Psychology 1001 Research Requirement

FREQUENTLY ASKED QUESTIONS

Fall 2026

GENERAL INFORMATION

What is the PSYC 1001 research requirement?

All PSYC 1001 students must complete a research requirement totaling 12 credits (equivalent to 6 hours). This requirement helps students understand how psychological research is conducted as part of learning psychology as a science.

What are my options for completing the requirement?

You have two options:

1. **Research Study Option** - Participate in laboratory research studies
2. **Research Methods Workshops Option** - Attend in-person workshops on research methods

You can also use a combination of both options to reach 12 credits. For example, you could earn 6 credits through studies and 6 credits through workshops. Credits from either option are retained if you switch between them.

Are there any other options for completing this requirement?

The ONLY options for completing the research requirement are participating in research studies and/or participating in the research methods workshops. In the past, there was an essay option; however, that option is no longer available, given the widespread use of AI to complete the essays.

When I asked Google or another AI chatbot about this requirement, it said I could write essays instead of completing studies. How do I do that?

That information is out of date. In the past, there was an essay option; however, that option is no longer available, given the widespread use of AI to complete the essays. Your only two options for completing the PSYC 1001 Research Requirement are participating in studies or attending in-person workshops.

My friend/roommate/acquaintance told me that they completed an essay option for the research requirement when they took PSYC 1001. Why can't I complete essays?

The Psychology Department got rid of the essay option starting in the Fall 2025 semester. Too many students were waiting until the last minute to complete the requirement and/or using AI to write their essays.

Where can I find the most up-to-date information on the PSYC 1001 Research Requirement?
Check the website: https://www.colorado.edu/psych-neuro/subject-pool-information

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RESEARCH STUDY OPTION

How do I access the research study system?
Log in to the SONA System at https://ucboulder.sona-systems.com using your CU Identikey and password.

What if I can't log in to SONA?
If you see an "Invalid Username/Password" message, email the human research coordinator at hrcoord@colorado.edu. Include your instructor's name and Student ID.

What is the prescreen survey?
The prescreen is a voluntary survey during the first two weeks of the semester that takes about one hour. Completing it makes you eligible for more research studies. You must complete it in one sitting, and the system will time out after 20 minutes of inactivity.

What if I don’t complete the prescreen survey?
If you don't complete the prescreen survey, you may still participate in research studies. However, you may have limited access to certain studies that have specific eligibility requirements.

How many studies do I need to complete?
The overall requirement for research is 12 credits total. This may be completed by participating in studies OR completing the workshops. If you chose the study option, studies vary in length (typically 30 minutes to 2 hours), so you'll need to complete multiple studies. Complete studies early in the semester as availability decreases later on.

Are studies offered throughout the entire semester?
After the pre-screen period is over, studies are offered throughout the last week of classes. However, availability may decrease later on and you may not be eligible for certain studies

based on their selection criteria. It’s important to complete studies as early in the semester as possible to ensure you complete this requirement by the deadline.

Where do research studies take place?
Almost all studies are in Muenzinger building unless stated otherwise. Pay attention to E and D wings, and note that many studies are on the 0 or 00 levels (one or two floors below street level). MCDB is an attached building but studies are not located there.

What happens if I'm late or don't show up?

- If you're more than 10 minutes late, the researcher doesn't have to let you in and you won't receive credit
- Late arrivals or no-shows count as "unexcused no-shows"
- After 2 unexcused no-shows, you cannot sign up for new studies on SONA.
    - You may email hrcoord@colorado.edu and request a one-time excuse of your absence, but you are not guaranteed that one of your absences will be excused.
    - If you cannot sign up for more studies on Sona, you must complete any remaining credits through workshops
- You can still participate in studies you've already signed up for

What if the researcher doesn't show up?
If a researcher fails to show up without canceling the day before or is more than 10 minutes late, you receive the credits for that study. If after one week, you still haven’t received credit, please contact the researcher directly.

Can I cancel a sign-up?
Yes, you can cancel on SONA by 11pm the night before the study. If you don't cancel and don't show up, it counts as an unexcused no-show.

How do online studies work?
Complete online studies in one continuous sitting in a distraction-free environment. Researchers can see how long you take and if you log off and back in. Plan enough time to complete the entire study when you sign up.

How do I check my progress?
Choose "My Schedule & Credits" from the top toolbar in SONA. This shows how many credits you're required to earn and how many you've earned. If credit doesn't appear after a week, contact the researcher directly.

