



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

FRHD*3150 Strategies for Behaviour Change

COURSE OUTLINE – WINTER 2020

1. CALENDAR DESCRIPTION

This course will review the nature and use of behaviour change strategies commonly used in interventions with children, youth, and their families.

Credit Weight: 0.5 credits

Course Hours: 3-0 (24 lecture; 0 lab/seminar)

Pre-Requisite(s): 2 of FRHD*1010, FRHD*2060, FRHD*2260, (FRHD2270 or PSYC*2450), FRHD*2280

Co-Requisites(s): n/a

Restriction(s): n/a

2. COURSE DESCRIPTION

Theory, research and applications of behaviour change commonly used in interventions with children, youth, adults and families will be examined. A major goal is to familiarize students with basic foundational behavioural/learning principles and techniques. Students will also be exposed to the controversies, conflicts and paradigm shifts, historical, ethical and cultural aspects of behavioural intervention will also be examined.

Students will be familiarized with the ways in which behavioural change strategies are applied in the fields of child and youth work, psychology, therapy/counselling, education, gerontology and businesses, including those targeting various levels (e.g., individuals, groups, communities).

3. TIMETABLE

Lecture: Tues. and Thurs. 4:00 – 5:20 pm

Location: ALEX 200

Final Exam: Monday April 20th, 2020 from 7:00 – 9:00 pm

4. INSTRUCTIONAL SUPPORT

Course Instructor: Anna Dawczyk, Ph.D.

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Office: MACS 228
Office Hours: by appointment only

Teaching Assistant: Ariana Sams
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Teaching Assistant: Emma Lipinski
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Office Hours: by appointment only

5. LEARNING RESOURCES

Required Resource(s):

Martin, G., & Pear, J. (2019). *Behaviour modification: What it is and how to do it* (11th ed.). New York: NY, Routledge.

Additional reading material may be added and will be posted on Courselink.

Recommended Resource(s):

The course requires knowledge of APA style (6th ed.) – Purdue University provides an excellent summary here: <http://owl.english.purdue.edu/owl/resource/560/01/>

6. LEARNING OUTCOMES

At the completion of the course, successful students will be able to:

1. Explain the major theoretical and practical underpinnings of behaviour modification (e.g., operant conditioning, respondent (classical) conditioning, etc.);
2. Describe historical highlights of, and ethical considerations for, behaviour modification;
3. Discern instances of reinforcement, extinction, and punishment (including their potential short-term and long-term impacts);
4. Display knowledge of how to effectively define, measure, and record behaviour to be changed in a behaviour modification program;
5. Develop a behavioural modification program (i.e., design, implementation, evaluation).

7. TEACHING AND LEARNING ACTIVITIES

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
1	Introduction to the course	Chapters: 1, 2	
2	Historical perspectives and ethics	Chapters: 28, 29	

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
3	Defining, measuring, and recording behaviour, behaviour modification research processes	Chapters: 3, 4	
4	Behaviour principles and increasing behaviours	Chapters: 5, 6, 7	Mid-term 1: Thursday January 30 th during class
5	Decreasing behaviours and getting new behaviours to occur	Chapters: 8, 9, 10	
6	Decreasing behaviours and getting new behaviours to occur	Chapters: 8, 9, 10	
7	Reinforcement, punishment, escape and avoidance conditioning, and combining respondent and operant conditioning	Chapters: 14, 15, 16, 17	
8	Generalizability of behaviour change	Chapter: 18	Mid-term 2: Thursday March 5 th during class Chapter: 18
9	Antecedent control	Chapters: 19, 20, 21	
10	Development of effective behavioural programs	Chapters: 22, 23	
11	Token economies, and helping people develop self-control	Chapters: 24, 25	
12	Approaches to behavioural therapy, and psychological disorders treated by behavioural and cognitive behavioural therapies	Chapters: 26, 27	Behaviour Modification Report due Sun April 5 th at 11:59pm via Courselink

Note: This is a tentative schedule; however, due to various unknown factors there may be changes. Any changes will be announced during class and an announcement will be posted on the CourseLink site.

8. ASSESSMENT DETAILS

Assessment	LOs Addressed	Due Date	% of Final
Mid-term 1	1, 2, 3, 4	January 30 th	25
Mid-term 2	1, 2, 3, 4	March 5 th	25
Behaviour Modification Report	1, 2, 3, 4, 5	April 5 th	15
Final Examination	1, 2, 3, 4	April 20 th	35
Total:			100%

Assessment Description and Requirements

Mid-term Tests (2 tests x 25% each = 50% overall)

Two in-class, 70-minute midterm tests will be held on January 30th and March 5th. The tests will include multiple-choice questions and will cover all course material (including the textbook, lectures, and any additional materials covered throughout the course).

Behaviour Modification Report (15%)

For this project, you will choose a behaviour of your own (or a pet) that you would like to modify. You will then design, implement, and evaluate the behaviour modification plan. Detailed assignment instructions are available on Courselink.

Final Examination (35%)

Monday April 20th, 2020 from 7:00 – 9:00 pm (location TBD and will be posted on Courselink and announced in class).

9. COURSE STATEMENTS

Course Website:

There is a course website at <http://courselink.uoguelph.ca>. All components of this course will be housed on the CourseLink site including this course outline, assignments, and links to further resources. Your assignments will be submitted through the Dropbox function. Marks and feedback will also be released on the site. Please familiarize yourself with this website as soon as possible and visit it regularly throughout the semester.

Late Assignments:

Late assignments will be accepted up to 5 days following the due date and will receive a penalty of 10% per day EXCEPT under documented grounds for compassionate consideration. Assignments submitted more than one week late without documented grounds will receive a grade of zero. If you are going to hand an assignment in late, you must contact your course instructor to inform them when you will be submitting your assignment.

Receipt of Grades:

After you receive a grade on CourseLink, please review your feedback. Any inquiry or dispute over the grade must be made within two weeks from the date they are posted. If you fail to protest any grade during this time limit, changes to the grade will not be considered. [Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.](#)

Turnitin Software:

In this course, your instructor will be using Turnitin, integrated with the CourseLink Dropbox tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

10.UNIVERSITY STATEMENTS

E-mail communication:

As per university regulations, all students are required to check their <uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students.

When you cannot meet a course requirement:

When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing with name, ID#, and email contact. [See the undergraduate calendar for information on regulations and procedures for Academic Consideration.](#)

Drop date:

Students have until the last day of classes to drop courses without academic penalty. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

Copies of out-of-class assignments:

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

Accessibility:

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required, however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance, and not later than the 40th Class Day.

More information: www.uoguelph.ca/sas

Academic misconduct:

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

[The Academic Misconduct Policy is detailed in the Undergraduate Calendar.](#)

Recording of materials:

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Resources:

The [Academic Calendars](#) are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs.