

Department of Criminal Justice and Criminology
CRIJ-4336.01
UNDERSTANDING HUMAN BEHAVIOR (UHB)
SPRING 2018

PROFESSOR: Thomas Warren

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CLASS HOURS: Online

CLASSROOM: Online

OFFICE HOURS: By appointment. It is best to email me or make an appointment.

REQUIRED TEXT:

Weiten, Dunn, & Hammer, (2016). *Psychology Applied to Modern Life: Adjustment in the 21st Century*, 12th edition, 2018, 2015 Cengage Learning.

YOU MUST BUY or rent THE BOOK.

COURSE DESCRIPTION: This course is described in the course catalog as “The dynamics of human behavior; analysis of the biological, cultural, sociological and psychological factors. Credit 3”. This course aims to inform the student about the many complex issues involved in adjustment in this time of intense scientific research and technological advancement. It is an overview of the psychology of adjustment and should be used as a springboard to create interest and further investigation into the study of effective coping, for both personal change and to foster a better understanding of self and others in both personal and professional arenas. The goal of this course is for each student to gain a foundational body of knowledge relating to the science of behavior and for the student to apply these principals both personally and professionally aided by real-world application through class discussion and writing a paper. Further, the goal is to facilitate the application of the theories and research relating to UHB to the student’s present and future career.

COURSE OBJECTIVES: The Student

- will learn the basics of the scientific approach to studying behavior as evidenced by answering questions on exams
- will learn current “Behavioral Theories” and be able to apply these theories to explain behavior of self and others through online discussions.
- will become familiar with resources and theoretical models available to improve coping from inserting relevant experiences into Ellis’ REBT model.
- will explore and critique his/her coping style and investigate and implement productive changes through writing a paper as described in next objective.
- will explore and identify areas in their life that need improvement and choose a target behavior to develop a treatment plan with concrete and behavioral objectives; Design, execute and evaluate the treatment plan through writing a paper using the Behavioral model of change.

- will explore his/her individual personality strengths and weaknesses and infer possible relationship, career and parenting challenges while identifying personal characteristics and gaining awareness through writing and reading online discussions

COURSE REQUIREMENTS:

1. EXAMS: (45%) 15% each, non-cumulative

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|--------------------------|--------------------------------|
| EXAM I-CH 1, 2, 3, 4 | 3/08 (Thursday)- 3/11 (Sunday) |
| EXAM II-CH 6,9,10 | 4/05 (Thursday)- 4/08 (Sunday) |
| FINAL EXAM-CH 11, 12, 14 | 5/06(Sunday)- 5/10 (Thursday) |

Exams will be based on course material, including videos, assignments and lecture material, and consist of 50 or less multiple choice items each. Exams are designed to assess knowledge of facts and theories, comprehension of concepts and ability to assimilate and analyze information critically. Exams must be completed and submitted by the due dates featured on the course calendar. Early submission of open items is encouraged. Although Exams are “open book” and the use of the text and notes, exams are timed and it is unlikely students can locate the answers without having perused the material ahead of time. Before taking an exam, students need to study all materials before beginning the exam.

2. PAPER: (35%) Paper on Behavioral Treatment Plan

Paper should be typed in 12 pt black type using New Times Roman Font, double-spaced, be grammatically sound and spell checked. Please use the Writing Center and Edit your paper! In an effort to encourage your best and thoughtful work, you will turn in sections of the paper as you design and implement your treatment plan, including a rough draft so that I can critique and support you in achieving a solid product. See Blackboard for grading rubric and individual assignments. All work will be submitted in drop box online on Blackboard. Hard copies will not be accepted. No late work will be accepted.

Paper Description: Development of a treatment plan to incorporate identification of problem behaviors, insight and awareness into possible triggers along with objectives for reaching goals of behavior change through Behavioral Theory and Techniques. YOU choose a problem area, develop the treatment plan and implement the plan step by step using the Behavioral Modification Theory. You must follow the outline in the Text and the online instructions. All sections of paper will be submitted in drop box on Blackboard. 6 Preliminary Assignments=10%, Rough Draft=5%, Final Paper =20%
Final Paper Due Sunday, April 22nd

3. DISCUSSION: (20%) Three Discussions (“original posts”) posted on the assigned subject. See Blackboard for posting information.

