Psychology 1001 Research Requirement

Information for Students

Fall 2026

Schedule

For up-to-date information, check the website: https://www.colorado.edu/psych-neuro/subject-pool-information

Introduction to the Research Requirement

Psychology is a science, and it is important for students of psychology to understand how research is done. With this in mind, the Department of Psychology and Neuroscience requires all students of PSYC 1001 to complete a research requirement. There are two options for completing this research requirement.

Two Options for Completing the Research Requirement

It is expected that these two options will require an approximately equal amount of work by the student. The required amount of time is 6 hours / 12 research study credits. Students may complete their research requirement with either the Research Study Option, the Research Methods Workshops Option, or a combination of both options.

The Research Study Option

The research study option involves participation in laboratory research studies conducted by faculty members or by students under faculty supervision. **Most students choose to complete this option.** If, after participating in a few research studies, you find that you would prefer not to complete this option, you may use the research methods workshops option at any time and retain the credits that you earned in the research study option.
There are two rationales for providing the research study option:

1. Research contributes to scientific advances in psychology; research provides training for student researchers and contributes to the educational process. Although the student participant may not benefit directly from such research and training, your participation enables the collection of data that may eventually benefit humanity in general, or enables training that will benefit student trainees.
2. Participation enables students to see science in action, instead of just reading about it in textbooks. After each research study, you will be given a feedback sheet that explains the purpose and method of the research or training. Therefore it is hoped that your participation will be a "hands on" learning experience for you.

The Research Methods Workshops Option

The Research Methods Workshops option involves in-person attendance at up to six one-hour intensive classes, where you will learn foundational skills and methods for conducting research in psychology. Each workshop is worth 2 credits towards your research requirement. To receive the 2 credits associated with each workshop, you must attend the full session in person (students who arrive after the first 10 minutes of the workshop will not be allowed to complete the workshop) and pass a 10-point quiz with a score of 50% or better. Workshops are held on Saturday mornings from 8:00am to 11:30am, one Saturday afternoon from 1:00pm to 4:30pm, and one weeknight evening from 5:00pm to 8:30pm. If you complete some of the classes but have not earned your total required credits, you may also use the research study option and retain the credits that you earned in the research methods workshops option. The rationale for the workshop option is that it offers a learning experience by going beyond the introductory knowledge regarding research methods in psychology that we cover in class.

Consequences for not Completing the Research Requirement

You must complete the equivalent of 12 credits by the last day of classes. If you do not complete all 12 credits, your final course grade (not your final exam grade) will be reduced. If you complete all 12 credits, then there is no deduction to your final grade.

- If you complete seven or fewer of the required 12 credits, your final class grade is deducted one full letter grade (10%)
- If you complete more than seven but not all of the 12 required credits, then for every research credit less than 12, your final class grade would be deducted 2%.
- Therefore,
    - if you only complete 11 credits, your final grade is deducted 2%
    - 10 credits results in a 4% deduction
    - 9 credits results in a 6% deduction
    - 8 credits results in an 8% deduction
    - 7 or fewer credits results in a 10% deduction

Notice to Psych. 1001 Students Who are Legally Minors (age less than 18)

Federal and University regulations require us to treat minors as members of a vulnerable group, who would each have to have written parental consent separately for each research study before they were allowed to participate. This would be a cumbersome, impractical procedure. Therefore, the Department does not allow the research study participation option for any student who is under the age of 18. Instead, you should do the research methods workshop option. Your instructor will explain this option to all students who elect it (whether they are minors or not). Of course, if your 18th birthday occurs during the semester when you are enrolled in Psych. 1001, you are free from that date on to change your choice, if you wish, from the methods workshop option to the research study option.

Notice to Psych. 1001 Students Who have Accommodations

There are studies that require visual or auditory processing or other activities that may not be accessible to all students. If you have accommodations approved by the disability services office that may impact your ability to complete research studies, please discuss the situation with your instructor who will work with you to find a reasonable solution. Please do not discuss these issues with researchers overseeing individual studies. Accommodations are protected information, and individual researchers are not part of the instructional team for the Introductory Psychology class.

