

PSYC 1002B: INTRODUCTION TO PSYCHOLOGY II

Course	PSYC 1002B: Introduction to Psychology II
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Term	Winter 2021
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COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Note: This section is reserved for PSYC majors and builds on the material learned in PSYC 1001.

My name is [Matthew Sorley](#) and I'm an Instructor with the Department of Psychology. I'm looking forward to working with you and exploring our mutual interest in what makes people tick. Psychology is the scientific study of our thoughts, feelings, and behaviours. In PSYC 1002, a focus is placed on how these are influenced by our development, personality, and various social factors. You'll learn how we cope with stress, understand psychological disorders, consider treatment options, and promote mental health.

Overall, this course will help you to apply psychological principles to everyday situations and to be critical in the attempt. You will develop a deeper understanding of yourself and others. Psychology is a dynamic and fascinating science...and we're going to have some fun with it! If you decide to register in this section, know that I'm excited to be working with you.

This course is completely online and available 24 hours a day, 7 days a week. You'll be working with the course material via a series of guided multimedia modules including brief video segments and active learning exercises. An emphasis will be placed on applying the material to specific situations, including those that are personally meaningful.

An online course affords considerable flexibility in terms of where and when you'll connect with the material. However, without the pressure to attend a physical classroom at a specified time, it's natural to procrastinate and this can significantly compromise your success and enjoyment. Know that the course is structured such that it is very difficult to succeed unless you are working on a consistent basis throughout term. Therefore, be thoughtful in making the decision on whether the course is right for you. Numerous tips for succeeding in an online course will be offered early on and throughout term.

After successfully completing PSYC 1001 and 1002, you will have satisfied the prerequisites for 2nd-year courses in PSYC.

EVALUATION

Learning will be assessed using a variety of quizzes, active learning exercises, and participation in psychological research. An emphasis will be placed on your ability to think about and work with the material, rather than just memorize information.

TEXT

Weiten, W., & McCann, D. (2019). *Psychology: Themes and variations* (5th Canadian edition). Toronto: Nelson Education. Custom edition. ISBN: 9780176869380. To reduce costs, the Carleton bookstore offers a loose-leaf version and a digital eTextbook bundled together at a discount. The loose-leaf text fits in a 3-ring binder and this makes it easy to carry around only the chapters you need.