

Envy

Lust

Sloth

SEVEN SINS

Gluttony

Greed

Pride

Wrath

Hand-Out



Dimensie

01

Special Lustrum edition!

02

Interview with Tim Post

03

Psychology news



Contents include:

01

Psychology & Football

Julian Steinke has a broad range of interests. For one, he likes football! And what's better than finding an excuse to talk about it by combining it with psychology?

Ask Arjan

In this section former board member Arjan Berkhoff uses his wisdom and knowledge to answer burning questions from members.

02

The thing about tests

Dimensie member Aimee van Schaik has written a very relatable column about tests.

03

Interview with the Staff

Here Laura Holsbeeke will tell something about her field of work.

04

Kira's Kitchen

The question on every student's mind: what will I eat tonight? This needs to be, cheap, simple and preferably tasteful. Luckily Kira always has some recipes in reserve.

05

06

Lucid Dreaming

An interview with Tim Post, a researcher at the University of Twente. He will share information about Lucid dreaming with you.

Meet the committees

In this section the Lustrum Committee, who organize the Lustrum, and BroCie, for all the bro's in Dimensie, will present themselves;

07

Book recommendations

In this section you can find Dimensie's recommendation for interesting psychology-related books.

08

Dimensie abroad

Here some Dimensie members will tell something about their study abroad. From the UK to Namibia, Psychology students are travelling everywhere!

09

Psychological history

A short piece about Zimbardo's Prison Experiment to get to know one of the most famous psychologists.

10

WORD FROM THE BOARD

Dear saints and sinners alike,
Here it is again, the highly anticipated second edition of the Dimensie Hand Out. Published by our hardworking RedacCie Committee. This edition marks the magazine's first steps out of its infancy and straight into young adulthood.

It is in this stage of life where we first get consciously confronted with sinning behavior. Sinning is an important aspect for Dimensie this year since we are celebrating our 7th lustrum in the month of march with the appropriate theme: "The Seven Deadly Sins".

The entire month of March is filled with activities, organized by our devilish servants, the lustrum committee. These activities will surely please our lord and savior Lord Lucifer. Pride, Gluttony, Wrath, Envy, Greed, Lust and Sloth, you can indulge into it all in March. You just have to come by in the Rubix to sign up. Don't worry, our policy states that we do not require a drop of blood to sign the contract. They only ever do that in B-movies.



You are hereby invited to descend into the deepest layers of the inferno that is March and join our cause of sinning with us.

With kind regards,

The four horsemen of the Apocalypse

The horseman of Conquest: Christian Orriëns

The horsewoman of Famine: Daphne Poorthuis

The horsewoman of Death: Merel Simmelink

The horseman of War: Robbin Koopman

QUOTES FROM THE RUBIX

"You could also become a sex slave!" - Tara to Lars

While Daphne was writing a card to Tim, because he broke his wrist:

"Write down 'It's good that you aren't a horse, because we would have put you down'." - Christian

"Light is pretty light!" - Wouter

During the RedacCie meeting

"I've been looking for pictures with 'watching porn', that went surprisingly well!" - Julian

"Come on people, all come in by bed!" - Iris

"I only follow cats" - Christian

"What do you need to make Bacardi Cola?" - Nathalie

"I can decide over what my woman does!" - Julian



01

ASK ARJAN

Arjan, being an old Dimensie board member, knows quite a lot! Therefore, he has offered to answer everything you ask from him.

Also, want to ask a question to Arjan? Please leave the question in the special Ask Arjan box in the Rubix or send an e-mail to: askarjan@svdimensie.nl

Dear, beloved Arjan, As philosopher, I often ponder about the important challenges and questions in life. There is one question philosophers have been pondering on for ages, and I want to bring this question to you: Would you rather fight one Plato-sized duck, or one-hundred duck-sized Plato's? Looking forward to your thoughts on this matter.

Dear Philosopher friend,

Even as a Psychologist, I like to think about important challenges and questions in life. This question really provoked me to think. One-hundred duck-sized Plato's looks easy, but it can be quite tough. Because I'm

outnumbered by the Plato's. And besides that, I will be inspired and philosophized too much by all those one-hundred duck-sized Plato's. That is something which will be difficult to fight. So I would rather fight one Plato-sized duck. I know my way with an axe and a chainsaw, and I can get my hands on a mighty axe, or a bloodthirsty chainsaw. So I have two ways to fight this Plato-sized duck. Besides that, I'm just above 1.90 meter. So I think I'm a bit taller than this Plato-sized duck.

If we aren't allowed to use any form of weapons, I would still rather fight the Plato-sized duck. One-on-one combat has a bigger chance of victory for me, than one-against-many combat.

I hereby promise if I ever encounter a Plato-sized duck and I win the fight against it, I will celebrate this with a feast. And you are all invited. On this feast we will eat this Plato-sized duck. And we drink and party like there is no tomorrow!

For too long, engineers have been pestering us and our study, claiming it to be inferior, it's preposterous! I say we build a wall around the Cubicus and let the engineers pay for it (and build it!)!! What do you think?

When I was reading this question, I immediately agreed with you. But then I thought, why should we isolate ourselves? Why build a wall around our beloved Cubicus?

For me, it would be more logical to select a part of the campus, build a wall around it, and put the engineers there. We get to keep our freedom, and we don't need to suffer any more for the pestering. After the engineers paid and built the wall, because they have study to build things like walls. We need to decide what to do with them however. Are we feeding the engineers to keep them alive, or are we going to let them starve. Initially I

thought about starvation, but then it occurred to me. It is (a bit) inhumane, and we are likely to receive a punishment for it. So this is not the ideal situation.

The best thing to do is to ignore those engineers, and prove to them and ourselves that we are better than those sons of female dogs!

02

I'm going to combine football and psychology now.