RESEARCH METHODS WORKSHOPS OPTION

What are the research methods workshops?

The research methods workshops are six one-hour intensive classes teaching foundational skills and methods for conducting psychological research. Each workshop is worth 2 credits. If you complete your research requirement through SONA studies, you DO NOT have to complete any of the workshops.

Do I have to attend the workshops if I'm enrolled in PSYC 1001?

No! You ONLY have to attend the workshops if you would like to receive credit towards the PSYC 1001 Research Requirement, and you do not want to participate in SONA studies. If you DO NOT want to attend any workshops, then your ONLY option to complete the research requirement is participation in SONA studies. As long as you are 18 years or older, it is YOUR CHOICE how to earn credits for the research requirement.

When are workshops held?

- Most are offered on specific Saturday mornings from 8:00am to 11:30am throughout the semester.
- There will also be one option during the semester to attend workshops on a weekday evening from 5:00pm to 8:30pm.
- Please refer to PSYC 1001 Research Requirement information packet for this semester's schedule of research methods workshops.

What are the requirements to receive credit for the workshops?

You must:

1. Attend the full session in person
2. Pass a 10-point quiz with a score of 50% or higher

NOTE: Students who arrive after the first 10 minutes will NOT be allowed to take the workshop or attempt the 10-point quiz.

What are the workshop topics?

The six workshop topics are:

1. Sources of Knowledge and Information Literacy
2. Introduction to Statistics for Research
3. Introduction to Qualitative Analysis
4. Survey Research Methods
5. Experiments and Quasi-experiments
6. Research Ethics

How many times is each workshop offered?
Each workshop is offered twice during the semester - once before the extra credit deadline and once after.

How many workshops can I take?
You can take up to SIX workshops to earn credit towards the PSYC 1001 Research Requirement. However, you must pass a 10-point quiz with a 50% or higher in order to earn the 2-credits associated with each workshop.

You may also take less than six workshops if you already have some credits earned through study participation.

You may also opt to take NO workshops if you would prefer to complete the PSYC 1001 Research Requirement by participating in SONA studies instead.

Can I repeat the same workshop for credit?
No, you cannot repeat the same workshop twice for credit. The only time it is permissible to complete the same workshop twice is if you DO NOT successfully pass the 10-point quiz (i.e., a grade of 50% or higher) the first time you take the workshop.

What is considered a passing grade for the workshop quiz?
Students need to score a 50% or higher on the workshop quiz in order to receive credit for the workshop.

Can I get credit for partially completing a workshop?
No. You must attend the full session and pass the quiz with 50% or higher to receive the 2 credits for that workshop.

What if I don't pass the 10-point quiz?
If you don't pass the 10-point with a grade of 50% or higher, you do NOT receive credit for the workshop, and it does NOT count towards your PSYC 1001 research credit requirement.

I failed my research methods workshop! What can I do?
You may retake the SAME workshop again if it's being offered at a later date. You may also take different workshops and attempt those quizzes to earn credits. You may also participate in SONA studies to complete your credits instead.

What happens to my workshop credits if I pass some quizzes and fail others?
You keep the credits for any workshops where you passed the quiz. You can still earn remaining credits through other workshops or SONA studies.

May I use my notes, the Internet, or AI for the workshop quizzes?
No, you may NOT use notes, the Internet, or AI for the workshop quizzes. Therefore, you must pay attention to the material to give yourself the best chance of passing the quiz.

What if I'm late to a workshop?
If you're 10 minutes or more late, you will not be allowed to enter the workshop, you cannot take the associated workshop quiz, and you will not receive credit for that workshop. However, you may attend other workshops later that day.

What do I need to bring to the workshops?
Students need their BuffOne cards to access workshops since they are "after hours events," and buildings will be locked. They should also bring a pencil or pen to complete the quiz. If students wish to take notes during the workshop, they may do so on whatever device they'd like. However, notes may NOT be used during the quizzes.

Can I earn extra credit through workshops?
Yes! If you complete all six workshops before the extra credit deadline, you will receive extra credit.

Do I need to use SONA if I only do workshops?
No, if you're completing your requirement entirely through workshops, you do NOT need to log onto or use the SONA system at all. You can disregard SONA-related emails.

SPECIAL CIRCUMSTANCES

I'm under 18 years old. Can I participate in research studies?
No. Federal and University regulations require written parental consent for each study for minors, which is impractical. Students under 18 must complete the research methods workshops option. If you turn 18 during the semester, you can switch to the research study option from that date forward.