Ethical Principles for Protecting Human Research Subjects

Every person has the right to determine what will happen to him or her, what activities he or she will engage in, and what risks he or she will take. Consequently, research and training on human subjects cannot be conducted without the person's voluntary consent and the person has the right to withdraw consent and discontinue participating at any time.

Any research at CU involving more than minimal risk to the subject is first evaluated and approved by the Institutional Review Board (IRB), which is the independent ethics committee at CU. Examples might be questionnaires that ask sensitive personal questions, or studies that employ deception. Each study must give the subject a written consent form containing sufficient information so that the person's decision whether or not to participate will be an informed decision. The person may, without penalty, decline to participate by not signing the consent form. Also, if a subject chooses at any time not to participate in a research study, no penalty will be incurred and they will receive credit for their participation up to that point.

Information for Students on the Experiment Option:

Accessing Your Account

Scheduling for the Experiment Option is done on the online Sona System. You will log in to Sona using your CU Identikey and password. If you are unable to log in (you will see a message saying "Invalid Username/Password), please email human research coordinator (hrcoord@colorado.edu) and they will address the issue. Please be sure to include your instructor's name in your email so that your class section will be noted on your account. Your Student ID would also be helpful to include.

The URL for the SONA System (the website for scheduling the research study option) is: https://ucboulder.sona-systems.com

Prescreen (see schedule above)

A voluntary prescreening survey takes place during the first two weeks of the semester. Participating in the prescreening gives you greater flexibility by making you eligible for more research studies. You can take the prescreen any time during the prescreen period (see schedule above). This survey includes questions about your opinions and behaviors. All questions are multiple-choice.

Researchers may use the prescreen to determine if you are eligible for their research studies. They may also combine your prescreen data with the data they collect during their research studies. All prescreen data will be kept confidential.

The first time you log in to SONA during the prescreen period, you will be prompted to complete the prescreen survey. **You will only be prompted once.** If you decline but later decide that you would like to complete the prescreen, you can access it in your SONA account by going to My Profile and clicking on Take Prescreen next to Prescreen Status.

The prescreen is administered online and will take about an hour to complete. **You must finish the survey in one sitting** in order for your responses to be recorded. If you are unable to finish the prescreen for any reason, your responses will be deleted, and you must completely start over. Also note that the system will time out after 20 minutes of inactivity and you will have to start over, so be sure to take the test at a time when you'll have minimal interruptions.

Research Period (see schedule above)

The research study requirement is 6 hours or 12 credits. Experiments will vary in length, but the typical duration is between 30 minutes and 2 hours, thus, you will need to do multiple research studies to meet the requirement. There are typically more research studies available earlier in the semester than later, so do not wait until the end of the semester to do your research studies. Although the deadline for participation is close to the end of the semester, there is no guarantee that there will be research studies offered around that time.

Experiment Duration	Credit	Credit for Experimenter no-show
30 mins	1	1
60	2	2
90	3	2
etc.	etc.	etc.

When you sign up for a study, even if it is completely online, you should plan enough time to complete the entire study in one sitting (unless otherwise noted by the study's description). Online studies should be completed in a distraction-free environment. You should have your complete attention devoted to the study you have signed up for. That means, if you sign up for a 2-credit online study, you should have one continuous hour available to complete the study in a distraction-free environment. The researchers can see how long it takes you to complete the study and they can see if you log off and log back in. Please devote your entire attention to the study you are completing.

Location:

Almost all research studies take place in Muenzinger unless stated otherwise. Please be aware that there are both E and D wings of the Muenzinger building, and pay attention for rooms in MCDB as well (which is an attached building but is not where our studies are located). Many research studies will take place on the 0 or 00 levels of Muenzinger, one or two floors below street level, respectively.

