

# PSYCHOLOGY 2810

## PRINCIPLES OF BEHAVIOR

1999-2000

GRANDE PRAIRIE REGIONAL COLLEGE

INSTRUCTOR: L. R. ANDREOTTI  
OFFICE NUMBER: C403  
PHONE NUMBER: 539-2994  
OFFICE HOURS: M-W-F 10:00 - 11:00, or by appointment

### COURSE DESCRIPTION:

This course is intended to introduce the student to the area of behavior analysis. The course will involve examining behavior in terms of the basic principles of conditioning and learning. 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 be paid to social learning theory and cognitive psychology.

In addition, the course is intended to introduce the student to behavior therapy (applied behavior analysis), behavior change techniques as they are currently employed in dealing with specific behavior problems. This will involve an examination of the application of these principles to specific behavioral problems and 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 that will be examined. The student must be able to view behavior "through the lens" provided by behavior analysis. S/he should also be able to describe and illustrate how these techniques might be applied to change or "treat" various psychological problems.

PREREQUISITES: PY1040 and PY1050

- TEXT:
1. Spiegler, Michael, and Guevremont, David (1998). Contemporary behavior therapy. (3<sup>rd</sup> Edition) Pacific Grove, CA: Brooks/Cole.
  2. Instructor's notes.

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

DATES	TOPIC	SPIEGLER
Sept. 9 - 16	Behavior analysis: Science of Behavior	Chapter 3
Sept. 21	Classical conditioning	
Sept. 23	Operant conditioning: Reinforcement, Extinction, Schedules of reinforcement	
Sept. 28 - 30	Operant conditioning: Stimulus control, aversive conditioning, operant/classical interaction	
Oct. 5	<b>EXAM I</b>	
Oct. 7 - 14	Introduction to behavior therapy/Applied behavior analysis	Chapter 1 Chapter 2
Oct. 19	Practice of behavior therapy	Chapter 4
Oct. 21	Empirical validation of therapy	Papers by Eysenck, Bergin, and Smith and Glass
Oct. 26	Reinforcement therapy	Chapter 6
Oct. 28	Deceleration behavior therapy	Chapter 7
Nov. 2	Token Economy	Chapter 8
Nov. 4	<b>EXAM II</b>	
Nov. 9 - 18	Brief graduated exposure therapy: Systematic desensitization	Chapter 9
Nov. 23	Prolonged/intense exposure therapy: Flooding and implosive therapy	Chapter 10
Nov. 25 - 30	Modelling and skills training	Chapter 11
Dec. 3 - 9	Cognitive behavior therapy	Chapter 12

Marks in the course will be weighted as follows:

October 5th Exam	30%
November 4th Exam	30%
Third Exam	30%
Discussion of readings (Oct. 21)	<u>10%</u>
	100%

GRADING SYSTEM:

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

Special note should be made of the fact that the material covered prior to the first exam will be based almost exclusively upon lectures. Since there is no textual reference for this material, other than the instructor's notes; students who are unable to attend these lectures will find this part of the course to be a serious challenge.

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, the student should leave a message for the instructor on the answering machine (539-2994) and contact the instructor in person as soon as possible.

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. The exam marks are **final**. You will not have the opportunity to rewrite an exam, nor will you be allowed to prepare a written assignment, to make up for a poor exam mark.

It should be noted that there is **no final exam** for this course.

It is essential that students become familiar with the policies described in this course outline.

Since the information recorded on this outline 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.

STUDENT RECORD OF MARKS ON EXAMS:

EXAM I.....

EXAM II.....

EXAM III.....

DISCUSSION OF PAPERS.....