Washtenaw Community College Comprehensive Report

PSY 210 Behavior Modification
Effective Term: Winter 2021

Course Cover

Division: Humanities, Social and Behavioral Sciences
Department: Behavioral Sciences
Discipline: Psychology
Course Number: 210
Org Number: 11200
Full Course Title: Behavior Modification
Transcript Title: Behavior Modification
Is Consultation with other department(s) required: No
Publish in the Following: College Catalog
Reason for Submission: Three Year Review / Assessment Report
Change Information:
　　Other:
Rationale: No changes are being made to the PSY 210 syllabus, based on assessment findings from December 2019
Proposed Start Semester: Winter 2021
Course Description: In this course, students are introduced to basic behavioral principles and their applications to individuals in need of behavior intervention (i.e., mentally ill, developmentally delayed, problems with daily living, and general behavioral struggles). Students will learn to recognize and interpret behavior patterns, recall the impact of different intervention strategies and determine an effective behavioral modification plan. Students will be asked to design, implement and evaluate the impact of a personal behavioral modification plan.

Course Credit Hours

Variable hours: No
Credits: 3
Lecture Hours: Instructor: 45 **Student:** 45
Lab: Instructor: 0 **Student:** 0
Clinical: Instructor: 0 **Student:** 0

Total Contact Hours: Instructor: 45 **Student:** 45
Repeatable for Credit: NO
Grading Methods: Letter Grades
Audit
Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Requisites

Prerequisite
HSW 100
or

Prerequisite
PSY 100

General Education
MACRAO
MACRAO Social Science
General Education Area 5 - Social and Behavioral Science
Assoc in Applied Sci - Area 5
Assoc in Science - Area 5
Assoc in Arts - Area 5
Michigan Transfer Agreement - MTA
MTA Social Science

Request Course Transfer
Proposed For:

Student Learning Outcomes

1. Identify applications of behavior modification to populations including: parents, individuals in the educational setting, people with developmental disabilities, autism and mental illness, adolescents, juvenile delinquents, adults, health and medicine, athletic performance/skills, the employment setting, people with closed-head injuries, geriatrics, and individuals with problems of daily living.
   Assessment 1
   Assessment Tool: Outcome-related questions
   Assessment Date: Fall 2022
   Assessment Cycle: Every Three Years
   Course section(s)/other population: All
   Number students to be assessed: All
   How the assessment will be scored: Answer key
   Standard of success to be used for this assessment: 70% of the students will score 70% or higher.
   Who will score and analyze the data: Instructor will score and the department will analyze the data.

2. Recognize various advanced behavior therapy techniques including: biofeedback, flooding, implosive therapy, assertiveness therapy, exposure and response prevention and relaxation techniques.
   Assessment 1
   Assessment Tool: Outcome-related questions
   Assessment Date: Fall 2022
   Assessment Cycle: Every Three Years
   Course section(s)/other population: All
   Number students to be assessed: All
   How the assessment will be scored: Answer key
   Standard of success to be used for this assessment: 70% of the students will score 70% or higher.
   Who will score and analyze the data: Faculty will score and analyze the data.

3. Match various modification terms from reinforcement concepts, punishment concepts, token economy, behavioral analysis (baseline data and analysis), generalization and discrimination, fading/shaping/chaining with the appropriate definitions and scenarios.
   Assessment 1
   Assessment Tool: Outcome-related questions
   Assessment Date: Fall 2022
   Assessment Cycle: Every Three Years

Course section(s)/other population: All
Number students to be assessed: All
How the assessment will be scored: Answer key
Standard of success to be used for this assessment: 70% of the students will score 70% or higher.
Who will score and analyze the data: Faculty will score and analyze data.

Course Objectives

1. Recognize the definition of external and internal behavior.
2. Define the key characteristics of behavior modification.
3. Identify key people in the history/development of behavior modification.
4. Define and compare/contrast operant and respondent conditioning.
5. Define and identify behavioral goals.
6. Identify and explain several methods of assessing behavior.
7. Define and compare/contrast positive and negative reinforcement, two types of reinforcement and shaping.
8. Define extinction and describe how it is used.
9. Identify characteristics of a good behavioral program.
10. Define and apply key concepts of behaviorism including: thinning, natural reinforcement, generalization, relapse prevention and token economies.
11. Define various advanced behavior therapy techniques including: biofeedback, flooding, implosive therapy, assertiveness training, aversion therapy, exposure and response prevention and relaxation.
12. Compare and contrast rational emotive therapy, cognitive therapy, stress inoculation therapy and problem-solving therapy.
13. Identify ethical and legal issues in the application of behavior modification therapy.
14. Describe ethical safeguards in therapy and in research.
15. Use real world experiences to implement behavior modification concepts.

New Resources for Course

Course Textbooks/Resources

Textbooks
Martin, G. & Pear, J.. *Behavior Modification: What it is and how to do it*, 10th ed. New Jersey: Pearson, 2015, ISBN: 978-020599210.
Manuals
Periodicals
Software

Equipment/Facilities

Level III classroom

Reviewer	Action	Date
Faculty Preparer:		
Kristy Norris	*Faculty Preparer*	*Oct 21, 2020*
Department Chair/Area Director:		
Starr Burke	*Recommend Approval*	*Oct 23, 2020*
Dean:		
Scott Britten	*Recommend Approval*	*Nov 02, 2020*
Curriculum Committee Chair:		
Lisa Veasey	*Recommend Approval*	*Dec 02, 2020*
Assessment Committee Chair:		
Shawn Deron	*Recommend Approval*	*Dec 04, 2020*

Vice President for Instruction:

Kimberly Hurns   *Approve*   *Dec 07, 2020*