Welcome to Introduction to Psychology! Have you ever wondered whether watching violent television programs might actually make people more aggressive? Or is problem drinking an inherited tendency or a learned behavior or both? Or how does stress influence people’s well-being? Or why do people dream? Or what makes people happy? Or are Americans really independent as they think they are?

Course Description, Goals, and Objectives

Psychology is the scientific study of human behavior and mental processes. As you have probably noticed from the above questions, it is a very diverse field - researchers study everything from the function of the brain to the behavior of entire cultural groups. We will focus on identifying and understanding some of the fundamental psychological concepts that have been derived from scientific methodology in a variety of areas. We will link basic and applied research together through lectures, discussions, class activities, assignments, and media presentations to demonstrate how psychological knowledge can be used to improve the quality of our lives.

There are three basic objectives in this course. The first objective is to develop knowledge about the underlying philosophical questions in psychology, the basic terms and concepts, the research findings and theories of some of the main areas of psychology, and the various research methods used by psychologists. The second objective is to develop critical thinking skills that will help you become a more critical and informed consumer of scientific information. The third objective is to recognize how psychology can be applied to improve your life and the lives of those around you.

The summer session of psych101 gives us the unique opportunity to study psychological topics in a small environment. Take advantage of this by getting to know your fellow students, making your voices heard during class, and making suggestions about how to make the class more enjoyable, informative, and interesting.

Course Requirements


The textbook is required for this class. We may not cover all the material in each chapter during lectures; however, assigned material from the chapter that is not covered in lecture may be on a test. You are responsible for learning this information and we expect that you will ask questions if something is unclear. It is in your best interest to have the selection(s) read before the lecture. Discussions and class activities are more useful and meaningful if you are prepared in advance.

Lectures will be presented via PowerPoint, and overviews or slides will be available on Web CT prior to each lecture. You are encouraged to print the material out and use them to facilitate your note-taking; it is
NOT intended to replace it. If you only use this material for studying you will be missing a great deal of information.

**Attendance**

We will not take attendance in this class. It is up to you to decide whether or not you will attend class. However, much of the exam and quiz material comes from lecture. In addition, much of class time will be spent engaging in discussions and various activities that require class participation, and the more actively involved you are in the class, the more interesting and enjoyable it will be for everyone. Additionally, all Terminology Puzzles and Concept Applications will be explained in class. You cannot make-up the Terminology Puzzles; you will need to check Web CT for Concept Applications instructions if you miss a class. If you miss a class, you are encouraged to get notes from another student. If you have any specific questions we can best be reached via email. We will also make announcements about assignments and changes to the syllabus during class. You are responsible for these announcements.

**Special Accommodations**

Please address any special needs or special accommodations with the instructor at the beginning of the semester or as soon as possible. Those seeking accommodations based on disabilities should obtain a Student Academic Accommodation Request (SAAR) form from the Student Disability Resources (SDR) office located in Room 1076 of the Student Services Building (515-294-7220).

**Overview of Activities**

**Exams:** There will be four exams worth 55pts each. Exams will include multiple-choice questions and short-answers. These exams will cover material from lectures, the textbook, films, and demonstrations. All material in each chapter will not be covered during class; however; material from the chapter that is not covered in lecture may be on a test. If you miss a class, please get the notes from another student. You are encouraged to ask any questions you have about the exam or material at anytime, we will be happy to help you.

You are expected to take the tests when scheduled. We realize, however, that family crises, serious illnesses or other emergencies do arise. If something should happen as to make it impossible for you to take the test on the scheduled day, please contact the current instructor and we will try to work something out. If possible, contact the instructor prior to the test. Otherwise, it is your responsibility to contact the instructor within 24 hours of a missed test to schedule a date for the make-up. Also, unless the current instructor personally tells you, do not assume your reason for missing a test is acceptable. Written documentation of the reason you missed the exam may be required. The make-up test must be completed within 5 days of the scheduled date for the test. If the make-up exam is not completed within this time frame, a grade of 0 will be assigned to the missed test.

