

PSYC 328-03: Self-Control Course Syllabus

I. General Information

Course Meeting Time and Place: TH: 2:55 to 4:10 pm in Cyberspace

Semester Dates: Tuesday January 19, 2021 to Friday, May 7, 2021

Final Exam Date: Exam is take-home (cumulative) and opens on Monday at 12:01 am and is due (closes) on Friday by 11:59 pm. This gives you 5 days to complete it.

Instructor - Lee William Daffin Jr., Ph.D.

Office Location: Johnson Tower 351

Office Hours: Tue and Thu 1:30 to 2:30 pm via Zoom; and by appointment

Email: ldaffin@wsu.edu (preferred method)

Phone: 509-309-1236 (Cell Phone – call or text – Please identify yourself clearly. I have multiple classes and instructors working for me)

II. Textbook - Required

This class will utilize an Open Education Resource or OER, which is a free or reduced cost textbook. In this class, the book is provided free of charge. If you wish to print it out, you do so at your own expense. Links to the modules of the book are provided in our BlackBoard course space. As I am the author of the textbook, I invite feedback about this OER so that it can be improved in future semesters. To send feedback, email Dr. Lee Daffin, at ldaffin@wsu.edu.

Textbook Link - <https://opentext.wsu.edu/ldaffin/>

The book is currently in its 4th edition as of January 2021. Please DO NOT use previous versions should you have a PDF of them.

The PDF of the book will be provided in the syllabus in the Course Space. There are also links to all individual modules under Lessons.

III. Learning Management System and Communication Software

This course will utilize a Canvas course space. Access it from your list of courses when you log into Canvas. I will use this space to post what we are covering in the course each day (on the Calendar), record grades, and post any additional readings we may have (if any).

We will meet regularly during the spring semester in Zoom. I will post links for each day of class ahead of class that day. Make sure you enter the Blackboard course space before our 2:55 pm class time to gain access to the Zoom session. I will start promptly at 2:55 and go to 4:10 each day. Be sure you are available during these times. Throughout each class day there will be some lecture and small group work through breakout rooms in Zoom.

I expect our class will function much like it did in the classroom, with very few exceptions.

IV. Course Description and Learning Objectives

Welcome to PSYC 328: Self-Control! I am pleased to have the opportunity to meet each of you, and I am looking forward to a great semester. You will gain an understanding of how behavioral psychology and basic learning principles can be applied to change your own behavior. In addition, you'll have an opportunity to practice applying the course concepts to the behavior of others (including pets!).

By the end of this course you will be able to:

- Describe the features of behavior modification.
- Outline the process of self-management.
- Operationally define a behavior.
- Understand the context of behavior (the ABCs).
- Understand the importance of observation and define the three observation phases.
- Describe the different recording methods.
- Select appropriate strategies for the person's unique situation.
- Write a self-modification proposal plan.
- Understand common causes of relapse, how to avoid such situations, and understand when and how to terminate a plan.

V. Learning Outcomes and Assessment

University Learning Goals <i>(baccalaureate)</i>	Psych Program Goals <i>The program will teach/train ...</i>	Student Learning Outcomes for Psych 328 <i>After completing this course, students will be able to ...</i>
	A fundamental knowledge of psychology and its application.	Understand the basic components of self-management skills.
Critical & Creative Thinking	The use of critical and creative thinking in evaluating and applying psychological information	Design, implement, and evaluate a behavioral self-management plan. Practice applying course concepts to others' behavior.
Communication	Successful communication in a variety of formats.	Demonstrate communication through the ability to: communicate in writing to the instructor and other students through discussions and the Self-Management Project; appreciate background and interests of classmates in the classroom discussions.
Information Literacy	The effective, responsible, and ethical use of information and technology.	Be able to objective and consistently record behavior. Learn how to keep such records.
Depth, Breadth, & Integration of Learning	Personal and career development	Be able to successfully design, implement, terminate, and evaluate a behavioral self-management plan. Learn how to prevent and address self-management problems, including relapse.

VI. Course Procedures

This course consists of three main components – the self-modification project, class participation, and the final exam. There is an Introduce Yourself Icebreaker Activity in Week 1 worth extra points as well.

Introduce Yourself Ice Breaker Activity

You will complete the Introduce Yourself Ice Breaker Activity in Week 1 worth **10 extra credit points**. The work is due by Sunday of Week 1. See the Questions for Instructor and Introduce Yourself Activity area for details. As this is extra credit, not completing it will not adversely affect your grade. I do not accept late work for this activity. All parts must be completed to receive credit. Review the instructions closely.

1. Self-Modification Plan Proposal

As the primary component of this course, you will complete a self-modification project where you propose a plan to change a behavior. The purpose of the self- modification project is to practice the skills you will learn in this class and should be viewed as a research study, where you are the participant.

