Students in the Fall 2005 Research Methods in Social Psychology course (PSY185BS) used Palm PDA’s and Experience Sampling Program (ESP) software to collect research data from fellow students. The PDA’s were programmed to beep and prompt the subjects to answer a questionnaire at various times throughout the day. When the surveys were complete, the data sets were downloaded from the Palm’s and analyzed.

- Laura Richman

**TECHNOLOGY USED**
- Palm Zire 31
- ESP: The Experience Sampling Program (http://www.experience-sampling.org/esp/)

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Palm’s are becoming an increasingly popular mode of data collection in the social psych field. They can be set up to beep at regular intervals, prompting participants to indicate how they are feeling at that moment. This methodology allows researchers to examine whether effects observed in the lab generalize to everyday experiences and to examine the pattern of correspondence between experience sampling and retrospective accounts.

- Laura Richman