**Quizzes:** You will be given 8 quizzes throughout the semester, roughly one per week on non-test days. Quiz material will assess your understanding of information covered in class and in the text. Each quiz will be worth 5 points, for a total of 30 points. We will drop your two lowest quiz scores. If you attend class regularly and keep up on your reading, you should do well on these quizzes. These quizzes serve 2 purposes: (a) to encourage class attendance and (b) to give you some experience with the types of questions you will see on the exams. The format of quizzes includes multiple choice and true/false. Because we will drop your two lowest quiz scores, quizzes cannot be made up unless in the cases of an emergency and that will be at the instructors’ discretion.

**Assignments:** There are several homework assignments worth between 4-10pts each. The assignments will take a variety of forms, such as short essays, mini-research projects, puzzles, etc. More information on each
of these activities will be discussed as the course progresses. Late assignments will be penalized by 50%. Work that is overdue by five days will receive zero credit.

**Class Participation:** People learn best when they are actively involved. Thus, we expect each of you to participate during class by asking questions, contributing during discussions, and offering comments or suggestions to your peers on how to improve. Participation points cannot be made up for any reason because you have to be there to participate.

**Research Requirements:** You will gain some experience with research by participating in research projects conducted by ISU faculty and graduate students. We are asking that you participate in 5 Department of Psychology research projects for 5 pts each.

These projects are conducted by psychology faculty members and graduate students. All studies are approved by both the department and university Institutional Review Board (IRB) to ensure that the well-being of research participants is protected. When you arrive at each study, that study will be explained to you by the researcher and you will have a chance to ask any questions about participation. You will be asked to give your consent to participate. Even after you have consented and have started to participate, it is always up to you to decide whether to continue. You are free to withdraw from at any time and still receive credits for showing up.

Additional, specific information regarding research participation may be found on page 6 of this syllabus. Please read this information carefully.

**Extra Credit:** You can earn a maximum of 21 extra credit points through the following methods:

1) By reviewing a movie related to specific topics in psychology. A list of appropriate movies is available on WebCT; however, you may also request to review a specific movie or episode of a TV show. Review forms are available on WebCT and each review is worth 3pts, but you can only obtain 9 total extra credit points for movie reviews.

2) By participating in additional research experiments (more than 5). Simply do the extra experiments, and at the end of the course when we receive the summary of how many you did, you will get 3 points extra credit for every extra experiment worth one credit that you participated in.

**Grading**

The grading is based on the percentage of points earned relative to the computed maximum score. Extra credit will not be used to compute the point total, but will be added to your score after the maximum point total is calculated. This way, extra credit truly is extra credit by helping those who earn the points without penalizing those who do not. The maximum that extra credit can boost your final grade is by 2/3 of a letter grade (B- to B+).

Your grade will be based on a percentage of the total number of points you earn. The grading scale is a form of mastery grading. That is, earning a given percentage of the total points in the class will give you a specific letter grade (see the scale below). You are not in competition with anyone but yourself. If you keep up with the reading and put sufficient effort into homework assignments we expect that you will do well in the class. *Your test and coursework grades will be posted on WebCT.*
Grading (continued)

There are approximately 355 points in this class. Please note that these points are subject to change depending on scheduling and the needs of the class. Here is the anticipated breakdown:

- Exams (4 exams x 55pts each) = 220 pts
- Quizzes (6 quizzes x 5pts each) = 30 pts
- Concept Applications (4 assignments x 10pts each) = 40 pts
- Terminology puzzles (8 x 4 pts each) = 32 pts
- Participation = 8 pts
- Research Requirements (5 research credits x 5pts) = 25 pts

Grades are based on the following scale of percentages:

- A 93-100%
- A- 90-92%
- B+ 87-89%
- B 83-86%
- B- 80-82%
- C+ 77-79%
- C 73-76%
- C- 70-72%
- D+ 67-69%
- D 63-66%
- D- 60-62%
- F 0-59%

Academic Integrity

Do NOT plagiarize! It is important that you respect the work of others by giving them the credit they deserve. Please familiarize yourself with ISU’s policy regarding academic dishonesty. You can review the policy at: http://www.public.iastate.edu/~catalog/2009-2011/geninfo/dishonesty.html. Dishonesty will NOT be tolerated and any lapses in academic integrity will be dealt with on an individual basis.