The case of escalating tension between two groups of fans of football clubs

At first, I want to clarify, that I am a third generation supporter of Borussia Dortmund. But I do not want to excuse any of what happened on the fourth of February. Those so-called "fans" do not belong near any stadium and physically assaulting whole families, just because they are for the wrong team is simply not excusable. I just want to explore this incident and the events leading up to it from a psychological point of view.

If you ask yourself by now "what the hell is he talking about?" let me quickly recap what happened. RB Leipzig is a German football club in the first division. Other than most teams, the club has no long history of fighting their way to the top because they were founded in 2009 by Red Bull. Since then, Red Bull is the main sponsor of the club, the stadium and basically everything surrounding it. Officially, it is not possible for the company to own the club. But all higher members have strong ties to the company. Also the RB in the name does not stand for Red Bull, of course. It stands for "RasenBallSport" or ballgames on grass – a frankly quite odd addition for a football club. In addition to Red Bull owns more football clubs worldwide like FC Red Bull Salzburg and the New York Red Bulls. That gives them a unique global transfer opportunity between their own teams.

All these practices and the mere fact that the young club rushed to the national top of Germany through a massive investment made them not very favoured by the fans of over established clubs and the clubs themselves. Borussia Dortmund is one of the biggest and most important clubs in Germany in the recent years. Their history, their image as a traditional club and the close bond between club, fans and region made them popular and created a well-developed fan base.

Their fan club and ultra-scene is based heavily on the connection to the region and the people. The tradition of the club is emphasized everywhere, which is a big difference with Leipzig. As a result, I would even go so far to say that there are no fan groups as big and yet so disgusted by the methods of Red Bull as those from Dortmund. Finally, Leipzig won the first game against Dortmund in July.

All these factors created a tension already days before the game in Dortmund. When I walked through the city, I saw only Fans of Dortmund, not one Leipzig-supporter. I also saw banners with really harsh messages against RB Leipzig. Many more of such banners were presented at the beginning of the game as a rude, but more or less peaceful protest against the "project RB". The things I did not see happened on the way to the stadium and back. Multiple groups of Leipzig fans were attacked, even whole families, just because they wore the wrong colours.



And again, I do not want to apologize what they did. I hope they get found, sentenced and never see a stadium from the inside again. But this was not just caused by pure stupidity and alcohol (of course by a big chunk).

The story I presented here features many theories of social psychology that enabled those incidents. At first we have strong bonds of a big ingroup and a smaller outgroup. Families were attacked with comments like "they deserve it" and "they destroy our sport". Merchandize makes this identification even easier. The group's identity becomes the own identity it is only us and them.

Secondly, the group got very polarized. Everyone disliked the practices of Leipzig and this atmosphere enhances hostility. If everybody agrees on this, some idiots may think it is just to attack "the enemy". After all, not just the own fans agree, but also most of the top clubs and the own board like Hans-Joachim Watzke.

Another factor is the high tension that is always present in Dortmund when a game is classified as risky. The police in Dortmund is often criticised for their excessive presence, use of unnecessary force violation of agreements with fan groups and the club and pure incompetence. According to Deutschlandfunk, Borussia Dortmund pointed out the possible risk of this game, but was mostly ignored by the police. The last factor is anonymity. The attacks were carried out in the cover of the mass of Dortmund supporters. This can also be seen as an enabler.

All in all, I think this is an interesting case for social psychologists. The attackers are entirely responsible for their actions and demands of the board of Dortmund to step down seem more like a witch hunt than anything else. But it is very interesting to think about the actions that lead to these crowd disturbances. And it can also be a lesson to be learned.

- Julian Steinke

THE SASKION

Saskia Siero is a student attending the Saxion. Having once studied Psychology at the University of Twente, she's still a welcome sight at Dimensie activities and always manages to bring a smile to everyone in the Rubix!

Seven days, Seven sins,
Is it a coincidence that there are seven days,
and there are also seven sins? In my opinion
not.

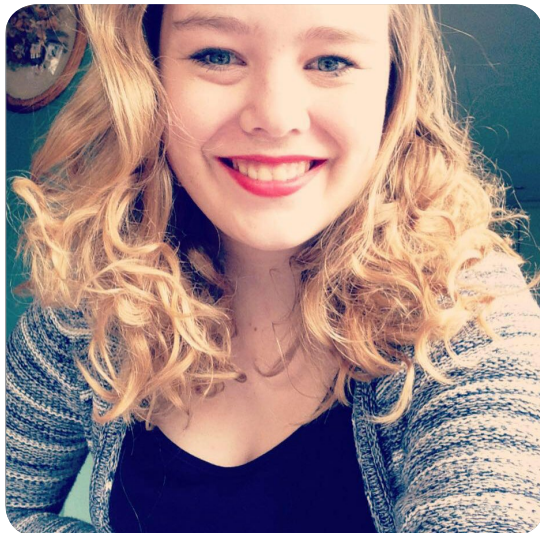
I'll explain it to you, as I was inspired by
the great philosophers of 'de band zonder
banaan', translated in English: 'The band
without a banana'.

The seven sins are:
pride, greed, lust, envy, gluttony, wrath and
sloth. I suppose, because you all study at
the university, that you are smart enough
to name the seven days of the week.. (for
those who can't, please read further, I hid the
answers in my text!).

On the Monday, there is a lot of envy, between
the people who have to work, and the people
who don't.

On Tuesday and Wednesday, greed and wrath,
those evenings, a lot of events get cancelled.

On Thursday, there is of course a lot of greed,
because you are greedy for the weekend!



Friday and Saturday, the days where you go
all out all night long! Those days, lust is
accompanied by pride.

And then, there is my personal favourite,
Sunday! The day of sloth. The day where you
don't do anything, except for breathing and
eating.

Seven days, seven sins.
Together side by side.
Sometimes you wish, that they wouldn't
exist.
They pass by one by one.

Since no one can live without them, I learned
to love them.

Because a life without sins, is a sin!

