

Psychology

TERM	CATEGORY	COURSE CODE	COURSE TITLE	
Semester 1 Fall 2025	Required (Auto Enrolled)	SSH 105	Academic Writing and Research	Enrollment begins online on August 7, 2025, at 6:00 a.m. on MyServiceHub (my.torontomu.ca)
	Required (Auto Enrolled)	PSY 102	Intro to Psychology I	
	Table I Elective			
	Table I Elective			
	Open Elective*			
Semester 2 Winter 2026	Required (Auto Enrolled)	SSH 205	Critical Thinking	Winter Enrollment begins on August 18th, 2025 at 12:00 a.m. on MyServiceHub (my.torontomu.ca)
	Required (Auto Enrolled)	PSY 202	Intro to Psychology II	
	Table I Elective			
	Table I Elective			
	Open Elective*			

TABLE I HUMANITIES				TABLE I SOCIAL SCIENCES			
Choose minimum two (2) courses from the following:			OFFERED	Choose minimum two (2) courses from the following:			OFFERED
ACS 100	Ideas That Shape the World I	F25	--	CRM 100	Introduction to Canadian Criminal Justice	F25	W26
ACS 210	Ideas That Shape the World: Antiquity	--	W26	CRM 102	Introduction to Criminology	--	W26
ARB †	An Arabic course	F25	W26	ECN 101	Principles of Microeconomics	F25	--
ASL	An American Sign Language course	F25	W26	ECN 201	Principles of Macroeconomics	--	W26
CHN †	A Chinese course	F25	W26	EUS 102	Environment and Sustainability	F25	--
ENG 110	Literatures Across Borders	F25	W26	EUS 202	Sustaining the City's Environments	--	W26
ENG 208	Introduction to Non-Fiction	F25	W26	GEO 131	Energy, Earth and Ecosystems	F25	--
FRE †	A French course	F25	W26	GEO 151	Location, Location, Location	--	W26
HIS #	A History course	F25	W26	POG 100	People, Power and Politics	F25	W26
LIR 100	Global Models in Intercultural Relations	F25	W26	POG 110	Power and Influence in Canadian Politics	F25	W26
MHK101	Introductory Kanyen'kéha I	--	W26	PPA 101	Cdn Public Administration I: Institutions	F25	W26
MHK201	Introductory Kanyen'kéha II	--	--	PPA 102	Cdn Public Administration II: Processes	--	--
PHL 101	Plato and the Roots of Western Philosophy	F25	W26	PSY 102	Introduction to Psychology I	F25	W26
PHL102	What is Philosophy?	F25	--	PSY 202	Introduction to Psychology II	F25	W26
PHL110	Philosophy of Religion	F25	W26	SOC 105	Introduction to Sociology	F25	W26
PHL187	Classical Philosophy	F25	W26	SOC 107	Sociology of the Everyday	--	W26
PHL201	Problems in Philosophy	F25	W26	SSH 100	Inquiry and Problem-Solving	--	--
PHL212	Introductory Logic	F25	--	SSH 102	Learning and Development Strategies	F25	W26
PHL306	Freedom, Equality, Limits of Authority	F25	--	SSH 104*	Co-op Program Preparation	F25	--
PHL333	Philosophy of Human Nature	F25	W26				
PHL365	Philosophy of Beauty	F25	W26				
PHL366	Existentialism and Art and Culture	F25	W26				
PHL406	Issues of Life, Death and Poverty	--	W26				
SPN	A Spanish course	F25	W26				

No more than two courses may be taken from any one subject area.

* [SSH 104](#) is required for students taking Co-op programs in the Faculty of Arts

† An online placement test is required. For more details please see: <https://www.torontomu.ca/ilc/>.

A History (HIS) course numbered between HIS 100 and HIS 399 or [HIS 461](#), [HIS 462](#), [HIS 475](#), and [HIS 490](#).

Important Information

- Verify that you are auto-enrolled in your required courses and alert your Program Administrator if you are not.
- Please refer to the Enrollment Tutorials links on the [New Students website](#) or the [MyServiceHub Support website](#) for instructions on how to add courses.
- Open electives can be found under "my classes offered" on MyServiceHub. The courses are divided by teaching faculty and then alphabetically by course codes. There are over 500 courses available as Open Electives, so students should focus their search on specific areas of interest. More information on courses is available in the [undergraduate calendar](#).
- After you enroll in courses, check MyServiceHub for your timetable.
- Classes are scheduled weekly as a three-hour lecture OR two-hour lecture and one-hour tutorial.
- For a complete curriculum overview for years 2, 3, and 4, please click [here](#).
- Students are encouraged to run an [Academic Advisement Report](#) on MyServiceHub to help them determine what courses they need to enroll in and to ensure that the courses apply to their program graduation requirements.
- The typical course load is 5 courses per semester. Students should speak to their Program Administrator if they wish to reduce or increase their course load.
- Instructors will provide course outlines (including required texts) to students via D2L on the first day of classes.
- Login to [my.torontomu.ca](#) to access MyServiceHub, D2L Brightspace, and your TMU email account .
- Always check your TMU email regularly for important information and updates from your program and the University.
- Students are encouraged to use [Visual Schedule Builder](#) (VSB) to help create their optimal class schedule.
- Some courses have a wait list function. To add yourself to a wait list, please refer to the [Course Wait List website](#). Register for [Academic Accommodation Support \(AAS\)](#) if you identify as a student with a temporary and/or permanent disability. AAS implements individualized accommodation plans to reduce disability-related barriers and ensure that students have equal access to education.
- When enrolling in Liberal Studies courses (Table A or Table B) starting in 2nd year, please note there are certain courses that cannot be taken for liberal studies credit. Please refer to the [Table A - Lower-Level Restrictions](#) and [Table B Upper-Level Restrictions](#). Liberal Studies courses are part of your 2nd year curriculum and should not be taken in the first year.
- If you have received transfer credits for first-year courses, you can select courses from Year 2 (or higher). If you have not yet received confirmation about transfer credits, please enroll in your first-year courses but be prepared to drop them if confirmation is received. **IN ALL CASES**, it is recommended that you consult with the Program Administrator, for further clarification.
- If you are interested in completing a minor, please refer to the undergraduate calendar for a complete [list of minors](#) and the minor course requirements. Many of the courses in Required Group Table I and Open Electives can be used towards a minor.

Important Dates

Aug 7	Enrollment begins for 1st year students
Aug 18 - Sept 12	Winter course intention period
September 2	First day of classes
September 12	Last day to add/swap a Fall course (100% fee refund)
September 26	Last day to pay Fall tuition fees
Sept 13 - Oct 3	Drop period to receive a 50% fee refund
November 14	Final date to drop a course without academic penalty. No refund will be issued.
December 1	Last day of classes for the Fall 2025 semester
December 3 - 14	Fall 2025 exam period

Contacts

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Course Union Instagram: @psa.tmu