The academic work of all students must comply with all university policies on academic honesty. Examples of academic misconduct are:

- Attempting to use unauthorized information in the taking of an exam;
- Submitting as one's own work, themes, reports, drawings, laboratory notes, computer programs or other products prepared by another person;
- Knowingly assisting another student in obtaining or using unauthorized materials; or
- Plagiarism.
  - A useful link to understanding plagiarism, the consequences of plagiarism, and best practices for avoiding plagiarism is available at: http://instr.iastate.libguides.com/content.php?pid=10314.
### Tentative Course Calendar

<table>
<thead>
<tr>
<th>Wk</th>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
<th>Assignments</th>
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<tr>
<td>1</td>
<td>May 17</td>
<td>Introduction to course</td>
<td>Syllabus</td>
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<td>May 18</td>
<td>Psychology: History &amp; Perspectives</td>
<td>Chapter 1</td>
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<td>May 19</td>
<td>Research Methods</td>
<td>Chapter 2 (up to 54)</td>
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<td>Statistics &amp; Psychological Tests</td>
<td>Chapter 2 (55-64); Chapter 9 (356-360)</td>
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<td>Brain Specialization; Nature &amp; Nurture</td>
<td>Chapter 3 (105-108; 110-120)</td>
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<td>Sensation and Perception</td>
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<td>Catch-up Day</td>
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<td>May 27</td>
<td>Review Day</td>
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<td>Exam 1</td>
<td>Chapters 1-4</td>
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<td>June 1</td>
<td>Sleep &amp; Dreaming</td>
<td>Chapter 5 (not 212-221)</td>
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<td>Classical &amp; Operant Conditioning</td>
<td>Chapter 6 (up to 254)</td>
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<td>Other Types of Learning</td>
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<td>Memory - Day one</td>
<td>Chapter 7</td>
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<td>Memory – Day two</td>
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<td>Social Influence</td>
<td>Chapter 16</td>
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<td>Aggression &amp; Helping</td>
<td>Chapter 16</td>
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<td>Thinking &amp; Problem Solving</td>
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<td>Stress, Health, &amp; Coping</td>
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<td>Chapter 14</td>
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<td>July 2</td>
<td>Psychological Disorders</td>
<td>Chapter 14</td>
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<td>Treating Disorders</td>
<td>Chapter 15</td>
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<td>July 9</td>
<td>Exam 4</td>
<td>Chapters 12-15</td>
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TP = Terminology Puzzle; CA = Concept Application

*This schedule is subject to change depending on the needs of the class. We will let you know of any changes.*
EARNING REQUIRED RESEARCH CREDITS

Research is a fundamental component of psychological science and learning about psychology involves learning about the research process. One of the goals of the 100 and 200 level courses is to familiarize students with the research process. To meet this goal, we require that each student earn five required research credits. In Psychology 101, each of the five required research credits is worth 5 course points for a total of 25 required course points. Each research credit may be earned in one of two ways: research participation or passing a quiz on a research article that you have read.

OPTION 1: RESEARCH PARTICIPATION CREDITS

Research participation provides a hands-on opportunity to become familiar with how research is conducted. Because you are a student at a large university in which faculty are researchers as well as teachers, you have the opportunity to be participant in real psychology studies. You will also have the opportunity to learn more about yourself and your behavior in many of these studies.

Note: If you are under 18 years of age you are NOT eligible to participate in research studies unless you have written parental consent. A unique parental consent form is required for each study in the SONA system that is available to individuals under 18 years of age. Parental consent forms for individual studies can be obtained at (http://www.psychology.iastate.edu). Please bring the relevant signed consent form with you to the experiment once you have registered for a time in the SONA system (Note: a faxed or scanned copy is permissible).

The research carried out in the department is important to ISU’s mission of expanding scientific knowledge, so please treat your participation seriously. All studies are reviewed and approved in advance by the ISU Institutional Review Board. When you arrive at each study, that study will be explained to you by the researcher and you will have a chance to ask any questions you may have about participation. You will be asked to give your consent to participate.

You earn 1 research credit for studies that require 50 minutes or less, 2 credits for studies that require between 60-90 minutes, and 3 credits for studies that require 90-120 minutes. Unless otherwise indicated, you can participate only ONCE in a specific study.

