

# COURSE SYLLABUS



COURSE TITLE: PSYC-164: Behavior Management

CLASS SECTION: B01

TERM: Fall, 2023

COURSE CREDITS: 3

DELIVERY METHOD(S): Blended (in class lecture, online lab)

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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## INSTRUCTOR DETAILS

NAME: Katrina Ivanov

EMAIL: [ivanovk@camosun.bc.ca](mailto:ivanovk@camosun.bc.ca)

OFFICE: Paul 233

HOURS: Tuesdays (in office) 12:30 PM – 2:00 PM

Tuesday, Wednesday, Thursday (online) 6:00 PM – 7:00 PM (or by appointment)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

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## CALENDAR DESCRIPTION

Basic learning principles are applied to everyday problems. How to deal effectively with such diverse situations as bed-wetting, tantrums, noncompliance, stealing and lying in children; adult problems such as obesity, smoking, incompatibility in marriage, headaches and phobias are considered. Learning is achieved through group discussion and creative role-play situations.

### PREREQUISITE(S):

One of:

- C in English 12
- C in Camosun Alternative

### CO-REQUISITE(S):

See Pre-requisites

### EXCLUSION(S):

Not Applicable

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon completion of this course a student will be able to:

1. Define and diagram procedures used in behaviour analysis.
2. Explain the advantages and/or disadvantages of choosing a specific behavioural modification procedure when given a case example of behaviour.
3. Describe ethical considerations when choosing to use any behaviour modification procedure.
4. Explain single-subject research design and how the various methodologies meet or fail to meet the rules of scientific inquiry.
5. Analyze and describe the behavioural procedures used in a variety of research and applied examples.
6. Write an APA style research paper reviewing current research in behaviour analysis.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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Textbook (recommended, not required) : : Behaviour Modification: Principles and Procedures by Raymond G. Miltenberger (2016) 6<sup>th</sup> edition (Cengage). ISBN: 9781305109391

Notes: Slides will be available online prior to class. It is important to note that I will be using examples, diagrams and covering additional topics not included in the slides. If you are unable to make it to class, please make sure to get the missed information from one of your peers.

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	In class topics and discussions	Assignments/Online
September 5	<ul style="list-style-type: none"><li>• Roots of Behaviour Management</li><li>• Defining Behaviour</li></ul>	<ul style="list-style-type: none"><li>• Introduce yourself in Discussion Section titled "Introductions."</li><li>• In contents, read documents titled "Resilience," "Procrastination," and "Student Integrity."</li><li>• Answer the questions in the Discussion section titled "Getting Started."</li></ul>
September 12	<ul style="list-style-type: none"><li>• Observing, Recording and Graphing Behaviour</li><li>• Introduction to Final Paper (FP)</li><li>• Life/Values/Goal Review</li><li>• Assignment 1 Assigned</li></ul>	<ul style="list-style-type: none"><li>• Assignment 1: Due in online drop-box by 11:59 PM Sunday, September 17th</li></ul>

WEEK or DATE RANGE	In class topics and discussions	Assignments/Online
September 19	<ul style="list-style-type: none"> <li>• Functional Assessments</li> <li>• FP: Introduction to Acceptance and Commitment Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 2 Due in online drop-box by 11:59 PM Sunday, September 24th</li> </ul>
September 26	<ul style="list-style-type: none"> <li>• Procedures to Increase Behaviour (positive reinforcement, escape, avoidance)</li> <li>• Sick social cycles</li> <li>• FP: Mindfulness and Choice Points</li> </ul>	<ul style="list-style-type: none"> <li>• No assignment</li> <li>• For final paper: Write-up of Life Review, Chosen Goals/Values and Choice Point Diagram</li> </ul>
October 3	<ul style="list-style-type: none"> <li>• Procedures to Decrease Behaviour (Punishment and Extinction)</li> <li>• Ethics surrounding behaviour management.</li> <li>• FP: Skills Gaps</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 3 due in online drop-box by 11:59 PM Tuesday, October 10</li> </ul>
October 10	<ul style="list-style-type: none"> <li>• Stimulus Control, Prompting and Fading</li> <li>• FP: Problem-solving and development of short-term goals</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 4 due in online drop-box by 11:59 PM Sunday, October 15</li> </ul>
October 17	<ul style="list-style-type: none"> <li>• Shaping</li> <li>• Bio-behaviourism</li> <li>• FP: Summary of Short-Term Goal Progress Week 1</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 5 due in online drop-box by 11:59 PM Sunday, October 22</li> </ul>
October 24	<ul style="list-style-type: none"> <li>• Antecedent Control Procedures</li> <li>• FP: Summary of Short-Term Goal Progress Week 2</li> </ul>	<ul style="list-style-type: none"> <li>• Second choice point diagram reflecting changes, summaries of short-term goal actions</li> </ul>
October 31	<ul style="list-style-type: none"> <li>• Respondent Conditioning</li> <li>• Fear and Anxiety</li> <li>• FP: Summary of Short-term goal progress Week 3</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 6 due in online drop-box by 11:59 PM Sunday, November 5</li> </ul>
November 7	<ul style="list-style-type: none"> <li>• Self-management and contracts</li> <li>• Habit reversals</li> <li>• Token economies</li> <li>• FP: Research surrounding efficacy of ACT</li> </ul>	<ul style="list-style-type: none"> <li>• Summarize 3 research articles looking at the efficacy of ACT (academic, peer-reviewed, original research)</li> </ul>

WEEK or DATE RANGE	In class topics and discussions	Assignments/Online
November 14	<ul style="list-style-type: none"> <li>• Cognitive Behaviour Therapy</li> <li>• Ecotherapy</li> <li>• FP: how to cite sources and organize final paper</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 7 due in online drop-box by 11:59 PM Sunday, November 19th</li> </ul>
November 21	<ul style="list-style-type: none"> <li>• Trauma</li> <li>• Addictions</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment 8 due in online drop-box by 11:59 PM Sunday, November 26</li> </ul>
November 28	<ul style="list-style-type: none"> <li>• Lying</li> <li>• Aggression (and de-escalation)</li> </ul>	<ul style="list-style-type: none"> <li>• Final Paper due in online drop-box by 11:59 PM Sunday, December 3</li> </ul>
December 5	<ul style="list-style-type: none"> <li>• Brain in Love</li> <li>• ASD</li> </ul>	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
<b>Discussion:</b> Read “resilience,” “procrastination,” and “student integrity” and answer the questions posted in “Getting Started”	8
<b>Assignments:</b> There will be 8 assignments in total. Some of these will involve observations of self or others, video taped examples, case studies or activities to try with friends or family. Some will involve self reflection, and all assignments will have you practicing and analyzing behaviour using the concepts learned in class that week. Assignments will be posted along with the notes for that week. Please see above for due dates. Each assignment is worth 9% for a total of 72%.	72
<b>Final Paper:</b> Using some of the therapeutic techniques from Acceptance and Commitment Therapy, you will conduct a life review, choose goals, have the opportunity to use mindfulness, choice points, skills gaps and short-term planning to affect change in your own thoughts/beliefs/behaviours. You will also use research skills to learn more about the efficacy of ACT. Please see above for the due date. Worth 20% of your grade.	20
<b>TOTAL</b>	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](#) policy for more information.  
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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Please see the welcome letter for information about guidelines and expectations

## SCHOOL OR DEPARTMENTAL INFORMATION

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### STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

### SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>

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Technology Support

<http://camosun.ca/its>

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Writing Centre

<http://camosun.ca/writing-centre>

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If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the

course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**Changes to this syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.