PSYC 100 Research Experience Requirement

All students taking PSYC 100 at the University of Maryland must satisfy the Department of Psychology's Research Experience Requirement. Read this document carefully and contact SONAhelp@umd.edu with questions.

Why is Research Experience Required?

One goal of Psyc 100 is that all students gain a strong understanding of how empirical research in psychology is conducted and used to evaluate theories. The best way to reach this goal is to experience the research process first-hand. Some of the world's most exciting and cutting-edge research is being conducted right here at Maryland, so there's no better opportunity to learn about scientific psychology than by participating in those studies. Participating in research not only helps the researchers, but also is a great opportunity to learn more about the different types of research conducted here and have questions answered by the experts.

How Do I Fulfill the Research Requirement?

The default way to earn these credits is to participate in actual research studies being offered through the Psychology Department's SONA System.

- **Visit http://ter.ps/SONAsignup to log in to your research participant account.**
  - You will log in with your UMD Directory ID
  - Be sure to select the correct course, selecting the wrong course will result in no earned credits

- **Review the list of available studies posted on SONA**.
  - You will select a combination of studies that interest you and you meet the eligibility requirements for reaching a total of **5 credit hours**.
  - We recommend starting with the **Mass Screening Study**, which is an online 1 credit study.
  - Please be sure to attend all in person appointments that you sign up for. The researchers count on participants showing up on time and unexcused no-shows can result in a locked account, preventing you from fulfilling the requirement.

If you would prefer not to participate in research, you may complete the **Research Alternative Assignment**. You will write a review on five research articles. You must **register for the research alternative** by the last day of schedule adjustment for the Fall 2026 semester (Monday, September 14th, 2026). Papers cannot be used to make up credits later on.

All students are required to earn a minimum of five research credits, at least two credits of which must be face to face studies, by the last day of classes for the semester which is Friday, December 11th, 2026.

What if I am re-taking Psyc 100? Do I have to fulfill the research requirement?

Yes. If you are re-taking PSYC 100, you have to complete all of the requirements of the course for a second time.

What if I am not yet 18 Years Old

You can still participate in research studies, but you will need parental assent up until you turn 18. When you complete the Pre-Screen Questionnaire be sure to select that you are Under 18. For those who will turn 18 early in the semester you can choose to wait, but our advice is to ask your parents for permission and complete some of the studies early on. It is never a good idea to wait until later in the semester to try and earn your research credits. For information on studies available to students under the age of 18 please email SONAhelp@umd.edu.

What if I Fail to Satisfy the Research Experience Requirement?

The firm deadline to earn all five research credits is 11:59 pm on the last day of classes for the Fall 2026 Semester which is Friday, December 11th. You must sign up for studies no later than Monday, December 7th, 2026

As the requirement is an important part of the learning experience for the course, failure to complete the research participation requirements will result in a grade penalty. Students that do not complete all 5 credits will have their final grade reduced accordingly:

4.5 credits —> 2% deduction
4 credits —> 4% deduction
3.5 credits —> 6% deduction
3 credits —> 8% deduction
2.5 credits or below —> 10% deduction

It is our strong recommendation that you earn all five credits as early in the semester as possible. Waiting until the last minute may result in no available research appointments that fit your schedule. No exceptions will be made for students who wait until late in the semester to earn credits.

HERE **are some proactive tips for successfully completing the SONA Research Experience Requirement on time.**

What if I Have Questions?

The Research Experience Requirement is administered by the Department of Psychology, not your individual instructor. Email all questions to **SONAhelp@umd.edu** with your name, ID#, instructor's name and section number. Please visit Advice on Email Etiquette for Everyone for guidance on professional communication.

If you have questions about your rights as a research participant or wish to report a research-related injury, please contact: University of Maryland College Park, Institutional Review Board Office, 1204 Marie Mount, College Park, Maryland, 20742, E-mail: irb@umd.edu Telephone: 301-405-0678.

For more information on participating in research and additional tips for using SONA visit Information for Participants