Idaho State University | **Albion Center for Professional Development**

Behavior and Goal Setting

Course Syllabus

Course Description

This course utilizes behavioral principles of psychology to enable students to set and maintain goals. This class will first introduce the concept of SMART goals (specific, measurable, achievable, relevant, and time-bound) before teaching introductory principles of behavioral psychology, including operant and classical conditioning. Finally, this class will integrate these behavioral principles with SMART goals to better aid individuals in goal achievement.

Course Objectives

At the end of this course you should be able to:

1. Identify and label aspects of SMART goals.
2. Describe principles of classical conditioning in relation to goal setting.
3. Describe principles of operant conditioning in relation to goal setting.
4. Describe the role of shaping and chaining behavior in relation to task analysis and goal setting.
5. Identify motivating operations and describe how we may use them to plan for our goals.
6. Describe the ways in which behavior science may be used to promote healthy decision-making behaviors that move us closer to our goals.
7. Describe ways in which individuals learn and cope with failure when a goal is not achieved.
8. Apply and integrate the principles stated above to SMART goals to create a detailed behavioral plan.

Modules

- Module 1: What Are SMART Goals?, Quiz 1
- Module 2: Classical Conditioning and Goal Achievement, Quiz 2
- Module 3: Operant Conditioning and Goal Achievement, Quiz 3
- Module 4: Task Analysis, Quiz 4
- Module 5: Motivating Operations, Quiz 5
- Module 6: Promoting Goal-Oriented Decision-Making, Quiz 6
- Module 7: Difficulties and Setbacks, Quiz 7
- Module 8: Integration of Behavioral Psychology and SMART Goals, Quiz 8

Grading:

Each quiz must be passed at an 80% or higher (retakes allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course.