INSTRUCTIONS
1. Go to http://umasspsych.sona-systems.com
2. Register for a new account or log into your old one.
3. Use your @umass.edu email for your SONA email account, if you have one.
4. Select the course(s) you are taking this semester (to select more than one, hold down the ctrl key).
   *Pay attention*, some instructors teach more than one course and some courses are taught by more than one instructor.
5. The SONA System will send an email including your password and user information. If it does not show up in the inbox, check the SPAM folder.
6. Log in to the system.
7. Upon 1st sign in, there will be a short, mandatory, no credit demographic survey.
8. Go to My Profile and change the password.
9. Review available studies and sign up.

   - SONA will send reminders of upcoming studies.
   - For experiments that are scheduled to occur at a specific time, whether online or in person, please keep scheduled appointments or cancel 24 hours in advance (or in case of emergencies, as soon as possible). 3 unexcused no shows in a session will result in a lock out of the system.
   - *The ability to earn extra credit through Human Subject Studies is a privilege. If you incur 3 unexcused no shows in a session you will lose the credits you earned and the ability to participate in other studies that session.*

If you are unable or do not wish to participate in research studies, there are other ways to earn extra credit. Check your syllabus or speak with your instructor to find out about these opportunities.

**Please Note**

Long Prescreen Information:
At the beginning of each semester, a long prescreen study is available for credit for SONA participants. This semester it is available between January 25th and February 14th. Once this period has ended, there is no way to reopen the long prescreen study. The “Long Prescreen Spring 2022” study allows those who complete it to be eligible for a broader array of studies. This study is optional. In order to participate, you must sign up for it as you would any other study. Once you do, the SONA system will send a confirmation email. Please retain this email until the credits have been granted. You will receive credit for participating. There are no credits for the shorter, mandatory demographic questionnaire. (The SONA system calls it the prescreen, but it is not the one that gives credit).