

SONA Enrichment Activity FAQ

Enrichment Activities

What are enrichment activities (EAs)?

Enrichment activities (sometimes referred to as EAs or studies) are a portion of PSY101 courses that allow students to become acquainted with the nature and variety of research in psychology. There are two kinds of EAs available through the online SONA Study Scheduling System:

- *Option 1* involves being a participant in research studies conducted by Psychology Department faculty and students.
- *Option 2* involves workshops and activities that give you first-hand experience with research techniques used in psychological research.

How many enrichment activities do I need to complete?

You are required to complete 4 credits worth of EAs. Credit values vary between EAs depending on the time commitment that is expected of participants. Each half hour of participation is equal to 0.5 credits, such that completing a 1-hour study would earn 1 credit. You can track your credit progress on the home page of your SONA account.

Are the enrichment activities in person or online?

Some EAs are completed in person while others are completed online. You may be required to complete a portion of your credits through in person EAs, so please review your syllabus for any specific requirements.

I'm not comfortable participating in research studies. Do I still need to complete EAs?

The enrichment activities are a requirement, however, not all EAs are research studies. Option 2: Psychological Research Techniques are educational seminars that do not require any kind of data to be collected. Additionally, you may withdraw your consent at any time while participating in research studies if you become uncomfortable continuing.

What if I'm under the age of 18?

If you are under 18, you are welcome to participate in EAs marked as Option 2: Research Techniques without any additional paperwork required. If you wish to participate in Option 1: Research Studies, you will need to have your parent/guardian complete a permission form to be kept by the Lab Manager. Please note that some studies require participants to be 18 even with a consent form. Please reference the consent form on the [SONA Help Page](#) or email the Lab Manager at psychlab@gvsu.edu for more information.

Accessing the SONA Study Scheduling System

Where do I sign up for enrichment activities?

You can sign up for EAs through [GVSU's SONA Study Scheduling System](#). You can also access SONA by clicking the "Log in to SONA" button at the top of the [SONA Help Page](#).

Where do I find my SONA login information?

If you registered for your class by the add/drop deadline, you should receive an email from "Study Scheduling System" with your username and a temporary password around the second Monday/Tuesday of the semester.

This email frequently sorts into spam so if you cannot find the email, please check your spam folder. If you still cannot find the email, email your name and section number to the Lab Manager, Hannah Todd, at psychlab@gvsu.edu.

I lost or forgot my account information. What do I do now?

On the SONA login page, click on “Forgot Password?” on the right and enter your GVSU email address to have a new temporary password sent to you. You can also email psychlab@gvsu.edu for assistance.

When I first logged in, I was asked about a prescreen. Is that required?

The prescreen is a short questionnaire used by some Option 1 studies to determine eligibility. You must be 18 or older to complete the prescreen survey. You are not required to complete it, but doing so may increase the number of studies available to you throughout the semester. The prescreen will take approximately half an hour and you will earn **0.5 credits** if you do choose to complete it.

Using SONA**How do I view and sign up for EAs? (Video tutorial available on [SONA Help Page](#))**

Once you log in to SONA, you can click on the green “View Available Studies” button. The Studies page will show you all enrichment activities (including both Option 1 studies and Option 2 research techniques) that you are eligible for that have available timeslots. If you click on the “Timeslots Available” button next to an EA, you can view additional information about the EA and begin the sign up process. Please be sure to review any listed restrictions (for example, “left-handed people only”) to ensure you can complete the study and receive credit.

The sign up process differs slightly for in person and online EAs. For an in person EA, you will be prompted to select a date and time that works for you to attend the EA. For online EAs, you simply click “Sign Up”, and then a participation deadline and activity link will appear. Please note that different EAs will have different deadlines. Online EAs may be completed at any time before the deadline to receive credit.

Why don't I see any enrichment activities in SONA?

You can only see EAs that you are eligible for and that have available timeslots. If you do not see any options available now, try again at a later time as new EAs and timeslots are posted at various times throughout the week.

How do I view the EAs I signed up for?

You can view all EAs you have completed or signed up for by going to “My Schedule/Credits” in the blue menu bar at the top of the screen.

Do I have to wait to complete online EAs?

You can complete an online EA at any time before the EA's deadline to earn credit. If you sign up for an online EA and do not have time and a quiet area to complete it immediately, you can access it later by going to “My Schedule/Credits” in the blue menu bar and clicking on the “View Study Website” button.

When should I sign up for in person enrichment activities?

You may find it easier to space out your EAs throughout the semester and/or complete them sooner than later. This helps avoid scrambling to complete EAs when you're studying for finals and helps avoid too many students scrambling for limited timeslots at the end of the semester. Since all PSY101 sections participate in enrichment activities, the Psychology Department has established a universal deadline for completing this course requirement that cannot be extended by your professor. Please review your syllabus for the specific deadline.

Do you have additional questions?

If you have other questions about EAs or SONA, please contact the Psychology Lab Manager, Hannah Todd, by emailing psychlab@gvsu.edu or calling (616)331-2427.