Late or No-Show:

If you are more than 10 minutes late to an research study, the researcher does not have to let you in – most research studies take the entire time that they are scheduled, thus you cannot start late and finish in time. If you are more than 10 minutes late or fail to show up altogether, you will not be given credit for the research study and instead will be marked as an "unexcused no-show." **After 2 unexcused no-shows, you will no longer be able to sign up for new research studies on the SONA system** and will have to finish your credit requirement by completing your remaining credits using the research methods workshop option. (You will still be able to participate in the research studies you already signed up for, but cannot sign up for new ones.)

If a researcher fails to show up without canceling the research study the day before or is more than 10 minutes late you receive the number of credits listed above, depending on the length of the scheduled research study.

Navigating the SONA System Website

Logging on

Go to https://ucboulder.sona-systems.com, and enter your identikey and password to login. When you are finished, choose Log Out on the right side of the top toolbar. For security purposes, it is important to log out so no one else has access to your account.

Signing up for Research Studies

To view a list of research studies, click on Studies from the top toolbar or Study Sign-Up in the middle of the page (they both get you to the same place). Research studies that currently have available participation times (timeslots) will have "TIMESLOTS AVAILABLE" listed next to the name of the research study.

Some research studies have restrictions on who can participate. Restrictions will be indicated in the column to the right of the research study name. One type of restriction is a Subject Restriction. An example of a Subject Restriction is "Left-handed people only." If you sign up for the research study, and you do not meet the restrictions, you will not receive credit for the research study. Another type of restriction is a Sign-up Restriction that is based on other research studies you have already done or for which you have already signed up. If a research study has Sign-up Restrictions, you will need to click on the research study name to access detailed information about these restrictions. In some cases, you will be eligible only if you have completed another research study(or studies. In other cases, you will be eligible only if you have NOT completed another research study(or studies). In either case, once

you click on the research study name, you will see whether or not you are eligible: “OK” indicates you qualify while “False – sign up prohibited” indicates you do not.

Once you have determined that you meet all the requirements, click on *View Timeslots for This Experiment* and you will see a list of available timeslots. Choose a timeslot that is convenient for you, and click Sign Up. You will see information displayed confirming the time and location of the research study in which you plan to participate. You will receive an email confirmation as well. You will be expected to be at the designated research study room at the start time, and you will typically be expected to stay at the room until the end of the timeslot.

Some research studies may be administered online. In some cases, you will still choose a future timeslot, in other cases, you can participate immediately upon signing up. Please note that you should completely participate online studies in a distraction free environment. The researchers can see how long it takes you to complete the study, and they are able to see if you log out and log back in. Please devote your attention to completing the online study in one continuous sitting. If you are unable to finish the online survey for any reason, your responses may be deleted and you may have to start over from the beginning.

If You Encounter Problems

If you are late, if you don't know where to go, if you think you should have received credit but didn't, if you were waiting by the research study door (and make sure it was the right door, in the right wing of Muenzinger - D vs. E) but nobody came to let you in, then please CONTACT THE RESEARCHER DIRECTLY to resolve the problem. The researcher knows the most about the study and therefore is the best person to address any issues that arise! If you have made at least one effort to contact the researcher, and after 3 business days, they have not resolved the issue, please contact the human research coordinator (hrcoord@colorado.edu). Include a description of the issue, the name of the researcher, and the study number.

Canceling a Sign-Up

Canceling by Student: If you need to cancel your sign-up, you can do so on the SONA system by 11pm the night before the research study is scheduled to take place. If you do not cancel your research study and do not show up, you will receive an “unexcused no-show” mark for that research study. **After 2 unexcused no-shows, you will no longer be able to sign up for new research studies on the SONA system** and will have to finish your credit requirement by completing your remaining credits using the research methods workshops option. (You will still be able to participate in the research studies you already signed up for, but cannot sign up for new ones.)

