

Introduction to Psychology

Version 2

Published 8/6/2025 by **Holly Werda** Last updated 8/6/2025 9:13 PM by **Holly Werda**

Psychology is the scientific study of mental processes and behaviour. Studying psychology can help us to expand and revise our understanding of our own and other people's thoughts, feelings, and behaviour. In this course, students will discover the foundations of psychological science, including basic research methods that are used in the field. Students will explore broad areas of study, such as the biological foundations of psychological processes, learning, memory, social influence, personality, and psychological disorders. Students will also apply psychological concepts and findings to life situations and social issues.

College Course (Ministry Code)	PSY100 NDC (HBF4T)
Start/End Dates	September 30, 2025 to December 16, 2025
Class Day/Time	Tuesdays from 3:20 to 4:20 p.m. + 2 hours of asynchronous learning per week
Location/delivery	Online
School Board Partnerships	DPCDSB, PDSB, TCDSB, TDSB, YCDSB, YRDSB
Specialist High Skills Major (SHSM) Sectors	Health and Wellness, Non-Profit
Course Outline	Introduction to Psychology
Pathways to the full-time Seneca programs	This course can be applied to any diploma or certificate program at Seneca as one of the required General Education Courses .