

PSYC 1001 C : INTRODUCTION TO PSYCHOLOGY I

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

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

My name is [Matthew Sorley](#) and 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 1001, we examine the role of psychology as a natural science. A focus is placed on the mind and the examination of what it means to be human. You'll learn about how we come to learn, think, remember, experience consciousness, and process the sights and sounds of the world around us.

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. This course also provides an initial opportunity to consider how psychological research questions are framed and explored. Psychology is a dynamic and fascinating science...and we're going to have some fun with it!

After successfully completing PSYC 1001, you will have satisfied the prerequisite for *PSYC 1002: Introduction to Psychology II*. Both PSYC 1001 and 1002 must be completed before you can move on to 2nd-year courses in PSYC.

EVALUATION (SUBJECT TO CHANGE)

Learning will be assessed using a variety of exams 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 copy of the text.

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.