



Hand-Out



Dimensie

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WORD FROM THE BOARD

Dear readers,

I am proud to present the first edition of the Hand Out, the magazine of study association Dimensie.

The idea for this magazine came out of various initiatives from Dimensie members and I as a new board member have decided to take it upon me to realize this idea in collaboration with the board and several members.

Furthermore we are lucky to have so many enthusiastic active members that wanted to make an effort to help set up this magazine. We are now at the very early stages of setting it up, but we are confident that this magazine will continue to grow and expand, and hopefully in the future be read by many more members.

Here I would also like to take the chance to emphasize the hard work the RedacCie members have put into making this first edition happen and thanking them for this. In addition I would like to state that all input is



welcome for improving this magazine. Also, if any reader feels they want to contribute to the magazine you are welcome to do so!

On behalf of the 15th board of Dimensie,

Merel Simmelink, Treasurer and Commissioner
Internationalisation



QUOTES FROM THE RUBIX

“Who wants to join in? It’s Dimensie’s Orgy time as usual!” - Merel

“What kind of handicap does Julian have? Is he German?” - Aimee

“Well, if you want to achieve something in your board year, you have to swallow sometimes...” - Arjan

“No, I always cycle without pants. Sometimes I do put a hat over ‘it’, or a stratigically placed sock. “ - Julian

“I offer myself as a woman/wife!” - Sharona

“Its just like a party in my mouth!” - Liselotte



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

Which question must not be asked?

There isn't a question which must not be asked, because we are curious creatures. We want to know everything. But this doesn't count for answering questions. Not every question must be answered. You and only you have the control and knowledge to answer the questions which must be answered. So my advice to everyone is to question everything, but answer in moderation.

How do you get out of the closet?

It really depends on the closet. For example, the Pax Hasvik from the Ikea is very dark from the inside. Just shove the door to the good side, and you're out. If you're inside the closet Pax Ballstad from the Ikea, you're very lucky. This closet is white on the inside, so you can see almost everything. To get out of this closet, you only need to push the door. This closet is very easy. When you find yourself in the Pax Nexus/Vikedal from the Ikea, you really need to watch out. This closet is not only dark, it also contains a trap. When you're outside, by pushing the door, you need to mind the mirror. This mirror can be a vicious trap. If you look too long at this mirror, you can be caught by it. When this happens,

you will stare at the mirror for eternity. So please, leave as quickly as possible! The last option I see is when you are inside the Breim closet from Ikea. This closet is the most fragile, because of its instability. To get outside, just zip the door and step outside. But be really careful, because this closet can easily be ripped.

In conclusion, it can be said that it really depends on the closet, if you want to know how to get out of it. But a last word of advice, always be yourself. And talk to someone you trust about this. It can really help to put your mind at rest if you get their opinion about it.

How much Delta-V do I need to get into a Duna-orbit?

Delta-v (AKA Δv) is the maximum change of velocity of the vehicle. Δv can be answered by the famous Tsiolkovsky rocket equation, which is defined by the following:

$$\Delta v = v_e \ln (m_0 / m_f)$$

M_0 is the initial total mass, including the propellant. M_f is the final total mass without propellant, also known as dry mass. v_e is the effective exhaust velocity. And \ln refers to the natural logarithm function.

Since we now know how to calculate the Δv , we can set a target and plan how we get there. Our target for this time is to get into orbit of the planet Duna in the Kerbolsystem. Since the Kerbolsystem is not anywhere to be found in the known universe, this task can be quite hard. But since I am interested now, I want to find an answer.

After an extensive search on the internet, I have found the answer. The Δv needed for a Duna orbit is around 1500 m/s.

02

HANDS UP FOR QUESTIONS!

For this section we ask some of our members in the Rubix a new question each time. This time we wanted to know **what they are looking forward to most around the holiday time.**



CHIEL



Chiel (Human Factors module): I would really like to go snowboarding again; I haven't done that in a long time. Secondly it's my birthday the 16th of December, so that's always nice as well. With New Year's Eve I'll enjoy 'oliebollen' (Dutch pastries, literally 'oilballs'; see picture below) with a nice, warm drink.



