

# Washtenaw Community College Comprehensive Report

## PSY 210 Behavior Modification

Effective Term: Winter 2017

### 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:** Course Change

**Change Information:**

**Outcomes/Assessment**

**Objectives/Evaluation**

**Rationale:** Based on the results of the assessment completed, it has been determined that the tools currently used to evaluate success may not be adequately measuring the knowledge learned.

**Proposed Start Semester:** Winter 2017

**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: Multiple-choice test

Assessment Date: Fall 2018

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: Multiple choice

Assessment Date: Fall 2018

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: Multiple choice

Assessment Date: Fall 2018

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**

#### **Faculty Preparer:**

*Kristy Norris*

### **Action**

*Faculty Preparer*

### **Date**

*Mar 21, 2016*

#### **Department Chair/Area Director:**

*Starr Burke*

*Recommend Approval*

*Mar 22, 2016*

#### **Dean:**

*Kristin Good*

*Recommend Approval*

*Mar 22, 2016*

#### **Curriculum Committee Chair:**

*Kelley Gottschang*

*Recommend Approval*

*Apr 25, 2016*

#### **Assessment Committee Chair:**

*Michelle Garey*

*Recommend Approval*

*Apr 28, 2016*

**Vice President for Instruction:**

*Michael Nealon*

*Approve*

*May 02, 2016*