For more information on the self-modification plan proposal, please see the Assignments tab. You will submit a few assignments during the semester leading up to the submission of the proposal itself. There are also several worksheets you will need to complete but are not worth points in the class itself. They are, however, necessary to finish the proposal. Once the proposal is submitted, you will complete a self-reflection paper on what you learned and submit this.

In all, the self-modification project is worth **225 points** or 31.03% of your final grade.

2. Class Participation

To facilitate learning in this class, I will generally utilize a flipped classroom design during the semester. This means that as a student, you will be expected to read and prepare for class ahead of time and then during our classroom time, we will engage in student-centered learning activities such as problem-based learning.

To make this work, we need to agree upon the following:

- As a **student**, you will come to class with a basic understanding of the material such that you can fully participate and engage in class discussion/small group work.
- As an **instructor**, I will guide you through the content, organize interactive experiences, challenge you to think creatively, and provide expert insight and feedback. I will lecture on material at times so if you are not completely clear, don't worry.

There will be a handout each day. All work will be turned in at the end of class which I am defining as by 5pm on Tue and 5pm on Thu. After this time, submission is not possible, and you will receive a '0' for the day's work.

Each day of participation is worth 15 total points. Since this class is Tue/Thu we will have a total of 30 class periods (15 weeks x 2 classes per week). In Week 1, I will run the class in traditional lecture format. We will begin the flipped design in Week 2, meaning there are 28 eligible class periods for participation points.

You will be responsible for being in class 25 of these 28 times meaning you can miss 3 classes without impacting your grade. As such, participation will be worth **375 points** ($25 \times 15 = 375$). Hence, attending class is worth 51.72% of the class.

We will run the class in this format using Zoom in the spring 2021.

3. Final Exam

Our study of behavior modification is cumulative in nature and what you learn early in the course is needed for what you learn later in the course. As well, a full treatment plan for a client will involve many of the techniques learned in this course. To ensure you understand what you have studied a cumulative final exam will be held during finals week. The final exam is worth 125 points or **17.24%** of your final grade.

This exam will be **TAKE HOME** and released to you on Monday of exams week in the Assessments tab. It will be due by Friday at 11:59 pm. **NO LATE WORK** will be accepted so do not wait until the last minute to submit.

You **ARE** allowed to use your textbook, notes, activities, etc. from the class.

You are NOT allowed to consult one another. If you are discovered to have done so, you will receive an automatic F on the final exam which means that at best, you can only earn a C in the course.

Comment on Attendance

You are all students and so it is expected you will attend class. Its as simple as that. If you are an athlete or need to miss class for some other reason, please let me know. I expect the class time will be worthwhile and all work to preparing your to finish your project and pass the exam.

Comment on Student Effort and My Expectations

I expect all students to *come to class daily and on time*. Joining the class once it has started is disruptive.

When you are in class, I expect you to attend to class. ***DO NOT surf the web***, order clothing, bid with others on E-bay, play games, text, IM, Facebook, etc.

Also, please ***DO NOT talk when I am talking in class***. Be sure you are muted when not answering a question, interacting with your small group, or asking a question. Please feel free to talk if you wish to. I want you all to be interactive.

If you do not understand something I said in class whether due to your mind wandering, my going too fast, or distractions in the environment, inside or outside our room, ***please ask me to repeat respectfully***. I have no problem doing that. Do not get frustrated with me and have an attitude.

Come to class prepared, with all notes taken in class so far, questions on previous material if you have any, and be prepared and comfortable with working in groups daily. Be ready to discuss the material we are covering. For this class, it is very important to come to class prepared. Some days we will cover the material via exercises.

Ask questions during my ***office hours***. It's why I have them. And if the times do not work inquire about meeting outside them. I will be able to accommodate most requests.

Take your education seriously. Consider the cost of your tuition for the semester and how much specifically this course is costing you. You will literally pay for not passing the class.

Also, most employers will look at your *transcripts*. Though Cs do get degrees, they do not necessarily get you really good jobs or into grad school. If you earned all Cs on the road to your Bachelor's degree and someone else earned all As, who do you think the employer will want to hire?

VII. Grading Policy

I will post midterm grades by 5pm on **Wednesday, March 10, 2021** and will use the full range of letter grades as shown below. Please note these grades are only advisory in nature and will not appear on your permanent record.