A. *Chapter 2: Five Factor Personality:* this discussion will assist you in exploring and identifying YOUR current strengths and challenges through investigation of YOUR personality traits based on the FIVE Factor Personality Theory and how it may affect your future. Take personality test at www.outofservice.com. **Due 2/04**

B. *Chapter 6: Individualism and Collectivism*: this discussion will help you explore your current culture and how it helps and hurts your functioning and adjustment (coping with the world around you), and identify useful changes or upgrades. **Due 3/18**

C. *Chapter 10 and 11: Family, Gender and Behavior*: This discussion will focus on how you view yourself in relationship with “family” and what you foresee as your future support system; including the impact gender has on your construct of family. **Due 4/15**

Cheating which includes plagiarizing, copying other students’ work and collaborating on Exams will result in an F in the course and a referral to the Dean.

GRADING POLICY: *

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|------------|-------------|--|
| EXAMS ** | 45% | 2 Exams and a non-comprehensive FINAL EXAM |
| PAPER | 35% | Assignments, Rough Draft and Final Paper |
| DISCUSSION | 20% | 3 contributory Original Posts to Discussions ONLINE |
| | 100% | |

POINTS FOR GRADING:

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|------------|------------|
| A 90-100 | average* |
| B 80-89.99 | average* |
| C 70-79.99 | average* |
| D 60-69.99 | average* |
| F 59.99 | and below* |

MAKE-UP EXAMS: No makeup Exams for Online Classes.

STUDENT ACADEMIC POLICIES concerning Attendance, Academic Honesty, Disabled Student and Services for Disabled Students, and Absences on Religious Holy Days may be found at <http://www.shsu.edu/dept/academic-affairs/aps/aps-students.html>

USE OF TELEPHONES AND TEXT MESSAGES IN ACADEMIC CLASSROOMS AND FACILITIES:

<http://www.shsu.edu/dept/academic-affairs/aps/aps-curriculum.html>

New Hours for Online help for students :

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|-----------------------------------|---------------------------------|--|
| • MON. - FRI. 24HRS | • SATURDAY 7 a.m. - Midnight | • SUNDAY 1 p.m. - Midnight |
| • 936.294.2780 @blackboardshsu | | • online.shsu.edu/support blackboard@shsu.edu |

OUTLINE OF TOPICS TO BE COVERED FOR EACH CLASS MEETING

All assignments should be typed in 12 pt type, black ink, Times New Roman font, double spaced, grammar checked and spell checked.

The following chapters will be covered: Ch 1,2,3 4,6,9,10,11,12 and Ch 14. (skipping Ch5,7,8, 13, 16.) No exam over Ch 15 (last class day lecture)

All assignments/discussions will be completed on Blackboard and dropboxed or posted in assignments or discussions. Please see blackboard for DUE DATES AND TIMES. NO LATE WORK WILL BE ACCEPTED. No emails of work accepted. NO PAPER COPIES ACCEPTED.

Online Course Schedule SHSU SPRING 2018 – Professor Thomas Warren

| <u>Week</u> | <u>Class/Dates</u> | <u>Topic/ CH (Chapter Covered)</u> | <u>Readings (CH-Chapter)</u> | <u>Requirements (What needs to be turned in will have due dates-See Blackboard)</u> | <u>Due Date @ 11:59 PM Central Time</u> |
|--------------------|--------------------------------------|---|---|--|--|
| Week 1 | Session 1: 1/17-1/21 Thursday-Sunday | Intro to Course & Syllabus Chapter 1: Adjusting to Modern Life: Choosing Target behaviors | Syllabus Chapter 1 | Introductions on Student Lounge Quiz over Syllabus Dropbox: 4-5 Target behaviors (Pg 87) | 1/21 1/21 1/21 (Sunday) |
| Week 2 | Session 2: 1/22-1/28 Mon-Sun | Chapter 1 cont: Scientific approach Baseline Data Chart Paper: Baseline Data | CH 1 Pp 1-15 Pg 87 CH 1 p 87 | Dropbox: Choose 1 Target behavior, Begin excel chart design for Baseline data (pp 87-88) Work on collecting Data | 1/28 (Sunday) |
| Week 3 | Session 3: 1/29-2/04 Mon-Sun | Chapter 1: Final lecture Happiness CH 2: Nature of Personality- Psychodynamic Theories | CH 1 Pp 16-28 CH 2 Pp 29-37 | Dropbox: Take personality Inventory Discussion A: CH 2- Five Factor Personality Theory (pp 29-30) | 2/04 (Sunday) 2/04 (Sunday) |
| Week 4 | Session 4: 2/05-2/11 Mon-Sun | CH 2: Behavioral theories Skinner and Pavlov Humanist/Biological Theories | CH 2 Pp 38-59 | Collect baseline data for Target behavior (10 days minimum) Dropbox: Baseline data Excel chart due | 2/11 (Sunday) |

