BEHV 4310

# Behavior Principles and Self-Management

Chilton 270 MoTuWeTh 12pm - 1:20PM

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Department of Behavior Analysis

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**Course Overview:**

Course explains physiological and behavioral bases of self-control and teaches students to develop and implement their own individual self-management programs

**Essential Academic Competencies:**

**Each student will** 1) specify in objective behavioral terms, what they do, say, think, and feel with respect to their interactions with others; 2) specify the effect of their behavior on others; 3) observe and record their own behavior; 4) complete graphing assignments throughout the semester—on their own behavior; 5) develop and implement a self-management [behavior change] program using behavioral technology; 6) present the self-management program to the class; 7) participate in activities indicating that they have learned to record and graph behavioral data, report on antecedent and consequences of their own behavior.

**Textbooks:** ***Self-Directed Behavior: Self-Modification for Personal Adjustment***

D. L. Watson & R. G. Tharp

\* ***Self-Control: Waiting Until Tomorrow for What You Want Today***

A. Logue

*\* Bring this book to class for In Class Activities*

**Readings:** **Malott** (Chapter on Blackboard)

“Self-Management, Rule-Governed Behavior, and Everyday Life”

[Chapter 8 in *Behavior Science: Philosophical, Methodological, and Empirical Advances*] R. W. Malott.

**Graphing Tutorial/Exercise** Excel 2010, 2007 OR 2003 (On Blackboard)

**Performance Contingencies:**

Assignments and due dates are listed on the Student Grade Sheet and most can be found on Blackboard. The student grade sheet lists points possible for each assignment/activity & will calculate your semester average as you type your points earned into the boxes. You are expected to record your assignment scores and keep track of your own grade for the class using this grade sheet. Except for quizzes and presentations, your assignments are to be submitted through Blackboard.

**Late assignments will ONLY be accepted a limited number of times with additional contingencies such as increased task requirements.**

**HOMEWORK**

**Learning Objective Questions (LOQs)**

These assignments are listed on the student grade sheet. You will find these as Word documents on the course website. Questions are in red so that the answers you type in black will be readily identifiable to the grader. Use your own words.

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| **\* While we encourage students to work together, assignment sharing is not acceptable. File sharing, copied & pasted portions, & assignments duplicated from previous semesters will result in a zero and possible further disciplinary action.** |
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**Excel Graphs**

You will create at least 3 graphs over the course of the semester. Specific graphing instructions are provided in a document ("Graphing Instructions") on the website. We will cover these instructions in detail during the first class.

The first graphing assignment is a tutorial using either Excel 2010, 2007 or 2003 (use the one that matches your software version). The tutorials are on the course website. Each tutorial has "sample" data along with step by step directions. Tutorial products (graphs) are to be turned in by the date on the student grade sheet.

The second graphing assignment will be to plot baseline data from your own self-management project & will rely on the skills you acquired by completing the tutorial. Baseline graphs are to be turned in by the date on the student grade sheet.

The final graphing assignment will be to add your intervention data points to your existing baseline graph according to the directions given in the tutorial you used. These graphs will be shown in your final presentation and also turned in with your final paper.

**In Class Activities (ICAs)**

These assignments are listed on the student grade sheet & are due at the end of class. There are no make-ups for ICAs. ICAs may be added to class activities, without notice, at the instructor's discretion.

**Quizzes**

There are 2 multiple-choice quizzes listed on the student grade sheet. Q1 will cover Watson & Tharp chapters 3-6 and Q2 will cover Watson & Tharp chapters 7-9. Practice/study questions are located on website, by quiz number. Please bring a green scantron form to class on quiz days.

**Journal Article Reviews**

These 2 assignments are listed on the student grade sheet. You are to locate 2 journal articles (at least 5 pages long) related to your self-management project, read it & complete a Journal Article Review form (on course website). Bring a printed copy of your completed form & a complete copy of the article to class for instructor approval before the homework assignment is listed.

## SOURCES FOR LOCATING PEER REVIEWED JOURNAL ARTICLES

## Online OR Science & Technology Library

*1) Journal of Applied Behavior Analysis*

*2) Behavior Modification*

1. *Behavioral Interventions*
2. *Journal of Positive Behavioral Interventions*

If you use an article NOT from one of the aforementioned journals, you will not receive credit for that article - unless you get PRIOR APPROVAL (initialed by instructor). If you cannot find articles on your topic, please enlist the assistance of the instructor or teaching assistant.

**Self-Management Project & Final Paper**

Over the course of the semester, each student will complete a Self-Management Project (SMP). The SMP is the core assignment for this class. You will have until (see activity schedule for “Begin BL recording) to choose a target behavior and until (see activity schedule for “Begin Intervention) to devise treatment components for changing that behavior. You will record BASELINE (collect data on the occurrence of the target behavior- *before attempting to change your behavior*). INTERVENTION (behavior change procedures begin--data collection continues) will occur during the last part of the semester. In lieu of a final exam, students will present their projects to the class (presentation grade sheet-- online) and turn in a Final Paper at the end of the semester.

Final Papers will be in paragraph form and will:

1) Describe your SMP and outcomes, covering all points on the Presentation Grade Sheet outline (on website)

2) Describe procedures from the 2 journal articles you read

3) Compare the 2 articles you read to each other

4) Contrast the two articles you read to each other

5) Compare & contrast your SMP to the 2 journal articles you reviewed

Final Papers:

a) Typed -- double-spaced for the entire paper

b) Spell-checked -- points deducted for misspelled words

c) Reference list (APA style)

d) Source articles attached, with your name at the top of each article

e) Final graph of baseline and intervention data attached.

\*Sample paper and rubric for presentation are online

***You have been provided with a grade sheet that will calculate your cumulative score. You will find this Excel document on Blackboard. You are expected to download the grade sheet, enter your points as they are posted for each assignment and keep up with your course grade in this manner. Do NOT rely on the total points possible shown on Blackboard. I cannot be responsible for the accuracy of that information.***

**Grading Scale:** 90%-100% = A 80%-89% = B 70%-79% = C 60% -69% = D < 60% = F

## ADA STATEMENT

**The Department of Behavior Analysis, in cooperation with the Office of Disability Accommodation, complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request to me by the 2nd class meeting.**