Grades will be based on the *total number of points earned* from your comprehension checks, exercises/activities, and writing assignments. A total of 725 points are possible and final grades will be assigned as follows:

Course Work	Points	Percent of Final Grade
Introduce Yourself Ice Breaker Activity	10	Extra Credit
Class Participation	375	51.72
Final Exam	125	17.24
Self-Modification Plan Proposal: <ul style="list-style-type: none"> • Identify Target Behavior - 5 • Definition and Goals - 40 • ABC Charts - 10 • Token Economy - 30 • Strategies - 25 • Proposal - 100 • Self-Reflection - 15 	225	31.04
TOTALS	725	100%

Letter Grades

The total number of points possible is 725. The total number of points earned (including extra credit) will be used to determine the final letter grade according to the following scale:

Grade	Points	Percentage	Grade	Points	Percentage
A	674-725	93-100	C+	558-579.99	77-79.99
A-	652-673.99	90-92.99	C	529-557.99	73-76.99
B+	630-651.99	87-89.99	C-	507-528.99	70-72.99
B	601-629.99	83-86.99	D+	485-506.99	67-69.99
B-	580-600.99	80-82.99	D	435-484.99	60-66.99

Late Work Policy

If you turn in any part of your self-management project late, I will assess a 10% penalty per day, up to 3 days. After this point the grade will be a '0.' Be advised you cannot easily complete some parts of the self-modification project without feedback on prior worksheets. If you fail to submit on time, or within the 3-day late period, you will need to make an appointment with me to go over the worksheet and make sure it is correct.

Incompletes

University policy (Acad. Reg. #90) states that Incompletes may only be awarded if: "the student is unable to complete their work on time due to circumstances beyond their control." If you have this situation, talk to me. The department chair must approve such Incompletes but I can argue your case if I feel that it is valid. Do not just take an F or withdraw.

Comment on Student Misconduct and Selling of Course Material: If a student is found to have cheated on any assignment in this class to include plagiarizing a paper, the student will be given a '0' on the assignment and issued a warning. Upon the second infraction, the student will be given a '0' on the assignment, referred to the Office of Community Standards, and may receive an 'F' for the class given the nature of the misconduct. Should a third instance of misconduct occur, the student will receive an automatic 'F' in the course and be referred to the Office of Community Standards.

Additionally, any material in the course space is the intellectual property of WSU and the Psychology Department. It is not permissible to sell course notes whether for money or tutor credits for any reason. Any student found to have done this will be referred to the Office of Community Standards.

VIII. Policy on Make-up In-Class Activities

I know things may come up during the semester and you miss a class. Recall that only 25 of the 30 class periods will have participation points. Try and be in class but if you need to be absent on occasion, you can still pass the class as long as it is not a pattern of behavior. Talk to me if you know you will miss class.

IX. Academic Integrity Statement

All members of the university community share responsibility for maintaining and promoting the principles of integrity in all activities, including academic integrity and honest scholarship. Students are responsible for understanding the full [Academic Integrity Statement found here](#). Students who violate WSU's Academic Integrity Policy (identified in WAC 504-26-010(3) and -404) will receive [*insert academic sanction (e.g., fail the course, fail the assignment, etc.)*], will not have the option to withdraw from the course pending an appeal, and will be reported to the Office of Student Conduct. If you have any questions about what is and is not allowed in this course, you should ask course instructors.

X. COVID-19 Policy

Students are expected to abide by all current COVID-19 related university policies and public health directives, which could include wearing a cloth face covering, physically distancing, self-attestations, and sanitizing common use spaces. All current COVID-19 related university policies and public health directives are located at <https://wsu.edu/covid-19/>. Students who do not comply with these directives may be required to leave the classroom; in egregious or repetitive cases, students may be referred to the Center for Community Standards for university disciplinary action.

XI. WSU Reasonable Accommodations Statement

Reasonable accommodations are available for students with documented disabilities or chronic medical or psychological conditions. If you have a disability and need accommodations to fully participate in this class, please visit your campus' Access Center/Services website to follow published procedures to request accommodations. Students may also contact their campus offices to schedule an appointment with a Disability Specialist. All disability related accommodations are to be approved through the Access Center/Services on your campus. It is a university expectation that students visit with instructors (via email, Zoom, or in person) to discuss logistics within two weeks after they have officially requested their accommodations.

For more information contact a Disability Specialist on your home campus:

- Pullman, WSU Global Campus, Everett, Bremerton, and Puyallup: 509-335-3417 [Access Center](https://www.accesscenter.wsu.edu) (<https://www.accesscenter.wsu.edu>) or email at access.center@wsu.edu
- Spokane: 509-358-7816 [Access Services](https://spokane.wsu.edu/studentaffairs/access-resources/) (<https://spokane.wsu.edu/studentaffairs/access-resources/>) or email j.schneider@wsu.edu
- Tri-Cities: [Access Services](http://www.tricity.wsu.edu/disability/) (<http://www.tricity.wsu.edu/disability/>) or email g.hormel@wsu.edu
- Vancouver: 360-546-9238 [Access Center](https://studentaffairs.vancouver.wsu.edu/student-wellness-center/access-center) (<https://studentaffairs.vancouver.wsu.edu/student-wellness-center/access-center>) or email van.access.center@wsu.edu