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| Week 5 | Session 5: 2/12-2/18 Mon-Sun | CH 3: Stress and its Effects Stress Reduction | CH 3 Pp 63-94 | Dropbox: Program Design: List of Rewards and Punishments (pp 89-90) Dropbox: Modify excel chart to include reinforcement/punishment | 2/18 (Sunday) 2/18 (Sunday) |
| Week 6 | Session 6: 2/19-2/25 Mon-Sun | CH 4: Coping Processes Albert Ellis and REBT | CH4 Pp 95-107 | Begin Tracking rewards/punish Continue to track and record data | |
| Week 7 | Session 7: 2/26-3/04 Mon-Sun | CH 4: REBT/Constructive Coping Emotional Intelligence Meditation/relaxation response | CH 4 Pp 107-119 | Track, record and tweak program-change contingencies if needed. Study for Exam I | |
| Week 8 | Session 8: 3/05-3/11 Mon- sun, | EXAM I CH 1-4 CH 6: The Self | CH 1-4 Pp 01-120 CH 6 Pp 159-171 | EXAM I Discussion B: CH 6 Individualism and Collectivism (Pp 165-166) Continue Daily tracking and recording responses -rewards/punishments | 3/08-3/18 Thurs noon-Sun 12 midnight 3/18 (Sunday) |
| | | Spring Break 3/12 - 3/18 | | | |
| Week 9 | Session 9: 3/19-3/25 | CH 6: Self Perception, Regulation and Presentation CH 9: Friendship and Love Friendship and Romantic love | CH 6 Pp 172-185 CH 9 Pp 250-267 | Work on Rough draft - 30 days of Data on full Program Paper Your Attachment Style Quiz | 4/01 (Sunday) |

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| Week 10 | Session 10: 3/26-4/01 | CH 9: Online Connections and Loneliness CH10: Marriage and the Family Deciding and adjusting | CH 9 Pp 268-275 CH 10 Pp 279-289 | Dropbox: Rough Draft for Behavioral Paper DUE View Gottman YouTube videos | 4/01 (Sunday) |
| Week 11 | Session 11: 4/02-4/08 | CH 10: Vulnerable areas, Divorce, Changes, DV EXAM II | CH 10 Pp 290-303 CH 6,9,10 | Exam II CH 6, 9, 10 Work on Editing your returned rough draft | 4/08 (Sunday) |
| Week 12 | Session 12: 4/09-4/15 Mon-Sun | CH 11: Gender and Behavior Similarities Vs Differences Gender Socialization | CH 11 Pp 307-316 CH 11 Pp 317-331 | Discussion C: Family, Gender and Behavior Pp 317-328 Continue to edit rough draft | 4/15 (Sunday) |
| Week 13 | Session 13: 4/16-4/22 Mon-Sun | CH 12: Development and Expression of Sexuality Patterns, Prevention of STDs and Pregnancy | CH 12 Pp 335-349 CH 12 Pp 350-363 | Dropbox: Final Draft of Behavioral Paper Due | 4/22 (Sunday) |
| Week 14 | Session 14: 4/23-4/29 Mon-Sun | CH 14: Psychological Disorders Medical Model/Diagnosing Disorders/Interventions prevalent in CJ careers | CH 14 Pp 399-413 CH 14 Pp 414-425 | Alcohol Dependence/Abuse Test None | Do not post |
| Week 15 | Session 15: 4/30-5/06 Mon-Sun | CH 15: Psychotherapy: Treatment, Suicide prevention | CH 15 | None | |
| Week 16 | Final Exam 5/07-5/10 Mon –Thursday 5pm | | None Review | FINAL EXAM CH 11, 12, 14 | Due 5/10 By 5 pm (Thursday) |

MON. - FRI.
24HRS

SATURDAY
7am-Midnight

Sunday
1pm-midnight

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support](http://online.shsu.edu/support)
[blackboard@shs
u.edu](mailto:blackboard@shsu.edu)

FINAL EXAM SCHEDULE – Spring 2018

**Sunday, MAY 06, 2017 midnight –Thursday, May 10, 5 pm. FINAL EXAM OVER
CH 11, 12, and 14**

| CLASS TIME | EXAM DATE | EXAM TIME |
|------------|-------------------------------|-----------------|
| Online | Due by May 10 Thursday 5pm | Sunday-Thursday |