

NATIONAL OPEN UNIVERSITY OF NIGERIA

EGC 812



Behaviour Modification Course Guide

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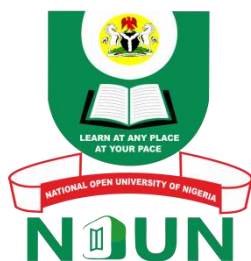
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Introduction

EGC 812 - Behaviour Modification is a semester, two-credit unit course. It is a course for students of Masters Degree in Education Guidance and Counselling programme. However, it is also a suitable course of study for anyone who wants to acquire some knowledge of how to live a normal and stress free life.

The course is made up of 15 units. As a master degree student, one of the courses central to your profession is behaviour modification. This is because at the heart of guidance and counselling is your knowledge of how to correct abnormal behaviours in human organisms. Therefore, you need to equip yourself with major facts and how you can function effectively in this helping profession. You need to study it with all seriousness.

This course guide is a window into the course because it tells you briefly what the course is about, what course materials you will be using and how you can work your way through the materials. It suggests some general guidelines for the amount of time you should spend on each study unit of the course in order to complete it successfully. It also gives you some guidance on your tutor-marked assignments. Detailed information on TMA is similarly made available. There are regular tutorial classes that are linked to the course. Though tutorial classes are not compulsory, but you are advised to attend these sessions.

What You Will Learn In This Course

EGC 812 - Behaviour Modification has been specifically designed to equip you with the knowledge of how to help correct abnormal behaviour in human organisms and to the point that you should be able to discuss confidently on issues concerning behavior modifications in humans, especially in educational school environment and other situations.

In this regard, the course would highlight the importance of investigations and research in resolving issues and challenges in the study of psychology through various theories.

- you will learn about various methods of investigation in behaviour modification which researchers adopt
- you will learn about different topics in behavior modification
- you will also learn about the causal factors in behavior modification in human organisms
- more importantly you will be exposed to methods of conducting behaviour modification in human organisms.

Course Aims

It is hoped that after your degree, you will rise to certain influential leadership position as a counselor in the education sector; therefore the major aims of this course are to:

- refresh your memory on the concept of behaviour modification
- deepen your understanding of behaviour modification
- prepare you to be able to discuss coherently on any issue or matter relating to behaviour modification or its application in school environment or other situations.

Course Objectives

To achieve the above stated aims, some overall objectives must be considered. In addition, each study unit also has specific objectives. The study unit objectives are always included at the beginning of a study unit; you should read them before you start working through the study unit. You may want to refer to the objectives as you go through each unit to check on your progress. You should always look at the study unit objectives after completing a study unit. In this way, you can be sure that you have done what was required of you by the study unit. Set out below are also the wider objectives of the course as a whole. By meeting these objectives, you should have achieved the aims of the course.

On successful completion of the course, you should be able to:

- define the concept of behaviour
- explain types of behaviour
- explain development and acquisition of behaviour
- discuss the notion of behaviour modification
- explain personality and human behaviour
- discuss why people seek therapy
- analyse psychotherapeutic services
- explain the process of measuring in psychotherapy
- analyse therapeutic approaches
- describe biological approaches in behaviour modification
- discuss behaviour therapy
- discuss cognitive, humanistic, and psychodynamic therapies.

Working through This Course

To complete this course you are required to read the study units carefully and other relevant materials stated in the unit on further reading. Each study unit contains tutor-marked assignment and at each point in the course you are required to submit assignments for assessment purposes. At the end of the course is a final examination. You will also find listed, all the components of the course, what you have to do and how you should allocate your time to each study unit in order to complete the course successfully and in good time.

Course Materials

Major components of the course are:

1. Course Guide
2. Study Units
3. Textbooks
4. Presentation Schedule
5. Assignment
- 6 - downloaded for free as an Open Educational Resource at www.nouonline.net

Study Units

There are three modules in this course divided into 15 study units as follows:

Module 1

- Unit 1 The Concept of Behaviour
- Unit 2 Types of Behaviour
- Unit 3 Development and Acquisition of Behaviour
- Unit 4 The Notion of Behaviour Modification
- Unit 5 Personality and Human Behaviour

Module 2

- Unit 1 Why do People Seek Therapy?
- Unit 2 Who Provides Psychotherapeutic Services?
- Unit 3 Measuring Success in Psychotherapy
- Unit 4 Therapeutic Approaches: An Overview

Unit 5 Biological Approaches

Module 3

- Unit 1 Behaviour Therapy
- Unit 2 Cognitive and Cognitive – Behavioural Therapy
- Unit 3 Humanistic – Experiential Therapies
- Unit 4 Psychodynamic Therapies
- Unit 5 Marital and Family Therapy

Presentation Schedule

Your course materials give you important dates for the early and timely completion and submission of your tutor-marked assignment and attending tutorials. Remember, you are required to submit all your assignments by the due date. You should guard against falling behind in your work.