JERRY

Jerry (Psychische Gezondheid module): What I'm looking forward to most is eating Pflaumenklöße (Plum cones, see picture), a traditional meal in our family. I'm also really glad that I'll see my friends from high school again and we can go dancing together.



LISELOTTE

Liselotte (HTHT Philosophy minor): I'm going to have a nice Christmas dinner 3 days in a row. First we'll be eating with my family, the next day with my boyfriend's family, and lastly with friends. I'm really looking forward to our traditional raclette eating.



DAPHNE

Daphne (Dimensie board member): This vacation I'm going to be spending 3 weeks on the Philippines, traveling and laying on the beach. My boyfriend will be with me for 10 days, the other 10 days I'll spend alone.



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!

So here I am, seated in the silence area in the train towards Enschede, slightly hungover from the weekend, humming along with the only song that can cheer me up this Monday morning; Grease lightning! At the next stop, a couple comes in and sit down in front of me. As I happen to be allergic to screaming little children, people talking in the silent area of the train and couples way too sticky to each other I developed an automatic Pavlov response with looks that can kill, loud sighs and a raised eyebrow once and then. Unfortunately I developed an immense selective view in those situations, so I can't un-see the couple in front of me. I prepare myself for a long, and annoying train ride.

All of the sudden, I hear the voice of a real

hero. I imagine a very handsome man, who rescues little dogs for his living, with an impressive amount of muscles running towards me, saving me from the monster of the talking, kissing and hugging couple in front of me by telling them to find another spot. After he sent the couple away, he would turn towards me ask me to marry him. He would turn out to be a millionaire, and we will live happily ever after in his manor houses around the world.

But of course the truth was way uglier. The man asked me if he could sit next to me. Please note that he is the absolute opposite from the handsome guy I was just supposed to marry. This man is about 60 years old, smells funny and has hair growing out of undefined body cavities. Of course it would have been too good to be true. As a matter of fact it is still a Monday morning, and I am still a poor student, travelling towards Enschede.

The truth hurts.

04

INTERVIEW WITH THE PSYCHOLOGY STAFF **MARIELLE STEL**

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

My name is Marielle Stel. I am the educational director of psychology. In addition to being responsible for the Psychology study programme, I am also a researcher at the department of Conflict, Risk, and Safety. My research interests are the dynamics of human interaction, deception, mimicry, risk perception, and safety. For instance, I am curious when and how people decide to lie to others.

Can you tell us something about the study you followed?

The study I followed was Psychology at the Radboud University of Nijmegen. My specialization was Social Psychology. My master thesis was about the role of mimicking other people's facial expressions in the recognition of emotions.

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

That would end up in a big list! Today, amongst others, I designed an interview

to ask practitioners about effectiveness of crisis communication, I had a meeting with the education committee, two meetings with bachelor thesis students, and I started to write my part of a grant proposal, and responded to many emails.

What do you like most about your job?

Everything! Especially the combination of all different aspects of the job.

For what things can students come to you?

If students would like to do research together. With regard to education, students can contact the study advisor or the study coordinator if they would like advice or have questions about the programme.





05



KIRA'S KITCHEN



1 bag nachos

1 bag nachos

2 cups creme fraiche

1 bag shredded cheese

500 gram meat

2 cans salsa sauce

600 gram iceberg salad

Ingredients

- Two bags of nacho chips
- 1 bag of shredded cheese
- 1 can of corn, paprika & bean mix
- 500 grams of meat
- 2 cups of crème fraiche (250g)
- 600 grams of iceberg salad

All you have to do is put the ingredients into a bowl (for reasons of appeal and beauty do not deliberately mix them until you start eating):

Below you start with basic iceberg salad. This you top with a mixture of cooked meat, the corn, paprika and beans mix and the salsa sauce. On top of this go some crushed nacho's. The next layer consist of crème fraiche. Lastly sprinkle with cheese and add some whole nacho's around the corner for the nice looks of it. The salad can be altered to be vegetarian by swapping meat for a meat substitute (or just leaving it out).

