

PSYC 1002 B : INTRODUCTION TO PSYCHOLOGY II

Instructor	Matthew Sorley
Term	Winter 2026
Course Delivery	In-Person
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Office Location	A521 Loeb
Office Hours	Refer to the course outline

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

Note: This section is reserved for PSYC majors.

My name is [Matthew Sorley](#) and I'm looking forward to working with you and exploring our continuing 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 resilience. An emphasis will be placed on applying the material to specific situations, including those that are personally meaningful.

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!

This section of the course is reserved for Psychology majors, and this creates some opportunities. In this section you will be

- Attending a class that is significantly smaller than other sections of Intro PSYC.
- Meeting people with a similar interest in psychology.
- Participating in active learning assignments and the *doing* of psychology.
- Engaging in reflection and application of the material to your interests and life.
- Considering the program and opportunities to further engage with the discipline.

This course also includes the support of a student mentor, who is completing a practicum placement in psychology. A mentor is not a teaching assistant, academic advisor, or counsellor. Rather, they are an experienced undergraduate student who has successfully managed the transition to university life. They'll be supporting students, sharing more about their program, offering tips on academic success, and providing suggestions on how to gain experience and make the most of being a PSYC major.

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 exams, active learning assignments, 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

McCann, D., Weiten, W., Hunt-Matheson, D., & Wright, S. (2026). *Psychology: Themes and Variations* (7th Canadian edition). Cengage Canada.

Students have options in terms of format: 1) an e-book, 2) an e-book bundled with *MindTap*, a platform developed by the publisher that includes various activities, study tools, and more, or 3) a bundle that includes the e-book, *MindTap*, and a printed, loose-leaf version that can be placed in a three-ring binder.

We negotiated discounted prices for our students. To obtain these discounts, purchase the text via the Carleton Bookstore or a special publisher's link that will be made available on the course *Brightspace* website shortly before the start of term. Make sure to compare prices and features if you are purchasing via other vendors.