03

THE THING ABOUT TESTS

COLUMN BY AIMEE
VAN SCHAİK



Since we're all students, we all do tests. And since most of us like to pass those tests, we know the struggle that comes with trying to pull that off. It all starts approximately a week before the test. At that point we're not worrying too much, after all we still got a week left to study. So we do the things we like to do and we're being our lazy selves. Everything is fine, life is great.

But then students around you start to talk about the test. How hard the topic is, how useless the slides are and above all, how they already started studying. Pretty annoying, especially when you haven't yet started yourself. Of course, deep down, you know that that are the better decisions in life and you start to envy those who made them. But still you don't feel motivated enough to open those books and start studying. At this point there are about 3 days left to study and once we realise how few this is we start to panic. We get stressed, so we start to study, which makes us even more stressed, so we panic more.

This process takes about a day and at the end we feel angry, really angry, at everything. At teachers, ourselves, the book, the slides, our lack of motivation and even an empty

highlighter can trigger us enough to get to ragequit. Exhausted and discouraged we go to the kitchen to get ourselves as much comfort food as possible before we settle in an comfortable place, preferable a corner, those make a better place for crying. There we spend about a night crying and eating and more crying. Thinking about our lack of future and the disappointment we bring to our family. But then, we see the light. It can be so simple. We still have about 2 days left, and we only need to do 14 more chapters. Should be totally doable. So we pull ourselves together and study our asses off for the upcoming 2 days. No social interaction and sleep is something that's only for the weak. When the day comes and we're feeling all good about ourselves, we go to the sports centre. Hoping we are well prepared we walk into the hall. But you know what they say, pride comes before a fall. So when afterwards someone asks how it went, we'll just say that we don't know that. And then the terrifying waiting for the mark begins, only to start this whole circle all over again for the next test.

And for the ones who paid attention while reading this, you can find 5 out of the 7 sins in this process. Hah, 5/7.. perfect score.

HEADLINES IN PSYCHOLOGY

Impossible political discussion may also have a neurological component

Everybody who had even one argument on the internet regarding politics knows that it is a tough challenge. It seems very hard to convince someone to rethink his or her opinion on a certain topic, even if the other side comes with unbeatable arguments. They are simply denied. A recently published study (Kaplan, Gimbel & Harris, 2016) tried to analyse this phenomenon. It seems that people indeed tend to change their beliefs on non-political subjects much faster than on political subjects when challenging evidence is presented to them. The study also examined the participants with an fMRI scanner when they were confronted with

challenging statements. The scans show a high activity in the Default Mode Network (DMN) with political arguments, a system that is associated with doing nothing and day dreaming. It can be argued, that the argument is simply ignored as a protection. Of course, this paragraph is not enough to show all results, so I recommend reading this very interesting article.

Kenrick, D. T., Gutierrez, S. E., & Goldberg, L. L. (1989). Influence of popular erotica on judgments of strangers and mates. *Journal of Experimental Social Psychology*, 25, 159-167. doi: 10.1016/0022-1031(89)90010-3

APA actively opposes enhanced interrogation techniques

The American Psychological Association published a press release that stressed their stance against torture or 'enhanced interrogation methods'. Due to the possible restart of the torture programs of the US secret services issued by President Donald Trump, the APA emphasizes their policies prohibiting psychologists from harming or torturing people and points out the ineffectiveness of this practise. After all, the slogan of the APA is "Advancing psychology to benefit society and improve people's lives" and doing harm collides with this creed.



From Reddit/R/Pics



(c) Psychedelic Adventures

Consumption of pornographic material by men has no impact on the perceived attractiveness of the partner

Watching porn has damaging effects on a relationship – this was the conclusion of a study by Kendrick et al. from 1989 on the effects of watching centrefolds by men. Since its publication, this study has been used throughout the media to show the devilish effects of this malicious activity. The other faction stuck to disbelief and, so to speak, tossed off the results.

It turns out, they were right. Sex and Psychology published an article, citing three

studies that failed to replicate the results (Balzarini et al., 2016). Of course, the internet changed the accessibility of pornographic material enormously. Therefore, it could be that the failure to replicate those results is also caused by a cultural shift within the ~27 years between those studies. But that does not matter for the new conclusion. A theoretical glimpse on pornographic material, which of course nobody ever would take, does not have an impact on how attractive you find your partner.

04

INTERVIEW WITH THE PSYCHOLOGY STAFF LAURA HOLSBEEKE

**Can you tell us a little bit about yourself?
Who you are, what your interests are etc.**

My name is Laura Holsbeeke. I am the programme coordinator of Psychology. As a programme coordinator I support the educational director (Marielle Stel). I am responsible for the organisational, procedural and intrinsic coordination of the programme. My main interest is to offer students an educational programme that makes them enthusiastic and let them learn a lot.

Can you tell us something about the study you followed?

The two studies I followed were movement sciences (bachelor and master) and Psychology (master) at the University of Groningen. My specialization in the master Psychology was Brain and Behaviour.

Can you tell us about all the things you do in a day?

Today, for example, I worked on the timetable for block 2B, I was present at the master introductory meeting, I had a meeting with

the study advisers and BOZ, I informed students about the minor, I had a meeting for the evaluation of module 1, and responded to a lot of emails.

What do you like most about your job?

I really enjoy to organize and arrange things for both students and teachers. Especially, the combination of all different aspects of the job is great!

For what things can students come to you?

Students can contact me for questions or remarks related to the programme in general or specific subjects of the programme.



