

Introduction to Psychology

Version 2

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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.

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| College Course (Ministry Code) | PSY100 NDC (HBB4T) |
| Start/End Dates | July 6, 2026 to July 28, 2026 |
| Class Day/Time | Monday to Thursday from 9:50 a.m. to 12:30 p.m. |
| Location/delivery | Newnham Campus in-person |
| School Board Partnerships | DPCDSB, PDSB, TCDSB, TDSB, YCDSB, YRDSB |
| Course Outline | Introduction to Psychology |
| Pathways to the full-time Seneca programs | General Education |