1. Go to http://umasspsych.sona-systems.com
2. Register for a new account or log into your old one.
3. Select all of the courses you are taking this semester (to select more than one, hold down the ctrl key).
4. When signing up, please use your umass.edu email for your SONA email account.
5. Once signed up the SONA System should send you an email including your password and user information. If you don’t see it, check your SPAM folder.
6. Log in to the system.
7. You will be directed to a short, mandatory prescreen. Once completed, you can opt to sign up for the longer Prescreen.

**Please Note**

For the first few weeks of each semester, a longer prescreen is available to all students enrolled in psych classes that offer Human Subject extra credit. This semester it is available between January 22 and February 20 at 11:59 pm for 2 SONA credits. This longer version allows those who complete it to be eligible for a broader array of psychology studies. The longer prescreen is optional and you must sign up for it like you would any other study. Once you do, the SONA system will send a confirmation email. It is recommended to keep this email until confirmation the credits have been granted. The study should take approximately one hour and you will receive 2 SONA credits for taking it. There are no credits for the shorter, mandatory prescreen.

If you do not wish to participate in research studies, there are other ways for you to earn extra credit in your course. Please speak to your professor to find out about these opportunities.

8. Go to My Profile and change your password to something you will remember.
9. Review any studies that are available and sign up.
   - SONA will send reminders of upcoming studies.
   - Be sure to make your appointments. If you cannot, please cancel your appointment on line 24 hours in advance (or an emergency arises, as soon as possible). 3 no shows per semester 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 no shows in a semester you will lose the credits you earned and the ability to participate in other studies that semester.