05



KIRA'S KITCHEN

DEVIL'S FOOD CAKE

The cake ingredients

For the cake

- 50 grams best-quality cocoa powder (sifted)
- 100 grams dark brown muscovado sugar
- 250 millilitres boiling water
- 125 grams soft unsalted butter (plus some for greasing)
- 150 grams caster sugar
- 225 grams plain flour
- ½ teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- 2 teaspoons vanilla extract
- 2 large eggs

For the frosting

- 125 millilitres water
- 30 grams dark brown muscovado sugar
- 175 grams unsalted butter (cubed)
- 300 grams best-quality dark chocolate (finely chopped)



From Foodnetwork

How to make the cake

1. Preheat the oven to 180°C.
2. Line the bottoms of two 20cm round sandwich tins with baking parchment and butter the sides.
3. Put the cocoa and 100g dark muscovado sugar into a bowl with a bit of space to spare, and pour in the boiling water. Whisk to mix, then set aside.
4. Cream the butter and caster sugar together, beating well until pale and fluffy.
5. While this is going on stir the flour, baking powder and bicarb together in another bowl, and set aside for a moment.
6. Dribble the vanilla extract into the creamed butter and sugar – mixing all the while – then drop in 1 egg, quickly followed by a scoopful of flour mixture, then the second egg.
7. Keep mixing and incorporate the rest of the dried ingredients for the cake, then finally mix and fold in the cocoa mixture, scraping its bowl well with a spatula.
8. Divide this batter between the 2 prepared tins and put in the oven for about 30 minutes, or until a cake tester comes out clean.
9. Take the tins out and leave them on a wire rack for 5–10 minutes, before turning the cakes out to cool.
10. As soon as the cakes are in the oven, get started on your frosting: put the water, 30g / 2 table-spoons muscovado sugar and 175g / 1 1/2 sticks butter in a pan over a low heat to melt.
11. When this mixture begins to bubble, take the pan off the heat and add the chopped chocolate, swirling the pan so that all the chocolate is hit with heat, then leave for a minute to melt before whisking till smooth and glossy.
12. Leave for about 1 hour, whisking now and again by which time the cakes will be cooled, and ready for the frosting.
13. Set one of the cooled cakes, with its top side down, on a cake stand or plate, and spread with about a third of the frosting, then top that with the second cake, regular way up, and spread the remaining frosting over the top and sides, swirling away with your spatula.

MEET THE COMMITTEES

BROCIE & LUSTRUM

06



This spot is reserved for Dimensie's own. Our committees will be able to present themselves to the readers and tell you more about what they already organised and what their plans are for the future. First of all, the BroCie is going to elaborate on their activities and after that, the Lustrum Committee is going to introduce themselves!

The BroCie is the committee for all the bro's, buddies, and comrades. We organise all kind of activities for men. Think about a High Beer, or a LAN party. But ladies, don't worry. You are as well welcome to all our activities.

The committee currently contains six members: Wouter Waanders, Arjan Berkhoff, Julian Steinke, Chiel Kienhuis, Ruben Geurts and Merel Simmelink. And we are very busy with organising all these activities for you! If you have an awesome idea of an activity we can organise, please don't hesitate to mail us

(brocie@svdimensie.nl). We hope to see you with our next activity or in the Rubix!

Greetings, on behalf of the BroCie,
Arjan Berkhoff



The year 2017 marks the 35th anniversary of Dimensie (combined with our predecessor Tobias). Therefore, we are organizing our 7th Lustrum. A lustrum is held every five years to celebrate an association's anniversary (next to our yearly dies).

Since it's the seventh edition, we chose the theme Seven Sins. You might have already noticed that this edition of the Hand Out is based on this theme; it is to give you a taste of what's to come in March!

The Lustrum committee was already formed before the last summer holiday, and we have been working really hard to realize this year's lustrum which will be a month full of activities. We thought of a theme for

the Lustrum and we're organizing events accordingly. In the magazine you can find an overview of all of these events and the sin we have connected them to. Because we are a psychology association we have connected most events to psychology as well, making for an interesting mix of fun and educational activities.

This committee is interesting and challenging to join, because a lustrum is such a big event to organize. This is also the reason it helps you acquire a lot of skills, especially since we're organizing almost every type of activity.

For more information on Dimensie's Lustrum please visit www.lustrum.svdimensie.nl



07

INTERVIEW WITH **TIM POST**

This edition's interview was held with Tim Post, educational psychologist at the Teacher Training College (ELAN) department at the University of Twente. Next to his university work, Tim runs his own company Snoozon that offers worldwide courses in 'lucid dreaming'. We asked him about the nature of lucid dreaming, its uses, and how we can learn to become lucid dreamers ourselves.

To start off, can you explain what lucid dreaming is about?

Lucid dreams are dreams in Rapid Eye Movement sleep (REM) in which you are aware that you are dreaming. Lucid dreams are quite common in most people. However, most of us barely recall our dreams after sleep to know that lucid dreaming is actually possible. Also, the concept of 'lucid dreaming' is not that well known yet to the general public. Anyway, what's most interesting about lucid dreaming is that dream awareness enables dream control. Once lucid, you can take control of the entire dream experience and dream about anything that you can imagine while you are dreaming. You can learn to fly, build castles, or employ your dream awareness in more meaningful ways, for example, to overcome fears or boost your creativity. Scientific research has generated several methods that pretty much anyone can apply to induce lucid dreams intentionally.

Do you know why we don't lucid dream naturally all the time?

REM-sleep dreams are highly immersive and vivid experiences. Much more immersive and vivid than most people think. We can see, feel, hear, smell, and even taste things in our dreams. In scientific terms, REM sleep dreams are three-dimensional, multisensory hallucinations during sleep.

Because our REM-sleep dreams are this immersive, they are almost indistinguishable from our waking life experience. This is the primary reason for why most people simply never recognize their dreams as dreams. However, with practice, pretty much anyone can learn to recognize the things that make dreams different from reality and, subsequently, attain dream awareness.

What is known about the brain mechanisms underlying lucid dreams?

There is general consensus among researchers that REM-sleep is mostly a physiological process that keeps the brain's neural networks in shape. As part of this description, dreams are viewed as a mere by-effect of REM activation in the brain. The science of lucid dreaming may reveal, however, that dream awareness can be used to purposefully reshape our dream experiences toward more positive, rewarding, and learnable experiences. As such, lucid dreaming may empower our psychological development in REM too. Some say that lucid



From TopTipsFeed

dreaming may even be the next evolutionary state of human REM sleep. Much more fundamental research is needed to turn this theory into fact, though.