Overview of Signing up for Research Studies: The Psychology department uses a WEB-based sign-up system known as the SONA system. All Psychology experiments are listed on the Website located at: https://isupsysch.sona-systems.com. Regardless of how you sign up, all research credit earned through participation (Option 1) will be recorded on the website. Links to SONA are on the Psychology Department Webpage and are on WebCT.

Information on using each method to sign up for specific studies is listed in the “HOW TO SIGN UP TO EARN RESEARCH CREDIT BY PARTICIPATION” section and the answers to Frequently Asked Questions about Research Participation.
The last day to participate in research studies is the last day of classes.

**OPTION 2: READING A RESEARCH PAPER and TAKING A QUIZ**

Because we believe that learning about research through participation leads to a better understanding of the research process at an introductory level, we strongly encourage you to earn your research credits that way. Another way to learn about the research process, however, is by reading written reports of research that has already been published. Therefore, you may earn research credit by reading an article published in a professional psychology journal and then passing a short quiz on it. A set of articles is available on WebCT. Some are 'classic' papers and some are contemporary. Many papers are authored by ISU faculty. Although the articles have been selected so that they should be understandable with a little effort, they ARE professional papers. Therefore, they will not read like a textbook. When you have finished an article and are ready to take the quiz, you should contact your instructor. You will be asked to answer three questions about the article. You may not look at the article when taking the quiz. The questions are designed so that someone who has read and attempted to understand the article should be able to answer them. You must answer two out of three of the questions correctly to receive credit. (Note: A few longer articles will be worth two research credits and will require answering four out of six questions correctly.)

You may take only one quiz per week and all quizzes must be taken by noon on the Thursday of the last week of class (July 8). You must plan ahead if you wish to earn research credits in this manner. In order to earn the 5 required credits and 5 bonus credits solely through option 2, you will need to take a quiz almost every week.

**EARNING ADDITIONAL (or “BONUS”) CREDIT (not all courses)**

Once you have completed the 5 required research credits, you are eligible to complete up to 5 bonus research credits. If you earn bonus course points, they will be added to your total course points and a new percentage relative to the TOTAL COURSE POINTS computed for you. Your final course grade will be based on this new percentage. Because TOTAL COURSE POINTS is based only on required course points, it is defined PRIOR to the addition of the bonus course points from additional research participation. Thus, bonus course points will help those who earn them but will not penalize those who do not.

We cannot tell you the minimum number of bonus research credits that are required to raise your grade because that is determined by where your base course grade percentage (based on total course points) is located within the course grade intervals. So, for example, if you were in the C range and were just 1 course point from earning a C+, then 1 bonus research credit (worth 3 bonus course points) would put you into the C+ range; however, if you were in the C range and were 5 points away from earning a C+, then 1 bonus research credit will NOT put you into the C+ range (because it is worth only 3 points), but 2 bonus research credits (worth 6 points) would put you into the C+ range.
HOW TO SIGN UP TO EARN RESEARCH CREDIT BY PARTICIPATION (OPTION 1)

All Experiments for Psychology 101, 230, and 280, and Communication Studies 101 are listed on SONA, the Psychology Research Participation Website located at: https://isupsych.sona-systems.com. Regardless of how you sign up, all research credit earned through participation will be recorded on SONA.

Research Participation Logon Password
Your logon password for the website will be automatically created based on the class roster. Shortly after the start of the semester, you should receive an email at your university email address with your SONA logon password information. Then, after you log onto the webpage, you can click the “my profile” option and change your password.

IMPORTANT: If you do not receive an email with your SONA Research Participation Logon Password by the 10th day of the semester, you should send an email to psychres@iastate.edu, so that we can create an account for you. When you send the email, please include your first and last name, university student ID number, your university email address (NetID), and your course number (e.g., Psych 101).

The SONA Website
A number of tasks can be accomplished at the SONA website. You are able to sign up for experiments, cancel experiments, and check your participation history/number of credits earned. These tasks are selected in a menu-driven manner. A complete description of how to navigate the site is available on the Psychology Department Webpage (http://www.psychology.iastate.edu). Click on Research Participation > Participant > Using the sign-up system (pdf).