Enjoy!

MEET THE COMMITTEES

REDACCIE

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. The RedacCie is going to start off itself.

This year marks the first time in approximately 10 years that there is a Dimensie magazine. So naturally we are very proud that we were able to achieve this. And everybody knows that when you are proud of something you want everybody to know what you did and how well you performed. That's why we will now bathe in the glory of all the appreciation for this first Handout.

So, in order to give you the chance to thank us for our hard work personally, we'll start by introducing ourselves. First off, there is our contact person from the board of Dimensie, Merel Simmelink. In the RedacCie she is also responsible for the minutes and facilitates contact with university staff and organisations. Next there is our chief editor is Julian Steinke who sees to that all content is ready and in

good shape on time. As for our committee meetings, Luc Schoot Uiterkamp fulfils the role of chairman, making the agenda's and presides in those meetings. The finances of the RedacCie and the budget is handled by Kira Oberschmidt. Lastly the good looks of the Handout are the work of Babs Ernst, who is responsible for the design and layout of the magazine. Together we tried our best to make this first edition as good as possible and will try to continue doing so in the future.

Hopefully you genuinely enjoy this magazine and do not take our bragging too seriously.

Cheers,
The RedacCie



07

INTERVIEW WITH JOCHEM GOLDBERG

Our interviewee, Jochem Goldberg, is a former psychology student who mastered in positive psychology. He is currently working on his PhD in positive psychology. PhD means 'doctor of philosophy'. This is a degree that you obtain through doing more profound academic work after completing a masters' course. It usually means doing more in-depth research for multiple years on a certain subject. We have asked Jochem some question to find out what it is like doing a PhD.

First of all, can you explain something about PhDs in general?

A PhD is a promotional path that can be compared to a masters' thesis, but very elaborate. This means that you work on a subject for three or four years and at the end you write a dissertation about it. You also have to 'defend' your work during a presentation where afterwards you obtain a doctorate title.

What was your motivation for doing a PhD?

I really liked doing my bachelors' and masters' thesis, so doing research. A PhD gives you the chance to get more into a subject for the course of four years, and to become an expert. I liked to get more in depth about a field that interested me.

Is it possible for everyone to do a PhD?

If you finish your masters and you have a feeling for research, it is possible to do a PhD. It is a function that you apply for; it is like a job, you work for the University. After

applying you have to be lucky enough to get hired. There are however some demands when it comes to previous knowledge, for example, I did a masters concerning positive psychology, and my PhD is now about positive psychology – it is a requirement that you have previous experience with the field of work.

What is your PhD research about?

It is about positive education, meaning positive psychology in primary education. What we are looking at is whether a focus of a teacher on well-being and engagement of the child causes children to perform better in school. This is on a psychological level and on the level of the grades children obtain. You can assume that if a child is feeling well, is positive and is paying attention, that he can learn the most in a lesson. For example, if a child is not good enough in something grade wise, but is feeling well and is engaged, one could wonder if there is any room for improvement left. For my field specifically, I think schools are a place that can have such a large influence on how a person is going to turn out, and psychology is important in this. If you start this with young children you can make the most positive impact. It could make children more resilient for example. In this research, to measure this, we are looking at engagement signals. We work with teachers that know their students, and can therefore interpret student's behavior and can recognize these signals. What we are also doing is that we let students fill in questionnaires before

and after the school year to see whether they see an improvement themselves. Furthermore we look at regular and special education – to make a comparison; I am also doing a meta-analysis about what is known in the literature about well-being and engagement in primary schools. For the methodological side we have developed a questionnaire and just recently validated this. We are going to employ that questionnaire in this research.

Besides the purely academic work, are you also involved in field work?

