

PSYCHOLOGY 2810 (PY361)

PRINCIPLES OF BEHAVIOR CHANGE

1992-93

GRANDE PRAIRIE REGIONAL COLLEGE

INSTRUCTOR: L. R. ANDREOTTI
OFFICE NUMBER: C403
PHONE NUMBER: 539-2994

COURSE DESCRIPTION:

This course is intended to introduce the student to behavior change techniques as they are currently employed in dealing with specific behavior problems. Specific topics to be examined involve principles of operant and classical conditioning, along with the origin of these principles in animal experimentation and learning theory. Special attention will also be paid to social learning theory. Much of the course will involve an examination of the application of these principles to specific behavioral problems (along with an evaluation of the effectiveness of these techniques).

COURSE OBJECTIVES:

The successful student should be able to demonstrate an understanding of the relevant concepts, terminology, theoretical principles, and techniques which will be examined. S/he should also be able to describe and illustrate how these might be applied to change or "treat" various behavioral problems.

PREREQUISITES: PY1040 (PY260) and PY1050 (PY261).

TEXT: O'Leary, K. D. & Wilson, G. T. (1987). Behavior therapy: Application and outcome (2nd Ed.). New Jersey: Prentice-Hall.

A tentative timetable for the course is presented below. Various changes in the timetable may be announced in class.

<u>Dates</u>	<u>O'Leary & Wilson</u>
September 3 - 8	Chapter 1

September 10 - 17	Chapter 2, (Lectures on classical and operant conditioning)
September 22	Chapters 17 & 18
September 24 - 29	Papers by Eysenck, Bergin, & Smith and Glass.
October 1	Chapter 3
October 6	Chapter 8
<u>October 8</u>	<u>EXAM I</u>
October 13 - 15	Chapter 9
October 20	Chapter 4
October 22	Chapters 6 & 7
October 27 - 29	Chapter 10
November 3	Chapter 11
<u>NOVEMBER 5</u>	<u>EXAM II</u>
November 12 - 17	Chapter 12
November 19	Chapter 13
November 24	Chapter 14
November 26 - Dec 3	Chapters 5 & 16
<u>DECEMBER 8</u>	<u>EXAM III</u> ¹

Marks in the course will be weighted as follows:

October 8th Exam	30%
November 10th Exam	30%
December 8th Exam	30%
Subjective Evaluation ²	<u>10%</u>
	100%

¹This third exam is not a final exam.

²As explained in class, no student will receive a mark for subjective evaluation that is lower than the student's exam average.

GRADING SYSTEM:

SCALE	TRANSLATION	APPROXIMATE % EQUIVALENT
9		90 - 100
8	<u>Excellent</u>	<u>80 - 89</u>
7		72 - 79
6	<u>Good</u>	<u>65 - 71</u>
5		57 - 64
4	<u>Pass</u>	<u>50 - 56</u>
3	<u>Failure</u>	<u>45 - 49</u>
2	<u>Failure</u>	<u>26 - 44</u>
1		0 - 25

It should be noted that students will be held accountable for lectures delivered in addition to any announcements that will be made in class. If any student is unable to attend a particular class, it will be his/her responsibility to find out what was missed.

If it becomes apparent to a student that s/he will be unable to write an exam at a scheduled time, the student should notify the instructor immediately. In the event that the student cannot reach the instructor in person, s/he should leave a message for the instructor on the answering machine (539-2994).

The exam dates listed on this handout are tentative. Due to unforeseen circumstances, it may become necessary to administer one or more of the exams on different dates. Students should not make plans for travel, holidays, employment, etc, which would interfere with their writing exams during any scheduled class time. As a general rule, there will be no opportunities to re-write missed exams. It should be noted again that there is no "final exam" for this course.

Since the information recorded on this sheet will be required by the student throughout the semester, I recommend that precautions be taken to insure that it is not lost.

Students are strongly encouraged to see me after class or in my office (C403) if they are having difficulty in the course or simply wish a further discussion of the material.