HOW TO SIGN UP

SONA Sign Up. Throughout the semester, researchers will post descriptions of their experiments, including the date, time and location of each session, on the SONA website. Each description will provide an option for you to sign up if there is an available appointment time. In some instances, rather than providing possible times, an experiment description may request that you email or call the investigator so that you may be contacted for an appointment. After you sign up for an experiment, you will receive a confirmation email; some experiments may also send you a reminder email the day before your appointment.

Checking SONA. If you have any questions about the time or location of an experiment for which you signed-up on the SONA website, simply recheck the website. You are encouraged to check the SONA website regularly to see what specific opportunities are available.

HOW TO CANCEL AN APPOINTMENT

If you cannot attend the experiment for which you have signed up, you must cancel no later than two hours prior to the start of the session. Experiments scheduled through SONA may be canceled either by going through the website or by calling the experimenter. Please be courteous—Prompt cancellation of an appointment will allow another student to sign up to participate in the research.
HOW TO KEEP TRACK OF YOUR CREDITS--keep your RECEIPTS

After each study, researchers will give you a yellow Research Credit Receipt. Keep these receipts! You will typically receive credits from experimenters on SONA within 72 hours of your participation. You can click the “My Schedule and Credits” option on the website to see your credits. If you do NOT receive credit within 72 hours after participation in an experiment, you should contact the researcher directly to find out why. You may be asked to show your Receipt. You must keep the receipts in case there are any discrepancies at the end of the semester with the number of credits assigned to you on the web.

FREQUENTLY ASKED QUESTIONS ABOUT RESEARCH CREDITS

1. Do I have to participate in research? No. You may earn research credits by taking quizzes on research articles. The deadline for earning credits through taking quizzes is July 8.

2. How many research credits are required? Five research credits are required in this course. Research credits are earned either by participating in research studies or by passing quizzes on research articles or a combination of the two. In addition, up to 5 bonus research credits may be used for bonus credit to increase your grade in the course. The research credits are translated into course points as described in the course syllabus.

3. How do I sign-up for a research study? All Psychology experiments for Psych 101, 230, and 280, and Communication Studies 101 are listed on the SONA system's Iowa State Psychology Research Participation Website, located at: https://isupsych.sona-systems.com. The Sona system provides the study name and number, a brief description of the study including time, place, and length of time required for participation, credit earned, and the name(s) and phone number(s) of the researcher(s). When you sign up on the Sona system, you will receive a confirmation email with this information; some experiments may also send you a reminder email the day before your appointment.

All approved experiments are conducted on the University campus in classroom buildings (not in the dorms) between the hours of 7:00 a.m. and 9:00 p.m or are accessed on-line through links provided on the SONA system or provided by the investigator. No deviations from these rules are authorized.

4. What can I do if I forget my password to the online research sign-up system? To retrieve your lost or forgotten password, go to SONA at: https://isupsych.sona-systems.com/. Underneath ‘Lost your password?’ Click “Click here to retrieve it!” link, which will take you to: https://isupsych.sona-systems.com/lost_password.asp. Enter your NetID (i.e., NetID@iastate.edu), then click ‘Email Password’ button. SONA will resend an email to your iastate email account within the next hour that contains your password. For further information, please refer to: http://www.psychology.iastate.edu/index.php?id=151
If you receive a message saying, "System Message: Password could not be sent. No user was found matching the specified user ID." You need to send your first and last name, course (Psychology 101, 230, or 280, Communication Studies 101), and your Net ID to psychres@iastate.edu so an account can be created for you. Once your SONA account has been established you will receive an email to your iastate.edu account containing your password.

5. How long does an appointment for research participation take? The minimum appointment time for research studies is 50 minutes, although in some cases you may finish the study in less time. The maximum length of time for each study is listed on SONA. You earn 1 credit for the first 50 minutes or less of a study, 2 credits for studies that require between 60-90 minutes, and 3 credits for studies that require 90-120 minutes. Some studies may require multiple sessions that are spread across different days.

6. What are my responsibilities once I sign up for a study? Both you and the researcher are contracting to show up at the appointed time and place. BE ON TIME. By signing up, you are indicating a willingness to participate given the information that is available on the SONA description/posting form. If you are unable to make your appointment, cancel your participation on SONA or call the researcher at the number on SONA (or the posting form) or call the Psychology Office (294-1743) at least two hours beforehand. Prompt cancellation of an appointment will allow another student to sign up for the study.