Can lucid dreaming be used in practical, psychotherapeutic settings?

Yes, it can. Studies show that lucid dreaming can be used to help people overcome chronic nightmares. By teaching patients to turn lucid in their nightmares, patients can learn to take control of the nightmare, and rescript it toward a more positive ending. Other studies currently investigate the extent to which athletes may use the lucid dream state to better visualize and optimize their sport performances in preparation of their upcoming competitions. Other studies concern the possible uses of lucid dream practice to help people who suffer from psychosis to better perceive the difference between their hallucinations and reality. Despite these interesting advances in research, however, lucid dreaming is not yet formally employed in psychiatric practice. More large-scale, empirical research is needed. We also need designers who are able to translate research findings into credible training and coaching interventions. Nevertheless, I am very hopeful about the future of lucid dream research and the scientific breakthroughs that are about to happen in these areas.

Are you working on developing such therapies yourself too, as part of your business at Snoozon?

No, not really. We do develop our own pedagogical approaches toward lucid dream training, which are partly based on well-established principles of cognitive behavioral therapy and neuro-linguistic programming. If we encounter students who suffer from serious sleep disorders, such as particular kinds of nightmares, we direct our students to specialized sleep clinics for better care.

Does lucid dreaming practice lead to reality disorder? Making it harder to see the difference between reality and dreams?

No, the effect is quite the opposite. After all, in order to turn lucid in dreams, one must develop the ability to perceive the difference between dreams and reality quite clearly. The fact is that most people naturally mistake their dreams for reality all of the time during sleep, since only few lucid dream. Therefore, most people wake-walk in their dream. Lucid dream practice aims to develop dream mindfulness in order to live a more wakeful and creative life.

Is there a connection between lucid dreaming and sleepwalking or -talking?

No, there is not. Sleepwalking and sleep talking occur in non-REM sleep, while lucid dreaming happens in REM. The two are quite unrelated.

How did you get into the subject of lucid dreaming?

A good friend of mine in high school referred me to lucid dreaming. At the time, I was very inspired by The Matrix movie. To me, lucid dreaming had much to do with the underlying philosophical themes in the movie. Later, I started to give lectures and workshops about lucid dreaming at various universities and organizations in the Netherlands. Today, I train people from all over the world to lucid dream. I've had the pleasure to speak about lucid dreaming at TEDx and, most recently, present my work at the royal family of Abu Dhabi. I am currently working at publishing a book.

You studied Educational Science & Technology at the University of Twente. Why didn't you study neuropsychology?

I studied a lot of neuropsychology in my free time. During college, I was much more interested in learning how to design quality training programs. I knew I could stand out from the crowd by first learning how to translate psychological knowledge into credible training programs. After my master's, I started my PhD project in the field of educational psychology.

How does one learn to have lucid dreams?

Generally, lucid dream training involves three consecutive phases of training. The first phase is to learn to recall dreams, every morning, and to record dreams in a dream journal for about two weeks.

In the second phase, you study your written dream records to discover what elements most often characterize your dreams. Perhaps you dream often about a particular individual, a particular place, or about a particular theme. Whatever it may be, that recurrent dream element will be your primary dreamsign for knowing that you are dreaming.

Finally, in the third phase, you go to bed prepared by intending to remember to recognize your dreamsign as soon as you encounter it in your experience. And voilà, you will turn lucid.

Any last tips to prevent premature awakenings from lucid dreams?

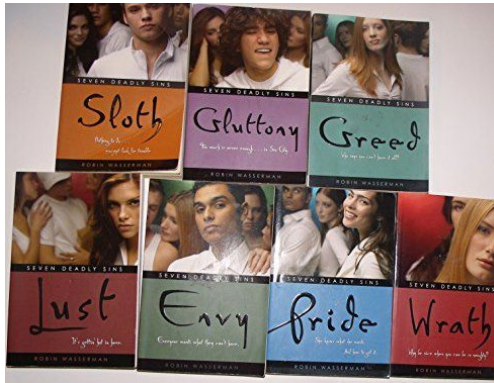
Premature awakenings are quite common among novice lucid dreamers. Beginners often wake up spontaneously at the beginning of a lucid dream because of their excitement. Suppressing one's excitement, therefore, when turning lucid, is an important stepping-stone to prolonging a lucid dream. With practice, lucid dreams can last for 15 minutes, sometimes even longer. Imagine what wild and inspiring dream adventures you could enjoy such lucid dreams, every night. Lucid dreaming is such a fascinating state of consciousness. You should give it a try yourself.

For more information about lucid dreaming and Tim's work, please visit snoozon.com

BOOKS TO READ

08

Seven Deadly Sins series - Robin Wassermans



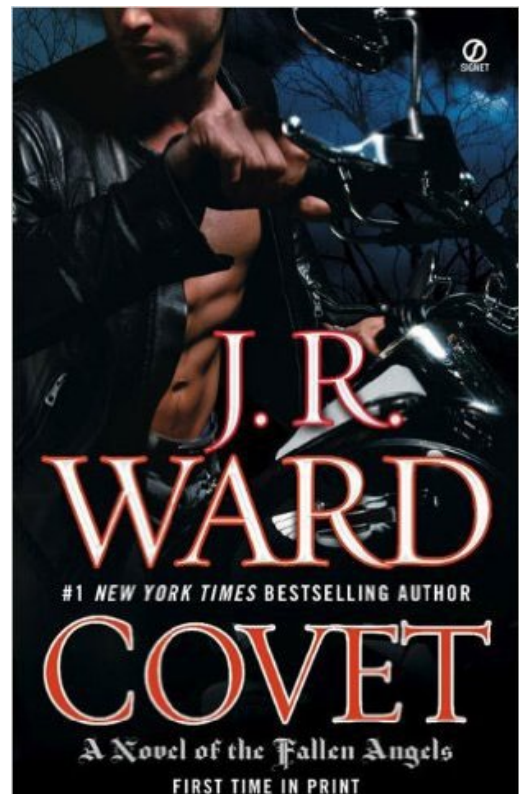
The Seven Deadly Sins series features seven morally bankrupt teenagers in a small California town. Each novel revolves around one of the sins and each character's transgressions specific to that sin. They follow the lives of Harper Grace, Beth Manning, Adam Morgan, Kane Geary, Miranda Stevens, Reed Sawyer, Katherine (Kaia) Sellers, and their French teacher, Jack Powell.

