



**KAMPALA  
INTERNATIONAL  
UNIVERSITY**

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**COLLEGE OF ECONOMICS AND MANAGEMENT SCIENCES  
DEPARTMENT OF SWASA, PSY & DS  
UNIT OF PSYCHOLOGY**

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<b>COURSE:</b>	BEHAVIOR MODIFICATION
<b>CODE:</b>	GIC3205
<b>CREDIT UNITS:</b>	3
<b>INSTRUCTOR:</b>	MRS. ONYANGO GRACE/ MR. RONALD OМУYA
<b>CONTACTS:</b>	email <a href="mailto:omuyamc@yahoo.com">omuyamc@yahoo.com</a> Tel N0. 0752-379142

<b>COURSE DESCRIPTION/OVERVIEW</b>
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Behavior modification is the study of basic principles of behavior. Integral to this discipline is the examination of environmental events that impact human behavior. By exposing the students to the far-reaching principles of behavior modification, it is hoped they will attain a better understanding of the complexities of our human existence and be more able to help people cope with the many problems they face in life. They will be able to apply, implement, measure, and evaluate behavior management techniques in various settings including counseling centers, hospitals, institutions, and schools.

<b>CONCEPTUAL FRAMEWORK</b>
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As a reflective decision-maker the student will demonstrate the ability to make informed decisions, exhibit ethical behavior, and provide evidence of being a capable professional through the implementation of direct and indirect guidance and counseling activities with written and verbal feedback from peers and multiple evaluators.

<b>COURSE OBJECTIVES</b>
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By the end of the course, students should be able to:-

1. Use critical thinking to solve problems related to behavior and mental processes.
2. Acquire knowledge of key characteristics of behavior modification



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3. Apply the multiple perspectives of psychology as a discipline in order to weigh evidence, tolerate ambiguity, act ethically, and reflect values in their personal and professional behavior.
4. Examine behavior modification techniques,
5. Develop an Understanding of the qualitative and quantitative methods used to evaluate behavior modification programs

<b>DETAILED COURSE OUTLINE</b>
<b>UNIT I- Introduction to Behavior Modification</b>
Topic 1- Basic definitions of terms and phrases
Topic 2- Historical Roots of Behavior Modification
Topic 3- Characteristics that define behavior
Topic 4- Characteristics of Behavior Modification
Topic 5- Areas of Application
<b>UNIT II-Understanding Behavior</b>
Topic 1- Behavioral differences and there causes
Topic 2- Behavior problems and there causes
Topic 3- Common behavior patterns among the youths
<b>UNIT III-Behavior Modification</b>
Topic 1- Theories of behavior modification
Topic 2- Fundamental Principles of Behavior Change
Topic 3- Steps or stages of assessment and management of behavioral change
Topic 4- Strategies to modify behavior
<b>UNIT IV- Social behavior</b>
Topic 1- Aggression
Topic 2- Assertiveness
Topic 3- Non- assertiveness
<b>UNIT V- Practical Application</b>
Topic 1- Intervention Techniques
Topic 2- Models of Intervention
Topic 3- Case Study.

**TEACHING AND LEARNING METHODS**

This course uses a variety of teaching and learning methods including readings, lecture, demonstrations, presentations, buzz sessions and discussions. Students will have an opportunity to synthesize and apply what they are learning through discussions and skills practice. Learners will receive peer and instructor feedback regarding ideas and skills.



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**MODE OF EVALUATION**

<b>Assignment</b>	<b>Marks</b>
In Class Participation and Activities	15
Group discussion & Presentation + Written coursework	15
Test	10
Final examinations	60
<b>Total</b>	<b>100%</b>

**COURSE REQUIREMENTS**

Participate in class discussions, skills practice, and group experiences.

Facilitate an experience and present one activity in class.

Write a test

Complete a final exam covering required readings and lectures.

**ATTENDANCE**

Students are expected to attend all of their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. Attendance includes active involvement in all class sessions, class discussions, and class activities, as well as professional, ethical, conduct in class. The effect of absences upon grades is determined by the instructor.

Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, and family emergencies. Accordingly, Counseling students are expected to attend every class meeting. Please notify the Instructor if you must miss a class session. More than two absences may result in an incomplete or lower grade in the course.

**ACADEMIC INTEGRITY STATEMENT**

Because of its function in training counselors for professional certification and licensure, the Unit of Psychology which is in charge of training guidance and counseling expects all of its students to demonstrate the highest level of integrity in their personal and professional lives. Like faculty, students are expected to abide by the Ethics Code of the Uganda Counseling Association(UCA) and to know and observe both the Department's



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and the University's policies regarding, impersonation, cheating, and other academic irregularities.

**REFERENCES**

Baldwin, John D. and Baldwin, Janice (2000) Behavior Principles in Everyday Life. Prentice Hall Inc. London

Charton, Tony and David, Kenneth (ed) (1989) Managing Misbehavior. MacMillan Educ. Ltd: Hong Kong

Kazdin, A. E. (2001). *Behavior modification in applied settings (6th ed.)*. Belmont, CA: Wadsworth/Thomson Learning.

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