



Matthieu Paré, Ph.D.

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Dr. Matthieu Paré is a Canadian learning architect, instructional designer, and specialist in cognitive psychology, with over 15 years of experience in the field of education, curriculum development, and metacognitive coaching. His research and practice focus on executive functions, self-regulation, and inclusive learning strategies across academic and professional contexts.

Throughout his career, Dr. Paré has led numerous training programs and curriculum projects in higher education and professional learning environments, combining evidence-based pedagogy with learner-centered approaches. He has designed over 150 workshops and learning modules tailored to adult learners, with a special interest in competency-based education, Universal Design for Learning (UDL), and applied cognitive science. He also led research initiatives on the links between anxiety and cognitive performance in college students, resulting in strategic institutional recommendations. Multilingual and versatile, Dr. Paré brings a holistic, human-centered perspective to every project, blending scientific rigor with a deep commitment to meaningful learning.