Yes, technically I do. I am however not a teacher but a researcher. I mainly sit around with all of the teachers to see what they are doing and if they can possibly do it differently. I am not in front of the class.

How about guidance in such a large project?

It is a very independent research, but there is always guidance in the form of a promotor or co-promotor. This is a professor that guides you through the research process. For me that is Ernst Bohlmeijer. A (co)-promotor constantly discusses expectations and results regarding the research, which can be really helpful because it gives you in-depth feedback on your work.

How is this research different from the research in the bachelor or master?

In different courses throughout the bachelor you have had bits and pieces, and that is very good in my opinion. The research skills you obtain in your bachelor and master are enough for starting a PhD. The difference is that you have to go through the whole research process yourself. In schools we also want to do research in a full school-year, you can never do that in an academic year. You also want to be able to check yourself with a control group, so time-wise it has an advantage. Doing a PhD is a challenge and I have obtained a lot of new skills, but I believe that after your masters you are well enough equipped to handle this.

Is it hard to keep up motivation for such a long time?

Motivation is a common struggle among PhD students, also because at a certain moment you are constantly writing. But besides all the writing there are many more activities going on. There are lectures that I give, the attending of congresses, and guiding students in completing their theses. Guiding students is a lot of fun because their insights in the field of work can provide input for further research and that is very valuable.

Added, a PhD is not for people that want to gain a lot of practice in the field of work, you have to be prepared to do a lot of research work. It can be a lot, it asks a lot of you – it is sometimes practically a desk job. That is also my advice: you only have to pick a subject that really interests you; otherwise multiple years can be a very long time.

Do you want to say anything else about doing a PhD?

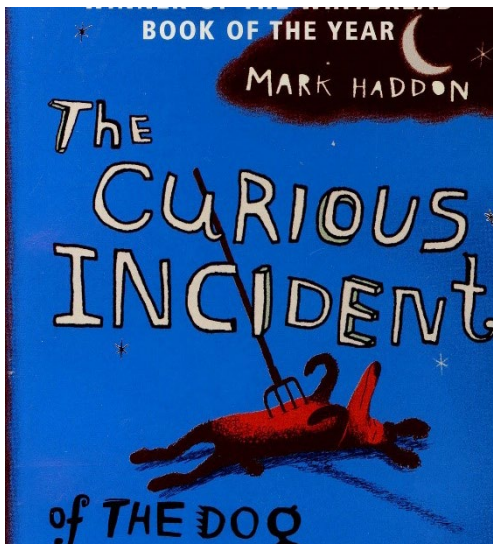
I feel that working at the University of Twente is a lot of fun. That is very important for a PhD. In the UT you are in a department with various other young people that do a PhD. It is a very inspiring environment of young professionals that conduct research in various fields. Also the contacts with professors are great. I can really recommend a PhD to people that want to go more in depth in a certain field after your studies. Therefore I recommend people to really think about the master's thesis you want to do, and possibly think about doing a more elaborate master's thesis to be able to gain more experience with research. It can otherwise be difficult to see if writing theses like this is something for you. If you don't like it, at least you will know that.

BOOKS YOU SHOULD READ

08

REVIEWS

The curious incident of the dog



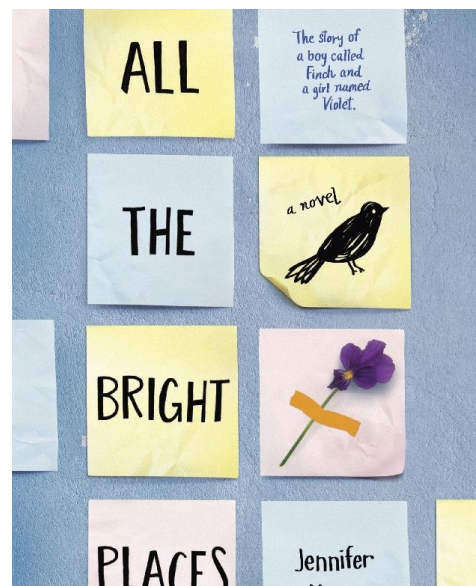
The Curious Incident of the Dog in the Night-Time is a murder mystery novel like no other. The detective and narrator is Christopher Boone. Christopher is fifteen and has Asperger's, a form of autism. He knows a very great deal about math and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.

