

PSYCHOLOGY 2810

PRINCIPLES OF BEHAVIOR

2001 - 2002

SEP. 07 2001

GRANDE PRAIRIE REGIONAL COLLEGE

INSTRUCTOR: Dr. Larry Andreotti
OFFICE NUMBER: C403
PHONE NUMBER: 539-2994 EMAIL: andreotti@gprc.ab.ca
OFFICE HOURS: (M) 10:00-11:00, (T-Th) 9:00-10:00, or by appointment

PREREQUISITES: PY1040 and PY1050

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.

- TEXT & NOTES:
1. Spiegler, Michael, & Guevremont, David (1998). Contemporary behavior therapy. (3rd Edition) Pacific Grove, CA: Brooks/Cole.
 2. Alloway, T., Wilson, G., Graham, J., & Krames, L. (2000). Sniffy: the virtual rat (Lite version). Belmont, CA: Wadsworth
 3. Instructor's notes and Sniffy lab instructions.

A tentative timetable for the course is presented on the next page. Any changes to the timetable will be announced in class.

| DATES | TOPIC | SPIEGLER |
|-------------------|--|--|
| Sept. 7 - 14 | Behavior analysis: Science of Behavior | Chapter 3 |
| Sept. 17 | Classical conditioning | |
| Sept. 21 | Operant conditioning: Reinforcement, Extinction, Schedules of reinforcement | |
| Sept. 24 - 28 | Operant conditioning: Stimulus control, aversive conditioning, operant/classical interaction | |
| September 28 | Sniffy Lab Reports Due | |
| October 1 | EXAM I | |
| Oct. 5 - 12 | Introduction to behavior therapy/Applied behavior analysis | Chapter 1 Chapter 2 |
| Oct. 15 | Practice of behavior therapy | Chapter 4 |
| Oct. 19 | Empirical validation of therapy | Papers by Eysenck, Bergin, and Smith and Glass |
| Oct. 22 | Reinforcement therapy | Chapter 6 |
| Oct. 26 | Deceleration behavior therapy | Chapter 7 |
| Oct. 29 | Token Economy | Chapter 8 |
| November 2 | EXAM II | |
| Nov. 5 - 12 | Brief graduated exposure therapy: Systematic desensitization | Chapter 9 |
| Nov. 16 | Prolonged/intense exposure therapy: Flooding and implosive therapy | Chapter 10 |
| Nov. 19 - 23 | Modelling and skills training | Chapter 11 |
| Nov. 26 - Dec. 3 | Cognitive behavior therapy | Chapter 12 |
| December 7 | EXAM III | |

Marks in the course will be weighted as follows:

| | |
|----------------------------------|------|
| October 1st Exam | 25% |
| November 2nd Exam | 25% |
| December 7th Exam | 25% |
| Sniffy conditioning assignments | 15% |
| Discussion of readings (Oct. 19) | 10% |
| | 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 class lectures and any announcements 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.

Students should attend all classes and are expected to display respect and consideration for other members of the class. Anyone unable to meet these expectations will be asked to leave the classroom and may be excluded from attending further classes (See listing of student's rights and responsibilities in the College Calendar).

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. The third exam will be written on December 6.

Students will be introduced to WebCT, a software tool used to "enhance" various aspects of the course via the internet. WebCT allows the posting of course related information (student marks, a calendar of events, etc.) on the internet. It also allows for email communication between the instructor and the students, as well as for communication among students. Students should check the site on a regular basis for important information and announcements. Students who forget their passwords, or have other problems with the website, should see their instructor in his office or should contact Joanne Stiles in the library. Joanne's phone number is 539-2937. Her email can be sent to stiles@gprc.ab.ca.

Use of personal computers will also be required to complete the "virtual laboratory" exercises associated with conditioning "Sniffy, the virtual rat." This will involve running the "Sniffy" software as well a copying some of the results to documents created using a word processor. Students without home access to personal computers or laser quality printers are welcome to use the computers and printers available in the library. In addition, our library staff will be please to assist students who need help with the software, computers, or printers.

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.....

Sniffy conditioning assignments.....

Discussion of papers.....