

# Psychology of Learning: Mindset and Resilience

Version 2

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Life is challenging. Mental health, or one's state of well-being, enables individuals to cope with the stresses of life, realize one's abilities, work productively, and contribute to one's community.

This course introduces students to the psychology of learning, mindset and resilience. Course content includes concepts, principles, and practices related to one's state of well-being. The knowledge and skills acquired in this course allow students to successfully navigate academic, work, and family environments. Students are encouraged to assess their personal experiences and circumstances in and outside of the classroom, to draw on positive aspects of self, and to activate concepts and well-being practices including self-compassion, self-acceptance, self-regulation and problem solving.

College Course (Ministry Code)	PSY355 NDC (HBN4T)
Start/End Dates	February 24, 2026 to June 2, 2026
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	N/A
Course Outline	<a href="#">Psychology of Learning: Mindset and Resilience</a>
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 <a href="#">General Education Courses</a> .