I read this book a few years ago and then re-read it last year because the story really stuck to me. Most of us do not know what autism feels like but to me it seemed like Mark Haddon really conveyed what Christopher was struggling with.

All the bright places

Theodore Finch is fascinated by death, and he constantly thinks of ways he might kill himself. But each time, something good, no matter how small, stops him. Violet Markey lives for the future, counting the days until graduation, when she can escape her Indiana town and her aching grief in the wake of her sister's recent death. When Finch and Violet meet on the ledge of the bell tower at school, it's unclear who saves whom. And when they pair up on a project to discover the 'natural wonders' of their state, both Finch and Violet make more important discoveries: It's only with Violet that Finch can be himself - a weird, funny, live-out-loud guy who's not such a freak after all. And it's only with Finch that Violet can forget to count away the days and start living them. But as Violet's world grows, Finch's begins to shrink. How far will Violet go to save the boy she has come to love?

Although this is more of a Young adult novel than really psychology related I really liked the perspective on suicide, depression and what might help coping with mental illness.

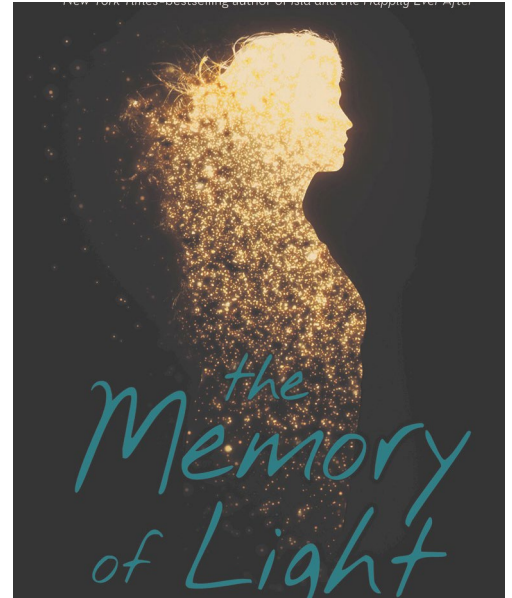


THE TO-READ LIST

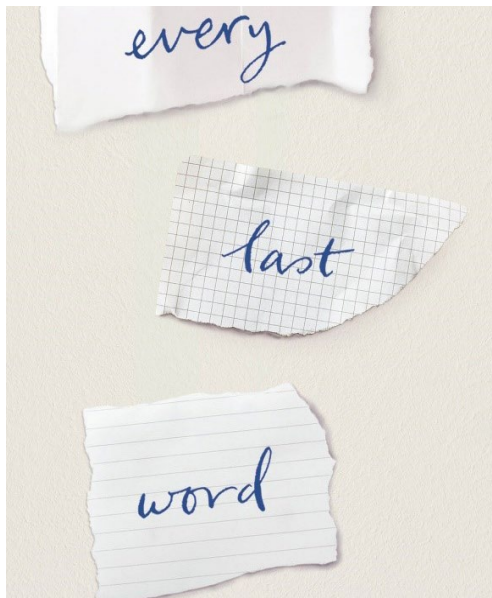
The Memory of Light

When Vicky Cruz wakes up in the Lakeview Hospital Mental Disorders ward, she knows one thing: After her suicide attempt, she shouldn't be alive. But then she meets Mona, the live wire; Gabriel, the saint; E.M., always angry; and Dr. Desai, a quiet force. With stories and honesty, kindness and hard work, they push her to reconsider her life before Lakeview, and offer her an acceptance she's never had.