Please be courteous to the researcher and to others in the class who might like to participate in the research, but are unable to do so because you have reserved the time.

7. What happens if I miss a scheduled research appointment? If you do not show up for a scheduled research appointment, your failure to attend the session will be recorded in SONA, and you will receive an e-mail message indicating that you have missed the appointment. After three missed appointments, your access to SONA will be suspended and you will have to pursue option 2, earning credits by taking quizzes or writing article summaries. (Please note, as described on page 2, that only one quiz may be taken each week and that all quizzes must be completed by July 8.)

If you know that you will be unable to attend a scheduled research appointment, you can cancel the appointment in SONA up to two hours before the scheduled time of the appointment. If you cancel an appointment at least two hours ahead of time, this will not be counted as a missed appointment in the system, and will not lead to a suspension of your account.

8. What can I do if my SONA account is suspended? If you believe that an error has been made and your account was suspended accidentally, please contact the SONA administrator (psychres@iastate.edu). If your failure to appear was beyond your control, send an explanation to the administrator, who may reinstate your account. Alternatively, you may want to consider option 2 as a way to earn your credits.
9. What should I do if a researcher does not show up for an appointment I scheduled? The researcher has responsibilities just as you do. Both you and the researcher are contracting to show up at the appointed time and place. If the researcher is unable to make a scheduled appointment, the researcher should post a message telling you what you need to do to get your credit for showing up. If the researcher does not show and there is no note, wait for 10 minutes past the scheduled time and then immediately check SONA or your email confirmation (or check on the sign-up board) to see whether you have the correct date, time, and location. If all the information is correct, go IMMEDIATELY to the Psychology Main Office in Lago W112 and ask to complete a Researcher No Show Form. If the study is in the evening or on the weekend, then go to the main office the NEXT WORK DAY to complete the form. The form will be used to verify that there was a researcher no show and, once this is verified, you will receive credit for showing up. The verification process requires that the form be completed as soon as possible after the no show occurs. Researcher No Show Forms CANNOT be submitted more than 7 days after scheduled appointment.

10. Can I participate more than once in a study? Typically, you are allowed to participate only once. If you are allowed to participate more than once, the researcher will let you know.

11. What types of studies are done? There are many kinds of studies conducted in our department. For example, you might be asked to complete questionnaires, to view slides or videos, to listen to music or conversations, to interact with others in a group, or to make judgments on a computer. All studies are reviewed and approved in advance by the Iowa State University Institutional Review Board.

12. How does a study get approved? The study is first approved by the Psychology Human Research Ethics Review Committee to determine that no physical or psychological harm will result from the research and that the research is meaningful. After departmental approval, the study is further reviewed and approved by the ISU Institutional Review Board. Most experiments are open to all Psychology 101, 230, and 280 or Communication Studies 101 students, but some experiments restrict participation to subsets of students (e.g., females only or left-handed persons only).

13. What should I do if I have a question about a specific study that I signed up for, such as its location, etc? If you signed up for the study on SONA, recheck the web for that information. If you have questions not addressed on the webpage, you should get in touch with the contact person listed on the SONA page. If you are unable to contact this person, you should call 294-1743 or go to the Department of Psychology main office in Lago W112 for help. If you were recruited for the study by telephone or e-mail, you should get in touch with the contact person.

13. When is the last day that I can earn research credits? The last day to participate in research studies is the last day of class. The last day to earn credits by taking quizzes is July 8.

14. How is research credit recorded? All credit, even those that are earned by quizzes (papers), will be recorded on SONA within 72 hours after the study. (Note-Mass Testing may take a bit longer). You can click the “My Schedule and Credits” option to see your credits. After each study, researchers will give you a Research Credit Receipt. If you do
NOT receive credit within 72 hours after participation in an experiment (except for mass testing), you should contact the researcher directly to find out why. You may be asked to show your Receipt. As described on page 7, you must keep the receipts in case there are any discrepancies at the end of the semester with the number of credits assigned to you on the web. If there is a discrepancy, take the receipts to your instructor.

15. What if I’m enrolled in more than one introductory psychology course (such as Psych 280 or 230) that requires research participation? You may assign the credits to any course that you choose, but credits cannot be reassigned after the last day of classes.

What if I have other questions?
Please ask your instructor.