Novels in the series are Lust, Envy, Pride, Wrath, Sloth, Gluttony, and Greed.

Covet: A novel of the Fallen Angels - J.R. Ward

Redemption isn't a word Jim Heron knows much about—his specialty is revenge, and to him, sin is all relative. But everything changes when he becomes a fallen angel and is charged with saving the souls of seven people from the seven deadly sins. And failure is not an option.

Vin diPietro surrendered himself to his business—until fate intervenes in the form of a tough-talking, Harley-riding, self-professed saviour, and a woman who makes him question his destiny. With an ancient evil ready to claim him, Vin has to work with a fallen angel not only to win his beloved over...but redeem his very soul.



09

DIMENSIE IN FOREIGN COUNTRIES

Jana Runze - United Kingdom

Hi, I am Jana and I am currently spending my minor in the UK. I am studying at Teesside University in Middlesbrough, which is in the north-east of England.

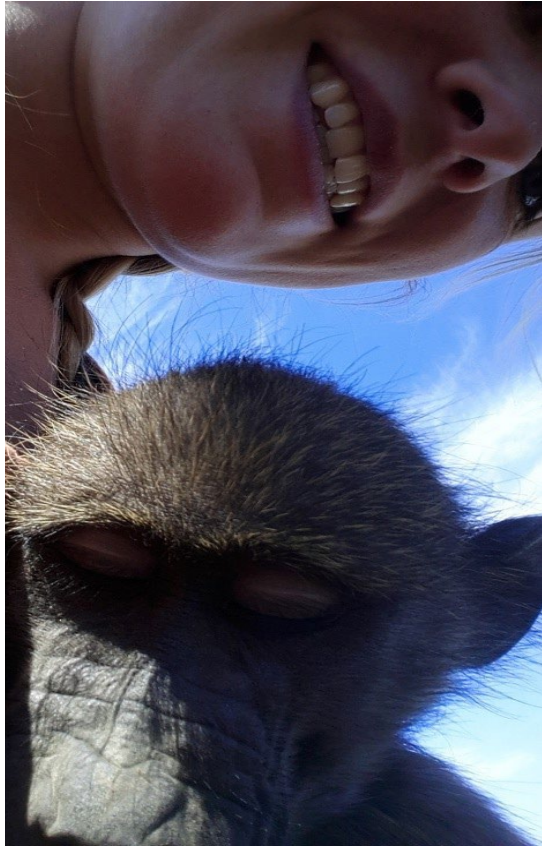
When I had to plan my minor, I knew that I wanted to study in a foreign country, but I also knew that I wanted to study in a country, which language I also speak. I applied for Teesside University, because they have a lot of different studies, from which you can freely choose your courses. I could choose between forensic psychology courses, business courses, sports courses and loads of other fields.

Moreover, I also have a lot of freedom within my chosen courses. I really appreciate the possibilities of Teesside, as this lets me choose the things I am really interested in. It also made me be more motivated and curious about the contents of the courses. Besides this, England is a very beautiful country. I love that I have a lot of free time to travel around the country. So far, I have seen Edinburgh,

Glasgow, Newcastle, Manchester, Liverpool, London, Southampton, Bath, Bristol and some more cities.

I would definitely recommend studying at Teesside, because you will have the time of your life here!





Michelle Walther - Namibia

The Naankuse Foundation in Namibia is a conservation organization with properties in the southern Namib Desert as well as near Windhoek in central Namibia and in the north east at the Mangetti National Park where research is done and it is taken care of wildlife.

I was mainly in the Naankuse Wildlife Sanctuary near Windhoek where I stayed 8 weeks as a volunteer and I also went to Kanaan and Neuras in the Namib Desert for each one week.

The volunteer work included preparing food for the animals, going on walks with cheetahs, baboons, jackals and an aardwolf, having lectures about snakes, cleaning the enclosures, and labour work such as building fences or houses for the enclosures.

In the Sanctuary there was no WIFI and no real shop but Namibian mobile cards and cool drinks could be bought at the shop. And in the evening we mostly drank beer and played card games anyways.

On a personal level was the stay at the Naankuse Foundation the best experience so far. The way that everyone works together and the things that I learned about nature and human I will never forget!

Also
willing to tell
something about your
experiences of studying in a foreign
country? Feel free to send us a message
and we'd love to have you in this column!

We can be reached at:
RedacCie@svdimensie.nl

INTERVIEW WITH A STUDENT FROM ABROAD ROBERTO

Where are you originally from?

I'm originally from Mexico. There, I did my bachelor and master in sports psychology. My master thesis was about something similar to eHealth, so I was always interested in the subject. After my master I also worked as a sports psychologist for some time, but I wanted to expand by learning about eHealth.

Why did you decide to study in the Netherlands?

I was looking for a program about eHealth, and I looked at multiple countries and universities. The program here is what I liked best. Also the fact that it is a one-year program really appealed to me. Besides this, because I have been on an exchange to Europe, to Spain, I got to experience how things are in Europe and I really liked that.

What made you pick the University of Twente specifically?

I only picked this university for its program and the fact that it's in the Netherlands. Afterwards I started looking at where Enschede was, but that was of much lesser importance to me. I do like the fact that it's a smaller and quieter city, that appeals to me.

What do you like most/least about the Netherlands?