But Vicky's newfound peace is as fragile as the roses that grow around the hospital. And when a crisis forces the group to split up, sending Vicky back to the life that drove her to suicide, she must try to find her own courage and strength. She may not have them. She doesn't know. Inspired in part by the author's own experience with depression, *The Memory of Light* is the rare young adult novel that focuses not on the events leading up to a suicide attempt, but the recovery from one -- about living when life doesn't seem worth it, and how we go on anyway.



Every Last Word



Samantha McAllister looks just like the rest of the popular girls in her junior class. But hidden beneath the straightened hair and expertly applied makeup is a secret that her friends would never understand: Sam has Purely-Obsessional OCD and is consumed by a stream of dark thoughts and worries that she can't turn off. Second-guessing every move, thought, and word makes daily life a struggle, and it doesn't help that her lifelong friends will turn toxic at the first sign of a wrong outfit, wrong lunch, or wrong crush.

Yet Sam knows she'd be truly crazy to leave the protection of the most popular girls in school. So when Sam meets Caroline, she has to keep her new friend with a refreshing sense of humor and no style a secret, right up there with Sam's weekly visits to her psychiatrist. Caroline introduces Sam to Poet's Corner, a hidden room and a tight-knit group of misfits who have been ignored by the school at large. Sam is drawn to them immediately, especially a guitar-playing guy with a talent for verse, and starts to discover a whole new side of herself. Slowly, she begins to feel more "normal" than she ever has as part of the popular crowd ... until she finds a new reason to question her sanity and all she holds dear.

09

DIMENSIE IN FOREIGN COUNTRIES

Leon Borgdorf- Peru

At the moment I am volunteering in a little village called Tomepampa in Peru. I am teaching English in a school there until the end of December. Normally I am just helping the teachers with the pronunciation and answering student's questions, but there are also classes in every afternoon for a group of students, who will participate in an exchange to Norwich in England next year, that I give on my own. I like these classes the most because I have a more active role in there. In these classes we play games or translate songs from English to Spanish, which is a lot of fun. After finishing my voluntary work at school in December I will travel a bit through Peru until the end of January. When I come back I will continue with my bachelor's degree in psychology.

Volunteering in another country is part of the minor module "Crossing Borders" that also contains a research part. I chose to conduct a research about school dropout and to interview a few students to figure out the factors that lead to school dropout. I had the possibility to go to almost every country in the world, but I chose for Peru because I wanted to improve my Spanish, I liked the

project at the school and Peru is known for its beautiful nature and the friendly people. One thing that really impresses me, is the thankfulness of the children I teach, but also of the people who react very friendly to me when I tell them that I am volunteering at their school. In general the people in here are very nice and trying to help you as much as they can. There are also culture differences between the Peruvian culture (especially in the more traditional villages) and the European culture. While swear words are quite normal in Europe, it is a very big issue to use them in here. I witnessed a protest by the student's parents because one teacher used swear words. The teachers and I were not able to enter the school because of this protest for one hour, until the police came and deescalated the situation peacefully. The teacher needed to quit his job as a consequence of that and was replaced.

I can recommend this module to anyone who does not know what to do during the minor phase because nothing can replace the experience you gain while being abroad. Furthermore, it is always nice to see another country and to get to know another culture.

Anne Leeftang - Belgium



Hello people!

During my bachelor Psychology I have been active at Dimensie for three years. In September I started my masters sexology at the KU Leuven. During my bachelor I went to Istanbul with an Erasmus grand (a scholarship for studying abroad, red.) and I experienced that studying abroad is a lot of fun. Leuven is of course just semi-abroad but I still notice a lot of differences between the Netherlands and Belgium. First of all, Dutch people are much more open and direct. I am very extraverted (read: hyper-active) and in Belgium that can scare people off. During lectures the Dutch people are the ones asking questions, giving answers and criticizing. Furthermore, Belgians are overachievers and they want to do everything, absolutely everything perfectly. That can cause some irritation in group work (this can also be due to my slacking attitude). Despite these differences I really like our Flemish neighbors, and once you get to know them they are very much fun! I can recommend everyone to do part of your study abroad. It will teach you a lot, and besides that it is fun to see how everything works in another place (and psst, it looks very good on your resume).