To cancel a research study on the SONA system, choose “My Schedule and Credits” from the top toolbar. You will see a list of all the research studies for which you have signed up as well as those you have completed. Research studies which you have signed up for will have a "Cancel" button next to them. Once you click "Cancel" to cancel your sign-up, you will see a confirmation page. You will also be warned if your cancellation might affect your ability to participate in other research studys for which you have signed up, due to sign-up restrictions. If the cancellation will affect your ability to participate in another research study for which you have signed up, it is your responsibility to deal with this issue (usually by canceling the depending research study as well).

Cancellation by Researcher: Researchers can cancel a session if they do so before the 11 p.m. deadline. If a research study is canceled, the researcher will notify you by email. Therefore, it is important that you check your CU email the morning of the day in which you are scheduled to participate in a research study. If an researcher fails to show up or is more than 10 minutes late and does not cancel the research study the day before, you receive the number of credits listed above (on the chart under the “Research Period” section of this packet) depending on the length of the scheduled research study.

Tracking Your Progress

You may view your research study record at any time by choosing “My Schedule & Credits” from the top toolbar. When you view this page, you will see at the top a list of the number of credits you are required to earn, and how many you have earned so far. Below that are listed research studies for which you have signed up or you have completed. For completed research studies, your credit status will be given (e.g., credit granted, no action taken yet). If your credit does not appear after a week, please contact the researcher directly.

Information For Students Choosing the Research Methods Workshop Option

All research methods workshops must be completed by the end of the Research Period (see schedule above). Extra credit can be earned if the research methods workshops are completed by the Extra-Credit Deadline (see schedule above). Note that the six workshops will be offered a total of two times each across the semester. The first six workshops will be offered BEFORE the extra credit deadline. Students who complete all six workshops before the deadline will receive extra credit. **Note that you may not repeat the same workshop twice for credit.** Workshop topics and dates for Spring 2026 are:

Workshop	Sessions 1 and 2 (BEFORE extra credit deadline)	Sessions 3 and 4 (AFTER extra credit deadline)
1. Sources of Knowledge and Information Literacy	Saturday, 9/19, 8:00 am to 9:00 am CHEM 140	Thursday, 11/5, 5:00 pm to 6:00 pm GOLD A2B70
2. Introduction to Statistics for Research	Saturday, 9/19, 9:15 am to 10:15 am CHEM 140	Thursday, 11/5, 6:15 pm to 7:15 pm GOLD A2B70
3. Introduction to Qualitative Analysis	Saturday, 9/19, 10:30 am to 11:30 am CHEM 140	Thursday, 11/5, 7:30 pm to 8:30 pm GOLD A2B70
4. Survey Research Methods	Saturday, 9/19, 1:00 pm to 2:00 pm CHEM 140	Saturday, 11/14, 8:00 am to 9:00 am, CHEM 140
5. Experiments and Quasi-experiments	Saturday, 9/19, 2:15 pm to 3:15 pm CHEM 140	Saturday, 11/14, 9:15 am to 10:15 am, CHEM 140
6. Research Ethics	Saturday, 9/19, 3:30 pm to 4:30 pm CHEM 140	Saturday, 11/14, 10:30 am to 11:30 am, CHEM 140

BUFFONE CARDS: Students will need their BuffOne cards to access the workshops, since they are an “after hours event”.

LATE: If you are 10 minutes or more late to the workshop, you will not be allowed to take the quiz associated with the workshop. You will NOT receive any credit for that workshop; however, you may attend workshops at later times that day.

If you choose to complete your research requirement entirely through the research methods workshops, you will NOT need to log onto or use the SONA system in any way. If you’re sure you want to do the research methods workshop option, you can disregard any emails you get with information about logging onto the SONA system. If you have any general questions about the research methods workshop option, it is best to direct all questions to your instructor or TA.

Credit for the research methods workshops will appear in your Canvas gradebook. You will NOT see these research credits in the SONA system.