I have accommodations from the disability services office. What should I do?

Some studies require visual, auditory, or other processing that may not be accessible to all students. Discuss this with your instructor (not individual researchers) who will work with you to find a reasonable solution. Accommodations are protected information.

I have two no-shows in the SONA System, and I am unable to attend the workshops. What should I do now?
In certain circumstances, you may have one unexcused absence waived. Contact hrcoord@colorado.edu for more information.

If you have already had one unexcused absence waived, your only option for completing the PSYC 1001 Research Requirement is to complete the workshops or take the penalty for not completing the requirement.

I am not very good at time management. What happens if I wait until the last few weeks of the semester to work on the PSYC 1001 Research Requirement?
If you wait until the last few weeks of the semester to work on the PSYC 1001 Research Requirement, it's very likely you will NOT earn all 12 credits. You may not be able to find studies in which you are eligible, and the studies that you are eligible for may fill up quickly. Furthermore, the workshop schedule is set at the start of the semester, and no additional workshops will be added.

I waited until the last minute to complete the PSYC 1001 Research Requirement. I missed the workshops, and there are no studies available. Are there any other options to complete the requirement?
Unfortunately, no. There are no options for you to complete the research requirement. In the past, there was an essay option; however, that option is no longer available, given the widespread use of AI to complete the essays.

GRADING AND DEADLINES

When is the deadline to complete the requirement?
All 12 credits must be completed by 5pm MT on the last day of classes.

What happens if I don't complete all 12 credits?
Your final course grade (not your final exam grade) will be reduced:

- **7 or fewer credits completed**: 10% deduction (one full letter grade)
- **8 credits completed**: 8% deduction
- **9 credits completed**: 6% deduction
- **10 credits completed**: 4% deduction
- **11 credits completed**: 2% deduction

- **12 credits completed**: No deduction

What if I complete all 12 credits?
If you complete all 12 credits, there is no deduction to your final grade.

It's the last week of the semester, and there are no studies available for which I'm eligible. What should I do?
At this point, it is likely that you will NOT receive full credit for completing the PSYC 1001 research requirement. You are encouraged to keep checking the SONA system up until the deadline; however, there may be multiple students in the same situation as you, and any new study spots available are likely to be scheduled quickly at the end of the semester.

ETHICAL CONSIDERATIONS

Can I decline to participate in a study?
Yes. You have the right to decline participation by not signing the consent form, and no penalty will be incurred.

Can I withdraw from a study after starting?
Yes. You can withdraw consent and discontinue participating at any time without penalty. You will receive credit for your participation up to that point.

How are research subjects protected?
Any research involving more than minimal risk is evaluated and approved by the Institutional Review Board (IRB). You receive a written consent form with sufficient information to make an informed decision about participation.

Are my responses confidential?
Yes, all prescreen data and research study data are kept confidential.

TROUBLESHOOTING

I'm having problems with SONA or a research study. What should I do?
First, contact the researcher directly - they know the most about the study and can best address issues. If you've contacted the researcher and they haven't resolved the issue after 3 business days, contact the human research coordinator at hrcoord@colorado.edu. Include a description of the issue, researcher name, and study number.

Who should I contact with general questions about workshops?
Direct all general questions about the research methods workshops to your instructor or TA.

I didn't receive credit for a completed study. What should I do?
If your credit doesn't appear after a week, contact the researcher directly.

I didn't receive credit for a workshop. What should I do?
If your credit doesn't appear after two weeks, contact your TA.

I don’t see any studies in the SONA system. What should I do?
There are two reasons you may not see any studies in the SONA system. The first reason is that you have signed up and “no-showed” for two studies and you are no longer eligible to sign up for studies. If this is the case, you may complete the research requirement using the research methods workshop option. If there are no other workshops available, in certain circumstances, you may have one unexcused absence waived. Contact hrcoord@colorado.edu for more information.

The second reason that you may not see studies in the SONA system is that the available studies are looking for specific eligibility criteria, such as age or ethnicity, and you do not meet those criteria. Keep checking the SONA system on a regular basis as more studies are added every day.

ADDITIONAL RESOURCES
For video instructions on using SONA: https://curtis.buffscreate.net/PSYC1001/
SONA System: https://ucboulder.sona-systems.com
Subject Pool Information: https://www.colorado.edu/psych-neuro/subject-pool-information
Human Research Coordinator: hrcoord@colorado.edu