Lastly I would like to say, do your best in school and make sure you do not end at 'het Gat' too often, you can take that from me.

Cheers!

Judith Schmidh & Helena Igel - Belgium

"I wish you fun in Belgium, but you won't have it because the only thing Belgium got is one huge highway." said a friend of ours before we left for Erasmus in Gent, Belgium. Well, we can assure you even though we didn't have high expectations,

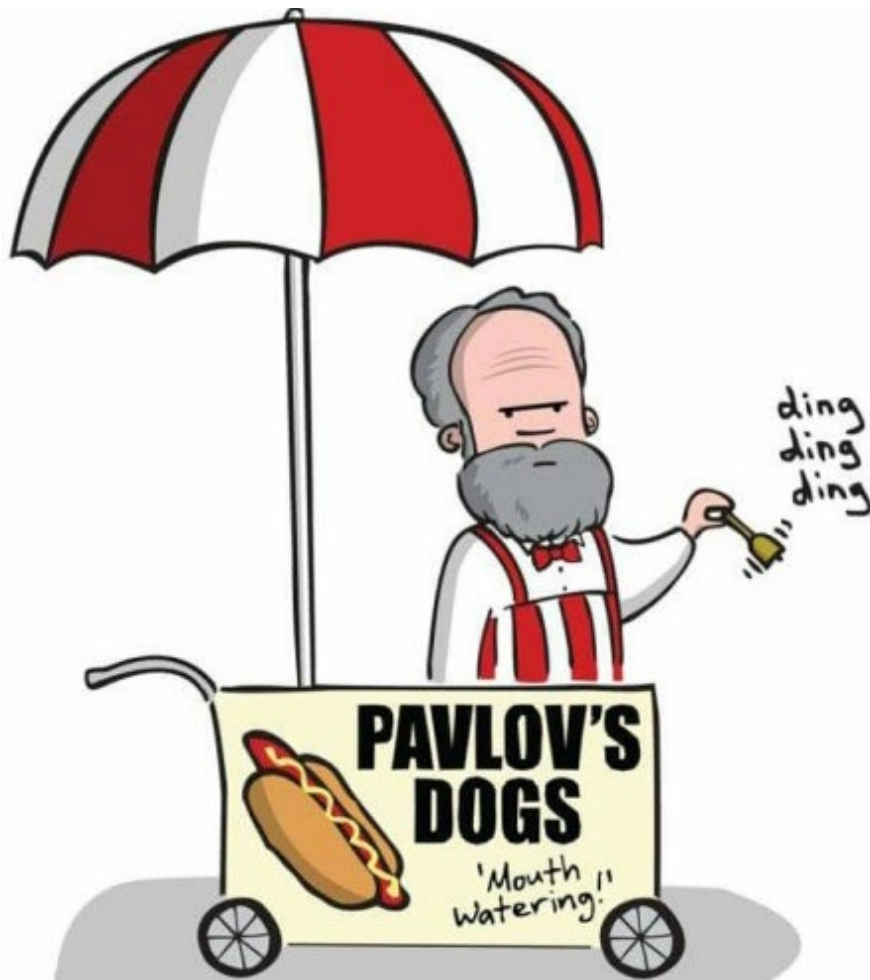
Gent is a magical place that is underestimated by a lot of people (even us before we came here). The city center with all its huge and old cathedrals is not only super pretty and stunning, but also a vivid place with lots of possibilities to go out. Moreover, Gent is a student city and therefore fun and parties are guaranteed. Concerning the University, there are lots of cool courses you can follow which the UT is not offering (e.g. work psychology). So, if you want to follow good courses, meet lots of new people in a magical city, you should go to Gent.