XII. Religious Accommodation Statement

Washington State University reasonably accommodates absences allowing for students to take holidays for reasons of faith or conscience or organized activities conducted under the auspices of a religious denomination, church, or religious organization. Reasonable accommodation requires the student to coordinate with the instructor on scheduling examinations or other activities necessary for course completion. Students requesting accommodation must provide written notification within the first two weeks of the beginning of the course and include specific dates for absences. Approved accommodations for absences will not adversely impact student grades. Absence from classes or examinations for religious reasons does not relieve students from responsibility for any part of the course work required during the period of absence. Students who feel they have been treated unfairly in terms of this accommodation may refer to Academic Regulation 104 – Academic Complaint Procedures.

XIII. Safety and Emergency Notification

Please sign up for emergency alerts on your account at MyWSU. For more information on this subject, campus safety, and related topics, please view the FBI's Run, Hide, Fight video and visit the classroom safety page <https://provost.wsu.edu/classroom-safety/>.

Course Schedule on the next pages

XIV. Course Schedule

PSYCH 328 Course Schedule Spring 2021

Class will begin promptly at 2:50 each day. Join class with the Zoom link supplied by the instructor.

(All times are Pacific Time; Work is due by 11:59 pm on the day indicated)

Week	Dates	Topic	Course Materials	Assignment Due
Part I – Setting the Stage				
1	Tue, Jan. 19 - Jan. 24	Basics of Behavior Modification	Module 1	Complete the Introduce Yourself Icebreak Activity (Extra Credit) by Jan. 24
2	Jan. 25 - Jan. 31	The Science of Behavior Analysis and Modification	Module 2	Submit Identify Your Target Behavior worksheet by Jan. 31

Week	Dates	Topic	Course Materials	Assignment Due
Part II – Planning for Change				
3	Feb. 1 – Feb. 7	A Willingness to Change	Module 3	
4	Feb. 8 – Feb 14	Defining the Behavior and Setting Goals	Module 4	
5	Feb. 15 – Feb. 21	Determining the ABCs of Behavior via a Functional Assessment and Identifying Temptations	Module 5	Submit Operationally Defining Your Target Behavior and Setting Goals worksheet by Feb. 21

Week	Dates	Topic	Course Materials	Assignment Due
Part III – Identifying Strategies to Bring About Behavior Change				
6	Feb. 22 – Feb. 28	Basic Operant Conditioning Principles/Procedures, Respondent Conditioning, and Observational Learning	Thu, Feb 25 - CLASS HOLIDAY Module 6	
7	Mar. 1 to Mar 7	Finish Basic Procedures Antecedent Focused Strategies (Antecedent Manipulations)	Module 6 Module 7	Baseline Phase Week 1
8	Mar. 8 – Mar 14	Antecedent Focused Strategies (All Others)	Module 7	Baseline Phase Week 2
9	Mar. 15 – Mar. 21	Behavior Focused Strategies	Module 8	Midterm Grades due by Mar. 10 Submit Baseline Phase ABC Charts by Mar. 21
10	Mar. 22 – Mar. 28	Consequence Focused Strategies (Token Economy)	Module 9	
11	Mar. 29 – Apr. 4	Consequence Focused Strategies (All Remaining)	Module 9	Submit Selecting Reinforcers and Designing a Token Economy worksheet by Apr. 4

Week	Dates	Topic	Course Materials	Assignment Due
Part IV – Developing a Behavior Modification Plan				
12	Apr. 5 – Apr. 11	Selecting Strategies Establishing Rules and Planning for Mistakes	Module 10 Module 11	Submit Selecting Strategies worksheet by FRIDAY Apr. 9 to allow the instructor sufficient time to grade
13	Apr. 12 – Apr. 18	Writing Up Your Plan	Tue, Apr. 13 - CLASS HOLIDAY Module 13	Submit your Self-Modification Proposal by Apr. 18

Week	Dates	Topic	Course Materials	Assignment Due
Part V – Running the Plan and Staying the (New) Course				
14	Apr. 19 – Apr. 25	Implementing Your Plan – the Treatment Phase	Modules 12 – 14	Submit the Self-Modification Plan Proposal Self- Reflection by Apr. 25
15	Apr. 26 – May 2	Evaluating the Plan Relapse Prevention		
16	Final Exam: TAKE HOME EXAM Opens - Monday, May 3, 2021 at 12:01 am Closes – Friday, May 7, 2021 at 11:59 pm Late work is NOT allowed. If you fail to submit, your exam grade will be a ‘0’			

This schedule is subject to change as the instructor sees fit.