I actually really like everything! I like the cold weather here, something you could

expect from someone coming from Mexico. Also, I like the culture and the people here a lot. Even the food is nice, but I'm not that picky about food anyway.

What is to you the most typical funny Dutch custom/habit etc.?

What some people might consider as a weird impression is the fact that you eat lunch so fast. Where I come from, every meal is very elaborate. But to me that is not too weird, just something to get used to.

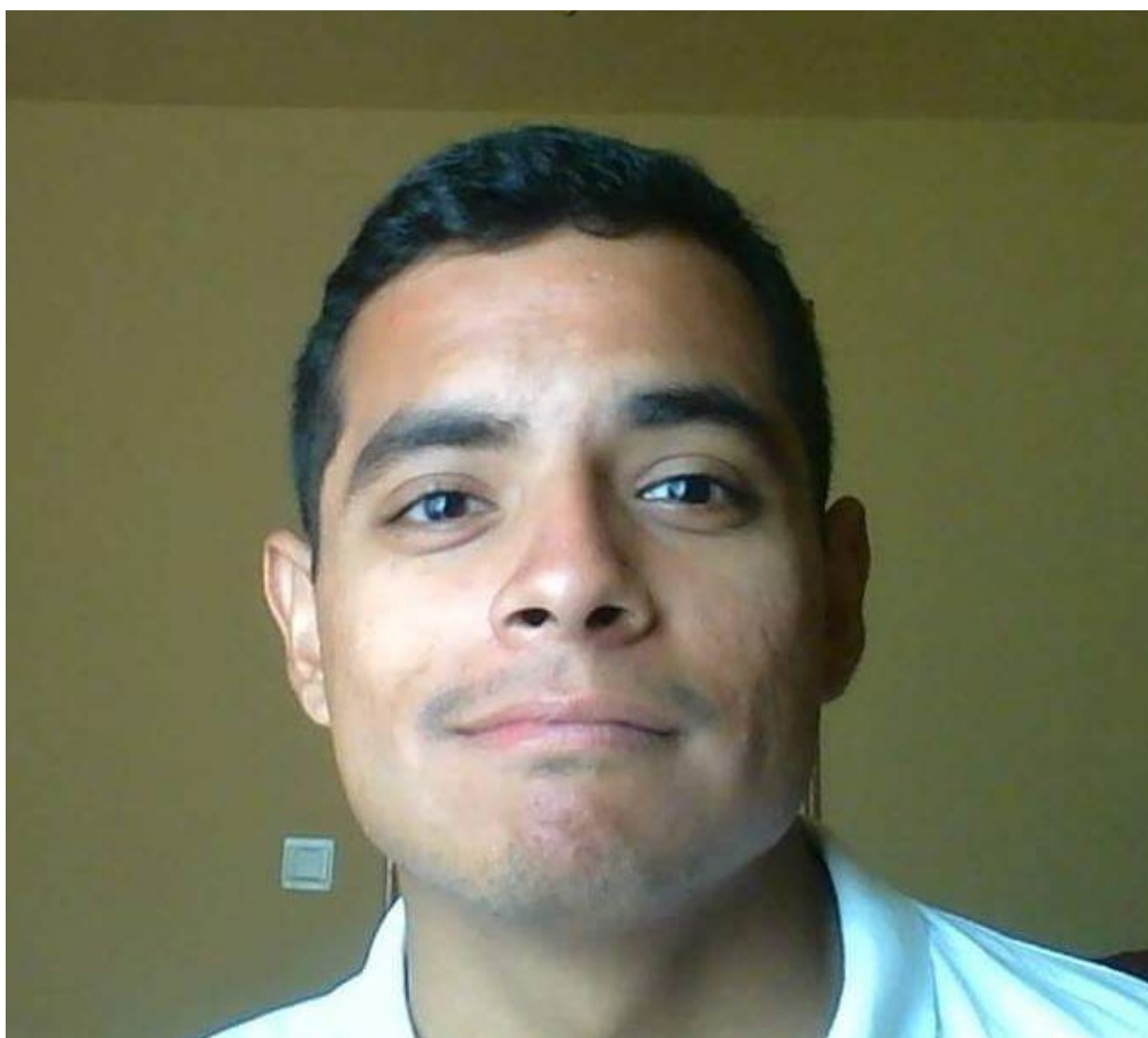
What were other things you had to get used to the most in the Netherlands?

Riding a bike was one of the most important things. I had already learned it when I was visiting family in Norway. I practiced some more back home by renting a bike when I knew I was going here.

Another thing were the lunch and dinner times here, it wasn't particularly challenging, but something I just had to get used to. In Mexico we're used to eating a lot for every meal, and we're basically eating all day. Here that does not really happen. Something I do miss is a good hot sauce!

What are your plans after the eHealth master?

I am finishing my master in September, and I hope to find a PhD at the University of Twente. Otherwise somewhere else in the



Netherlands or Europe would be an option. Besides this, I'm also open to a possible job opportunity, if something comes along I might take that up.

Would you like to stay here for a longer time after obtaining your master's degree and a possible PhD?

I would really like to stay here and build up a life. I have a very supportive family back home that stood by my decisions and have helped me a lot in various different ways. The best way to give something back to them is having the most success that I can with what I'm doing here.

Do you have any advice that you want to share?

I believe that even when you're happy in the place you're at, you should try to get out of your comfort zone. I think that if you work for it, it is possible to be happy anywhere... so just go somewhere else and see what happens!