Assessment

There are three aspects in the assessment of the course. First is a set of self – assessment exercise, second is a set of tutor-marked assignment and third is a written end of semester examination. In handling the assignments, you are expected to be sincere in attempting the exercises; you are expected to apply the information, knowledge and techniques gathered during the course. The assignments must be submitted to your tutor before formal deadlines stated in the presentation schedule and the assignment file. The work you submit to your tutor for assessment will make up 40% (post graduate) of your total course mark. At the end of the course, you will need to sit for a final written examination of two hours' duration. This examination will make up the remaining 60% of your total course mark.

Tutor-Marked Assignment

Assignment questions referred to as TMA (Tutor-Marked Assignment) for each study unit in this course are stated. You will be able to complete your assignments from the information and materials contained in your reading, and study units. However, it is desirable for you to demonstrate that you have read and researched more widely than the required minimum. Using other references will give you a broader viewpoint and may provide a deeper understanding of the subject.

When you have completed each assignment, send it together with a TMA (tutor-marked assignment) form to your tutor. Make sure that each assignment reaches your tutor on or before the deadline given in the presentation schedule and assignment file. If, for any reason, you cannot complete your work on time, contact your tutor before the assignment is due to discuss the possibility of an extension. Extensions of time will not be granted after the due date unless in exceptional circumstances. You are encouraged to submit all assignments.

Final Examination and Grading

The final examination for this course will be two hours and it has a value of 60% of the total course grade. The examination will consist of questions, which reflect the type of self-assessment exercise and tutor-marked assignment you have previously encountered in this study material.

Use the time between finishing the last study unit and sitting for the examination to revise the entire course. You might find it useful to review your self-assessment exercise, tutor-marked assignment and tutor comments on them before the examination. The final examination covers information from all parts of the course.

Course Marking Scheme

The following table lays out how the actual course marking is done.

Table 1: Course Marking Scheme

Stages of Assessment	Percentage of Scores
Assignments	40% (Postgraduate)
Final Examination	60% (Postgraduate)

Total 100% of Course Marks

Course Overview

The next table brings together the study units, the number of weeks you should take to complete them, and the assignments that follow.

Table 2: Course Organiser

Units	Title of work	Weekly Activity	Assessment (End of Unit)
	Module 1		
1	The Concept of Behaviour	1	Assignment 2
2	Types of Behaviour	1	Assignment 3
3	Development and Acquisition of Behaviour	1	Assignment 3
4	The Notion of Behaviour Modification	1	Assignment 3
5	Personality and Human Behaviour	1	Assignment 2
	Module 2		
1	Why do People Seek Therapy?	1	Assignment 2
2	Who Provides Psychotherapeutic Services?	1	Assignment 2
3	Measuring Success in Psychotherapy	1	Assignment 3
4	Therapeutic Approaches: An Overview	1	Assignment 4
5	Biological Approaches	1	Assignment 3
	Module 3		
1	Behaviour Therapy	1	Assignment 3
2	Cognitive and Cognitive-Behavioural Therapy	1	Assignment 3
3	Humanistic – Experiential Therapies	1	Assignment 3
4	Psychodynamic Therapy	1	Assignment 2
5	Marital and Family Therapy	1	Assignment 3
Total number of weeks		15	

How to Get the Most from This Course

In Open and Distance Learning (ODL), the study units replace the university lecturer. This is one of the great advantages of ODL. You can read and work through specially designed study materials at your own pace, and at a time and place that suit you best. Think of it as reading the lecturer. In the same way that the lecturer might set you some reading to do, the study units tell you when to read your other materials. Just as a lecturer might give you an in-class exercise, your study units provide exercises, for you to do at the appropriate points. Each of the study units follows a common format. The first item is an introduction to the subject matter of the study unit and how a particular study unit is integrated with the other study units and the course as a whole. Next is a set of learning objectives. These objectives let you know what you should be able to do by the time you have completed the study unit. You should use these objectives to guide your study. When you have finished the study unit, you must go back and check whether you have achieved the objectives or not. If you make a habit of doing this, you will significantly improve your chances of passing the course.

The main body of the study unit guides you through the required reading from other sources. This will usually be either from a reading section or some other sources. You will be directed when there is need for it.

Self-Assessment Exercises are stated throughout the study units. Working through these SAEs will help you to achieve the objectives of the study units and prepare you for the assignments and examination.

You should do every SAE as you come to it in the study unit. There will also be numerous examples given in the study units. Work through these when you come to them too.