And if we still haven't convinced you yet: Belgium is famous for its (heavy) beers, waffles, fries and chocolate - the essentials for a good Erasmuslife! :)



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



THE LIFE OF PAVLOV

10

Ivan Petrovich Pavlov, born 26th of September 1849, ended up one of the most well-known names in psychology but did not start that way. In the University of St. Petersburg, he attended physics, mathematics and other natural sciences. Despite prestigious awards and high potential in the natural sciences, he decided to pursue a career in physiology. He started at the Imperial Academy of Medical Surgery and later worked at a veterinary institute. Here, he developed his passion for physiological research that he would never in his life lose.

His career in physiology was so successful Pavlov received a Nobel-Prize in Physiology or Medicine in 1904 for his research in digestive systems. His method of using stomas in different parts of dogs' digestive systems was revolutionary and brought many new physiological insights to the world (and kept the dogs alive a lot longer than before).

Despite his ground-breaking research and Nobel-Prize, Pavlov is of course best known for his research on reflexes. What started originally as a side-track of a saliva research ended up naming him 'the father of behaviourism'. He trained dogs to associate different non-food related stimuli to food, causing a

trained reflex to occur. When the dogs heard a buzzer they started producing extra saliva because they associated the buzzer with food. This principle can be applied to other reflexes too, and the general application of trained reflexes is called classical conditioning.

The difference between classical and operant conditioning is that classical conditioning is a trained reflex, where operant conditioning is a trained behaviour. This behaviour is not involuntary in the sense that it is not an automated reflex but a lot of associations made through operant conditioning are unconscious, which makes them involuntary to some degree.



Due to a number of translation mistakes, the fact that Pavlov got his Nobel-Prize for physiological research and not his research on conditioned reflexes was not well known until recently. Among those translation mistakes was also the famous use of the bell, which was never actually used by Pavlov. He favoured buzzers or electric shocks because they were more consistent.

PREVIOUS ACTIVITIES

HALLOWEEN MOVIE NIGHT

On the 31st of October the first activity of the new year was organized! The board set up a movie night with a sort-of Halloween theme. We watched Frankenweenie and Corpse Bride, both movies by Tim Burton. The turn-up was great so look forward to more Dimensie movie nights, also with psychology-themed movies!

BOUNZ

On the 3rd of November the CondiCie organized their first activity to help students jump their stress away at Bounz. Bounz is an activity where people can jump around in a hall filled with trampolines, and we can say that stress was successfully jumped away!

NIGHT OF THE IMMORTAL

Tuesday, the 8th of November the first ACCIE party took place, with the theme 'Night of the immortal'. Many people were dressed up as all kinds of crazy characters, and a special shout out goes out to Kevin (dressed up as Harley Quinn) and Christina for their awesome costumes.

OKTOBERFEST LUNCH

On the 22nd of November there was a late Oktoberfest lunch with pretzels and potato salad. A lot of members joined us... es war sehr toll!

HIGH BEER

Our men committee, the BroCie, organized "The Snacks, the Beer and the BroCie" where we enjoyed some cold craft beers and some snacks. The men aimed to make Dimensie a little manlier with this activity, but of course many women also joined the party.

UPCOMING ACTIVITIES

ANNUAL DIMENSIE GALA

The annual Dimensie gala will take place on the 8th of February. In collaboration with Inter-Actief, Scintilla and Abacus we will organize a fancy gala. On the 14th of December the theme will be announced.

LINKEDIN WORKSHOP

In March 2017 our Lustrum month will take place. A Lustrum at the UT marks every 5 years of an association's existence, and we will celebrate this anniversary by organizing themed activities. For us this will be our 7th Lustrum, with the corresponding theme 'Seven Sins'.

The next edition of the Hand Out will be marked by this theme.



YOUR AD HERE?

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We would like to thank you for reading of the Hand-Out! We hope you've enjoyed it! If you have any suggestions or questions, we'd also love to hear it!

As psychology students, we all know how important feedback and reflection is. ;)

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