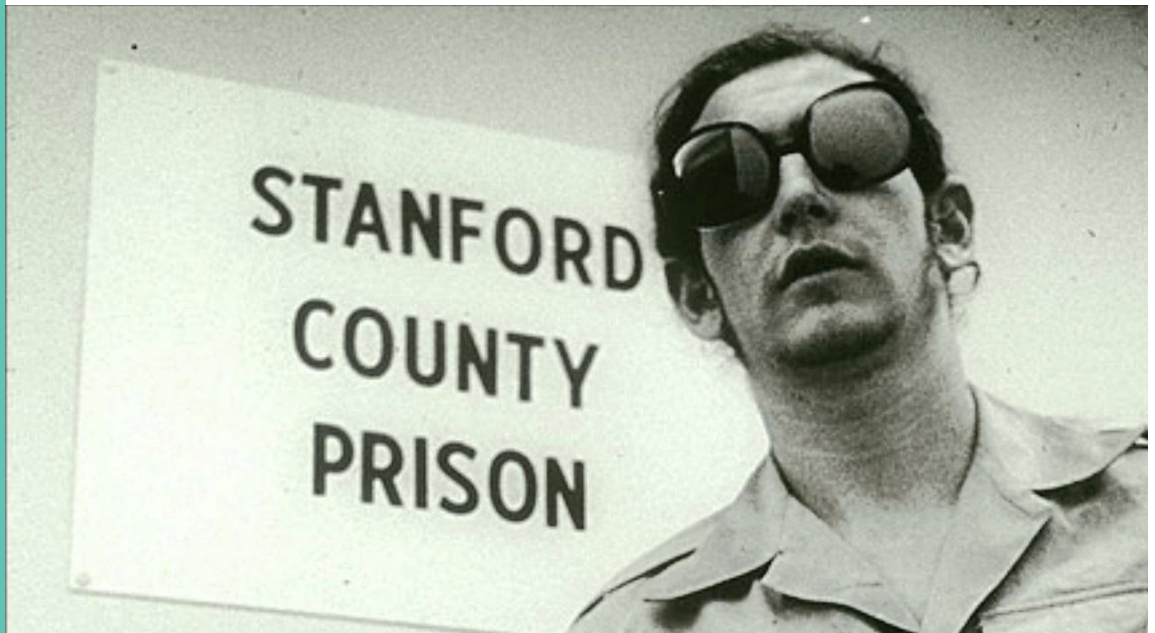
(c) Krzysztof Plebankiewicz fotografie

ZIMBARDO'S EXPERIMENT

10

Philip Zimbardo is best known for his famous 'Stanford Prison Experiment' in which a number of students role-played a prison scenario, where half of the students played prisoner and the other half guard. The experiment famously demonstrates how ordinary people can become ruthless tyrants if given the chance and power, or at least, that's how it's known.

The experiment is often misunderstood, which leads not only to dangerous false conclusions but also to a large scepticism and general mistrust when



From Prisonexp.org

someone who has read into the matter explains that most of tyranny was planned.

The fact that the tyranny was planned and was supposed to be part of the experiment from the start does not mean that Zimbardo was a fraud and unfairly influenced the experiment. The experiment was originally set out to test how people would behave in a highly polarized scenario, where one group was clearly in charge and another was dehumanised as much as possible. The maltreatment of the prisoners was, as unethically as it might be, planned, but the scale in which it happened was not foreseen.

So what can be learned from the experiment if the popular conclusion of 'people are intrinsically bad' does not hold so well? A conclusion that can be drawn from the extreme behaviour in this scenario where the victims were dehumanised is that people are able to overstep their own ethical boundaries if they no longer see the victim as an equal.

LUSTRUM ACTIVITIES

Make sure to sign up in time for these activities on the sign-up lists in the Rubix. You can also follow the Facebook page to stay updated.

MARCH 8 - KICK-OFF

The 8th of March marks the kick-off of Dimensions 7th Lustrum. There will be a Seven Sins themed party at 't Bólke, can you spot them all...?

MARCH 13 - PRIDE

On the 13th of March the Lustrum committee is organizing a vanity dinner for Dimension members only at Kook en Co. Prepare for a fancy dinner evening, with various courses and unlimited drinks.

MARCH 15 - GLUTTONY

On the 15th of March Dimension is organizing a Cantus at AEGEE; we dare you to engage in the gluttonous activity of consuming a lot of beer!

MARCH 16 - WRATH

On the 16th of March a workshop about wrath will take place. Sports psychologist Pascal de Wijngaert will be present to explain how aggression is handled in sports and its influence on performance.

MARCH 20 - JEALOUSY

On the 20th of March the Jealousy pub quiz is taking place. This is a pub quiz with a twist, because it is very well possible that you are on the worst team in the game but will still win!

MARCH 22 - GREED

On the 22nd of March an evening symposium is taking place centered around greed. There will be various speakers present, and a drink afterwards to discuss this interesting theme.

MARCH 23 - LUST

On the 23rd of March an excursion to the Red Light District in Amsterdam will take place; we will go on a professional tour around the district and hear a lot of information about the most famous lustful place in the Netherlands.

MARCH 29 - SLOTH (FINAL PARTY!)

On the 29th of March we are rounding off our Lustrum month with a final party. This party will be a lazy one, for the theme is sloth. Get ready to relax and rest from this month full of activities!



For more information and prices visit our website www.lustrum.svdimension.nl

UPCOMING ACTIVITIES

AMERICAN BURGER LUNCH

On the 15th of February the ConnexCie is organizing an American Burger Lunch during the break. We will do this in the style of a winter barbecue, so come by and enjoy some burgers while standing by a warm fire!

EUROTRIP

On the 1st of March the Eurotrip committee is organizing an information lunch for all the people that signed up for the Eurotrip. They will reveal which activities will take place during the trip to Dublin.

THE BEER OLYMPICS

On the 16th of February the ACCIE is organizing the beer Olympics in the Rubix. Make sure you sign up in the Rubix and get ready for competition to earn that gold medal!

YOUR AD HERE?

For a small fee of €5,- you can have your own fancy advertisement here! Have a Sona research that you want to have a little more attention? Or just something you want to sell or share with the world?

Please send an e-mail to the RedacCie at: Redaccie@svdimensie.nl



JULIAN STEINKE

Chief Editor
Dimensie
De Zul 10
7522 NJ Enschede
(+31)53 489 3641

E-Mail: redaccie@svdimensie.nl