The following is a practical strategy for working through the course. If you run into any trouble, telephone your tutor immediately. Remember that your tutor's job is to help you. When you need help, don't hesitate to call and ask your tutor to provide necessary guidance. You are encouraged to take note of the following tips:

Read this course guide thoroughly.

Organise a study schedule. Refer to the course overview for more details. You should note that it is expected of you to spend at least 2 hours per week for studying this course. The number of hours to be devoted for intensive study stated above is outside other need driven academic activities like; self-help, group discussion and instructional facilitation. Note the time you are expected to spend on each unit and how the assignments relate to the study units. Important information e.g. Details of your tutorials and the date of the first day of the semester is available. You need to gather together all these information in one place, such as in your diary or a wall calendar. Whatever method you choose to use, you should write in your own dates for working on each unit.

Once you have created your own study schedule, do everything you can to stick to it. The major reason students fail is that they get behind with their course work. If you get into difficulties with your schedule, please let your tutor know before it is too late for help.

Turn to unit I, read the introduction and the objectives for the unit.

Assemble the study materials. Information about what you need for a unit is given in the content at the beginning of each unit. It will be helpful for you to always read both the study unit you are working on and one of the materials for further reading on your desk at the same time.

Work through the unit. The content of the unit itself has been arranged to provide a sequence for you to follow. As you work through the unit, you will be instructed to read sections from other sources. Use the unit to guide your reading.

Keep in mind that you will learn a lot by doing all your assignments carefully. They have been designed to help you meet the objectives of the course and, therefore, will help you pass the examination. Submit all assignments not later than the due date.

Review the objectives for each study unit to confirm that you have achieved them. If you feel unsure about any of the objectives, review the study materials or consult your tutor.

When you are confident that you have achieved a unit's objectives, you can then start on the next unit. Proceed unit by unit through the course and try to pace your study so that you keep yourself on schedule.

When you have submitted an assignment to your tutor for marking, do not wait until you get it back before starting on the next unit. Keep to your schedule. When the assignment is returned, pay particular attention to your tutor's comments, both on the tutor-marked assignment form and also as written on the assignment itself. Consult your tutor as soon as possible if you have any questions or problems.

After completing the last unit, review the course and prepare yourself for the final examination. Check that you have achieved the unit objectives (listed at the beginning of each unit) and the course objectives (listed in the course guide).

Facilitators/Tutors and Tutorials

There are 15 hours of tutorials provided in support of this course. You will be notified of the dates, times and location of these tutorials together with the name and phone number of your tutor as soon as you are allocated a tutorial group.

Your tutor will mark and comment on your assignments. He will also keep a close watch on your progress or any difficulties you might encounter and provide assistance to you during the course. You must mail your tutor-marked assignment to your tutor well before the due date (at least two working days are required). They will be marked by your tutor and returned to you as soon as possible.

Do not hesitate to contact your tutor by telephone, e – mail, or discussion board if you need help. The following might be circumstances in which you would find help necessary.

Contact your tutor if:

- you do not understand any part of the study units or the assigned reading
- you have difficulty with the self – assessment exercise
- you have a question or problem with an assignment, with your tutor's comments on any assignment or with the grading of an assignment.

You should try your best to attend the tutorials. This is your only chance to have a face-to-face academic contact with your tutor and to ask questions on problems encountered in the course of your study. To gain the maximum benefit from course tutorials, prepare a question list before attending them. You will learn a lot from participating in discussions actively.

Summary

Upon completion of this course, you will be required to have acquired basic knowledge on behaviour modification. You will be able to answer questions like these ones.

- define the concept of behaviour
- explain the basic principles and assumptions of behaviourists, psychoanalytic and humanistic psychologists on behaviour
- differentiate between adaptive and maladaptive behaviour
- explain the term 'deviance' as proposed by both scientific and humanistic perspective
- list and explain causes of behavioural development

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- discuss the concept of behaviour acquisition
- list and explain the process of assessing factors controlling human behaviour
- discuss the methods used by psychologists in behaviour modification
- explain the processes involved in building behaviour capabilities
- what is personality ?
- examine the psychoanalytic perspectives of personality
- what is projective test?
- write short note on MMPI
- list and explain why people seek therapy
- what kind of professional provide help to people in psychological distress?
- in what kind of setting does treatment occur?
- what factors are important in determining how well patients do in therapy?
- what kind of disorders can be treated with antipsychotic drugs?
- how do these drugs help patients? What are their drawbacks?
- do the clinical advantages of ECT out weight its disadvantages?
- explain the processes in systematic desensitisation
- list and explain the processes in behaviour modification
- differentiate between operant conditioning and token economy

The questions are not limited to the above list. We wish you success with the course and hope that you will find it both interesting and useful.