



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi, Abuja
Faculty of Education

Course Code: EGC812

Course Title: BEHAVIOUR MODIFICATION

CREDIT UNIT: 2

Time Allowed: 2 Hours

Instruction: Answer Question 1 and any other two questions.

1a. Explain the following terms:

i Behaviour ii Behaviour Modification iii Psychotherapy (15 marks)

b Explain the basic assumptions and goals of Behaviourists, Cognitivists and Humanistic psychologists on behaviour. (15 marks)

2a. “Behaviour Therapy is not only for people with maladaptive behaviours”. Discuss this assertion (10 marks)

b Describe Bandura’s Process of Observational Learning (10 marks)

3a. Briefly Explain Biological approaches to Psychotherapy (5 marks)

b With adequate Examples, Discuss three types of drugs used in Psychotherapy and their uses. (15 marks)

4a Discuss in detail Ellis’ Rational Emotive Behaviour Therapy (10 marks)

b Explain the steps taken by all Psychologists in Behavior Management. (10 marks).