



Scott Christian UNIVERSITY

SCHOOL OF PROFESSIONAL STUDIES

BACHELOR OF ARTS IN COUNSELLING PSYCHOLOGY

UNIT CODE/NAME: BCP 322: BEHAVIOUR MODIFICATION

September- December 2019/2020 End Semester Exam

- Time: 2 Hours

Instructions: Answer Question ONE (Compulsory) and any other TWO questions.

QUESTION ONE

- a) Justify reasons why stimuli generalization is effective for behavior change (4 Marks)
- b) Distinguish between the following terms
 - i) Stimuli control and stimuli generalization (3 Marks)
 - ii) AB designs and reversal designs (3 Marks)
 - iii) Antecedents and consequences (3 Marks)
- b) With use of examples discuss the reasons that make punishment effective (7 Marks)
- c) Analyze various ways you can use prompts in behavior change (5 Marks)
- d) Examine reasons why behavior modification may not occur (5 Marks)

QUESTION TWO

- a) Discuss any two different types of assessment used for reviewing client behaviors (10 Marks)
- b) Argue for the weaknesses of use of reinforcement regularly (5 Marks)

QUESTION THREE

- a) Examine the following ways of behavior modification
 - i) Shaping (5 Marks)
 - ii) Fading (5 Marks)
- b) Analyze various ways in which a behavior modified can be maintained (5 Marks)

QUESTION FOUR

- a) Discuss any myths to behavior modification (5 Marks)
- b) Examine the different behaviors which stimuli discrimination can be used to achieve (5 Marks)
- c) Show any ethical factors you will consider in conducting research in behavior modification (5 Marks)

QUESTION FIVE

- a) Describe the key principles of behavior regulation and will power in habit change (8 Marks)
- b) Examine any counseling techniques which you can use for behavior change (7 Marks)