

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

Dept.: Psychology

Course Number: 2230

Number of Credits: 3

Course Title: Behavior Modification

Catalog Course Description: Introduces basic principles of behavior modification and their application to the modification of maladaptive behavior and the development of adaptive behavior. Skill building in adapting these principles to address problems of daily living is emphasized. Prerequisite: Psychology 1101 or consent of instructor.

Audience: This class is a liberal arts course. It is often a requirement or highly recommended for psychology majors and for those intending to become classroom teachers. It is a requirement of the Human Service program.

MN Transfer Curriculum Areas:

Area 5 by meeting the following competencies: a, b, c

Prerequisites or Necessary Entry Skills/Knowledge: Psychology 1101 or consent of instructor.

Length of Course: One semester.

This Course is Usually Offered: Fall Semester

Four goals are emphasized in courses at Minnesota West--Worthington campus.

- A) **ACADEMIC CONTENT:** The academic objectives of this course are to be able to:
1. Define, explain and illustrate the major concepts and principles of behavior modification.
 2. Explain how behavior modification skills are being used in a variety of occupational settings.
 3. Demonstrate how behavioral procedures can be applied to various problems of daily living.
 4. Design, implement and evaluate a behavior-change program.
 5. Explain some legal and ethical issues regarding behavior modification.
- B) **THINKING SKILLS:** This course will help students improve the effectiveness of their thinking skills through:
1. Practice in applying behavior modification principles and procedures to a variety of practical problems, including those in students' daily lives.
- C) **COMMUNICATION SKILLS:** This course will help students improve their oral and written communication skills through:
1. Writing brief reports, conveying ideas in small group discussion, and writing a paper on a behavior modification project.

- D) **HUMAN DIVERSITY**: This course will help students recognize, understand, and appreciate human diversity through:
1. Studying problems-in-living issues faced by many people, but focusing particularly on populations with developmental and personality disorders and behaviors considered maladaptive and/or abnormal.

Topics to be Covered:

History of Behavioral Psychology, Observing & Recording Behavior, Graphing & Measuring Change, Reinforcement, Extinction, Punishment, Stimulus Control, Respondent Conditioning, Shaping, Prompting, Chaining, Skills Training Procedures, Functional Assessment, Applying Extinction, Differential Reinforcement, Antecedent Control Procedures, Time-Out & Response Costs, Positive Punishment, Ethics of Punishment, Promoting Generalization, Self-Management, Habit Reversal, Token Economy, Behavioral Contracts, Fear & Anxiety Reduction, Cognitive Behavior Modification

List of Expected Course Outcomes:

See goals listed above. Students will have completed the examinations, written and oral assignments, and a behavior change project to demonstrate their competencies in all of these areas.

Learning/Teaching Techniques used in this class include lecture, demonstrations, discussion, problem solving, practical application exercises.

Assignments and Assessments for this class include: Reading, oral presentations, textbook and group problems, written and oral reports, and a behavior modification project report.

Students' abilities to understand the above material as well as to apply their learning to practical situations is assessed by means of examinations, written and oral reports and behavior change projects.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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