will apply behavior modification/behavior therapy concepts by designing one behavior change program. This will involve analyzing target behaviors along with environmental supports for the behaviors, planning treatments, applying treatment concepts and designing treatment evaluation. Guidelines are posted in Course Information. The program is due at the beginning of Week 8.

Graduate Research Paper: Graduate students will write one research paper on a topic connecting their graduate field to PSY485/585 course content. Students should choose a topic that will be useful in their graduate work or future career. The paper will be at least 5 pages long. Students will work with me to choose the topic, format, and individual objectives for the paper as these may vary from student to student. This paper is due during Week 10 of the quarter.

Participation: Students are expected to read text assignments, complete learning exercises and participate in online written discussions with the instructor and other students. All discussion board activities are asynchronous; however, students are expected to participate in discussion board activities a minimum of three times each week, spaced throughout the week. Online discussions consist of writing brief essays on assigned topics, and replying to others' discussion board contributions. Graduate students are expected to take a leadership role in class discussion on the Discussion Board.

SUMMARY OF GRADING:

The relative contribution of requirements to total points is:

Exam #1 (Week 6)	300
Exam #2 (Week 11)	300
Behavior Change Program Design (Week 8)	200
Graduate Research Paper (Week 10)	200
Internet Discussion/Learning Exercises/Group Work (Weeks 1-11)	200
TOTAL	1200

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Topics and Reading Schedule in Martin and Pear:

Note: Supplemental reading will be placed in Course Documents/Supplemental Reading on the PSY485/585 web site or accessed through the External Links folder on the web site.

Week 1

Topic I: The Behavior Modification Way

Chapter 1 Introduction

Chapter 2 Areas of application: an overview

Topic II: Basic Principles and Methods

Chapter 3 Getting a behavior to occur more often with positive reinforcement

Chapter 4 Developing & maintaining behavior with conditioned reinforcement

Week 2

Chapter 5 Decreasing a behavior with extinction

Chapter 6 Developing behavioral persistence through the use of intermittent reinforcement

Chapter 7 Types of intermittent reinforcement to decrease behavior

Week 3

Chapter 8 Doing the right thing at the right time and place is a matter for stimulus discrimination learning

Chapter 9 Developing appropriate behavior with fading

Chapter 10 Getting a new behavior to occur: an application of shaping

Chapter 11 Getting a new sequence of behaviors to occur with behavioral chaining

Week 4

Topic III: AVERSIVE METHODS

Chapter 12 Eliminating inappropriate behavior through punishment

Chapter 13 Establishing a desirable behavior by using escape and avoidance conditioning

Topic IV: ANALYSIS, ASSESSMENT AND EVALUATION

Chapter 19 Behavioral assessment: initial considerations

Chapter 20 Direct behavioral assessment: what to record and how

Week 5

Chapter 21 Functional assessment of the causes of problem behavior

Chapter 22 Doing research in behavior modification

Chapter 23 Planning, applying and evaluating a treatment program

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Week 6

Exam #1 (Midterm Exam)

Week 7

Topic IV: Effective Program Strategies

Chapter 16 Transferring behavior to new settings and making it last: generality of behavioral change

Chapter 17 Capitalizing on existing stimulus control: rules and goals

Chapter 18 Capitalizing on existing stimulus control: modeling, guidance and situational inducement

Chapter 24 Token economies

Week 8

Behavior Management Program is due.

Topic VI: RESPONDENT METHODS

Chapter 14 Procedures based on principles of respondent conditioning

Chapter 15 Respondent and operant conditioning together

Chapter 25 Helping an individual to develop self-control

Topic VII: SYSTEMATIC DESENSITIZATION & COGNITIVE METHODS

Chapter 26 Systematic Self-Desensitization

Week 9

Topic VIII: COGNITIVE METHODS

Chapter 27 Cognitive Behavior Modification

TBA Readings to be posted in Course Documents/Supplemental Reading or accessed from External Links in the PSY485 Course Web Site

Week 10

Graduate Students' research paper due.

Topic IX: OTHER ISSUES

Supplemental Reading To Be Announced

Chapter 29 Giving it All Some Perspective: A Brief History

Chapter 30 Ethical Issues

Week 11

Final Exam to be taken on Monday, Tuesday, or Wednesday, of Week 11.

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Plagiarism

You are expected to submit your own work in all your assignments, postings to the discussion board, and other communications, and to clearly give credit to the work of others when you use it. Academic dishonesty will result in a grade of "F."

Disabilities

If you have a documented disability and need accommodations, please consult with your instructor at the beginning of the term. Course content will be made available to you in an accessible format upon your request.

Course evaluation

We encourage you to engage in the course evaluation process each term – online, of course. The evaluation form will be available toward the end of each term, and you will be sent instructions by Ecampus. You will login to "Student Online Services" to respond to the online questionnaire. The results on the form are anonymous and are not tabulated until after grades are posted.

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