

ARIZONA WESTERN COLLEGE  
SYLLABUS

## PSY 280 BEHAVIOR MODIFICATION

Credit Hours: 3 Lec 3

PREREQUISITE: None

COURSE DESCRIPTION

Pavlovian classical conditioning, instrumental and operant conditioning, motivation, ABCs of behavior, relapse prevention models, behavioral change models, self-behavior change analysis, token economies, and cognitive-behavioral techniques for enhancing change and preventing relapse.

1. COURSE GOALS

- 1.1 Develop understanding of learning and behavioral change theories.
- 1.2 Apply these theories in a real world setting.
- 1.3 Analyze the students own behavior change efforts.
- 1.4 Apply the principles of learning and behavior change most often encountered in educational, home, and work settings.
- 1.5 Help the student to critically evaluate problematic behaviors and/or situations and to develop a working plan for modifying them.
- 1.6 Introduce the student to the concept of relapse prevention and life-long behavioral change.

2. OUTCOMES

Upon satisfactory completion of the course, students should be able to:

- 2.1 identify a variety of learning theorists and their theories.
- 2.2 identify a number of behavioral change models.
- 2.3 describe how these theories work and apply them to real life situations.
- 2.4 identify problematic behaviors, their antecedents, and their consequences.
- 2.5 identify means of changing the behavior or the environment from which it stems.
- 2.6 identify behaviors which are under their versus another's control.
- 2.7 plan and apply a token economy.
- 2.8 analyze their progress and make changes in their behavior change plan.
- 2.9 plan for relapse.
- 2.10 assist their classmates with their behavior change.
- 2.11 critically evaluate their behavior change and discuss what happened and what they might change in order to be more successful in future behavioral change attempts.

3. METHODS OF INSTRUCTION

- 3.1 Lecture and discussion
- 3.2 Reading from text and handouts
- 3.3 Films and videos
- 3.4 Quizzes and assignments

4. LEARNING ACTIVITIES

- 4.1 Class discussions and presentations are critical for class success
- 4.2 Written assignments
- 4.3 Interviews and online searches for behavior change ideas
- 4.4 Written Research Project

5. EVALUATIONS

- 5.1 Grades will be earned by an assortment of learning activities, exams, assignments, and participation
- 5.2 Please see the class schedule and assignment sheet for more information

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.
- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester.  
Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.  
For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
  - Submitting an academic assignment
  - Taking an exam, an interactive tutorial or computer-assisted instruction
  - Attending a study group that is assigned by the school
  - Participating in an online discussion about academic matters
  - Initiating contact with a faculty member to ask a question about the academic subject studied in the course