

**The Community College of Baltimore County
Common Course Outline**

**PSYC 108 / ELDR 108
Managing Behavior and Emotional Issues in Older
Populations
3 Semester Hours**

I. Description

Managing Behavior and Emotional Issues in Older Populations

Presents the psychological principles, theories, and research pertaining to promoting behavior and emotional change; emphasizes developing and applying a variety of basic skills to elder care situations.

II. General Course Objectives

When the student completes the course, he/she will be able to:

- A. Demonstrate they have learned the fundamental theoretical perspectives, principles, concepts, vocabulary and methodology for each of the topics listed in the "Major Topics" section of this syllabus.
- B. Apply empathic listening skills to help individuals clarify thinking and feeling.
- C. Apply operant conditioning principles to changing behavior.
- D. Prepare a behavioral analysis of a problem behavior.
- E. Design a simple program to change a problem behavior.
- F. Explain cognitive principles helpful in changing strong negative emotions.
- G. Develop a program to apply cognitive principles to help another person change their emotional experiences.
- H. Demonstrate muscle relaxation and breathing techniques for general relaxation.
- I. Describe and apply systematic problem solving techniques.
- J. Discuss the need to treat each person as a unique individual.
- K. Identify cultural issues that may effect presenting concerns.

III. Major Topics

- A. Theoretical perspectives in pertaining to behavioral change.

- B. Research methods used in studying behavioral change.
- C. Empathic listening
- D. Classical conditioning
- E. Operant principles of learning
- F. Behavior assessment
- G. Implementing behavior change
- H. Cognitive theories of emotion
- I. Relaxation techniques
- J. Problem solving
- K. Sensitivity to individual differences
- L. Ethical issues
- M. Special considerations for an older population
- N. Cultural factors that may effect elder care situations

IV. Course Requirements

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus. However, all students will:

- A. Demonstrate mastery of the theoretical perspectives, principles, concepts, vocabulary, and research methods regarding behavioral and emotional change on at least two examinations.
- B. Participate in at least one oral presentation in the form of a small group discussion or individual report that displays comprehension of the basic skills learned.
- C. Participate in at least one group project in which data is collected from the Internet and other appropriate sources as it relates to behavioral and emotional change topics.
- D. Complete a critical thinking written assignment of at least 1000 words that applies several aspects of the course material to a specific problem in an elder care situation.
- E. Explore a service learning opportunity if their schedules permit.

(Revised 04/13/01)