



RedacCie



Hand-Out



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WORD FROM THE BOARD

It's that time of the year again.

No I am not talking about Christmas, but...

The time of having nightmares about SPSS.

The time of praying that you get enough participants for your survey.

The time of waking up in the middle of the night thinking about the APA.

The time of desperately waiting till the methodology shop opens.

I am talking about the final stage of your bachelor study. The bachelor thesis time. Some students love to do research and voluntarily work as a student research assistant. Others want nothing more than that one spot for a PHD. Other students (just like me) have nightmares thinking about doing research. I don't know why, but SPSS never does what is supposed to do with my hypotheses and I just end up pressing random buttons until it works and I get some sort of table or chart which says something important (hopefully).

But let's not forget that this time of the year is also positive. Look what you are doing.

All the knowledge you received in the first years brought you to this moment. All the tests you aced



brought you to this final step. It does not matter if you did it in three years or maybe more, this is your final step and you did it! So...

The time of researching something meaningful.
The time of bringing all your knowledge together.
The time of being proud of yourself.

On behalf of the 15th Dimensie Board,
Daphne



You are male and
experienced in
Counter Strike
or
Overwatch?



OR you have **no experience** in action video games at all?

Then you are needed for our research! We want to look into the effect of action video games on visual skills. Help us and gain **1,5 SONA points!**

The QR Code takes you directly to the SONA website or just look for the study **Videogame experience and visual cognitive skills!**

You want to participate, but you do not study psychology?
Just write a mail to j.steinke-1@student.utwente.nl!

See you soon!



The board of Dimensie is looking for a candidate board!

Are you looking to broaden your study experience,
improve your résumé and / or learn professional skills?

Why not consider a board year? For more information send an email to
board@svdimensie.nl



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

Pick one: Ji-Nos OR Girlfriend

To be fully honest, Ji-Nos. For those who don't understand, Ji-Nos is the most magical place in Enschede. Especially when someone has had a few pitchers too many in the Rocks.

If you enter this place of wonders, you are greeted with the smell of good times. You smell the fryer, which is always working hard to fill you up. You are barely standing at the counter to order, and there is always the dilemma. Do I choose four or eight 'afterburner' chicken wings? Four wings is just enough to fill you for this moment, and doesn't have a big effect the next morning. But eight wings fills you up just nice. You got a full belly, and life is great at this point. But the literal hell has yet to come. And it's always coming the next morning. Because when you have a hangover and sitting on the toilet, you feel the hellish heat coming out of you. After this burning sensation, you feel reborn. But is it worth it? I think it is, it really makes you clean from the inside.

So the next time you doubt about Ji-Nos or Girlfriend, always choose food. Because food is sacred. Food is love, food is life.

You attack a guy with an axe, during which the blade breaks. You keep the handle and replace the blade. Years later while chopping wood the handle breaks which you replace as well. Then someday the guy returns; and says: “this is the axe you attacked me with.” Is he right?

Well, no. There are three different axes in this story. The first one is the one which you attack a guy with. The second one is the chopping wood one. The final one is the axe which the guy has some questions about. Because you replaced parts of the axe, the axe itself changed and it became a new axe. The same happens when a person

changes a part of his body, for example his hair. If a man with a nice, thick haircut shaves his head, he becomes a new man. Especially when this man identifies himself with his hair. And since an axe is identified by the blade and handle, you get a new axe when replacing the parts it identifies itself with.

What makes a meme a good meme?

Timing. Which is a free life tip from me. If you time it right, everything will be easy. Some memes are too soon after a big event, which kills the meme instantly. And if you are too late with a meme, there are two things that can happen. Either it is already made, or it is too late for anyone to understand. So time things right.

Another thing which is important for making a good meme is the luck of the Irish. Some memes grow out to be famous around the globe. And all they needed was a bit of luck, to make it to the big channels. Those big channels spread the meme and that how you can give birth to a viral meme.

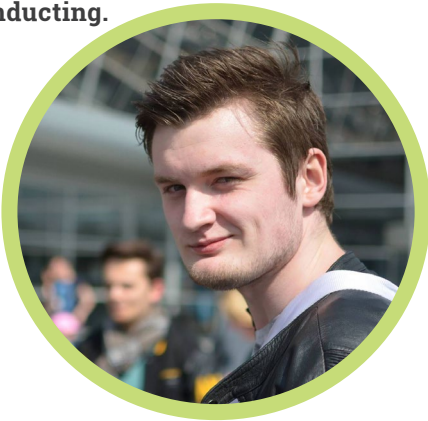
It also depends on your crowd, if a meme succeeds. That's why you got all kinds of different communities which all have a specific atmosphere. So seek your community and add your funny meme to it today!

My last tip is to give it a try. When you have an amazing idea for a meme, just post it. You can start on [reddit.com/r/me_irl](https://www.reddit.com/r/me_irl). They upvote anything.

01

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 kind of research they are conducting.**



CHRISTIAN

My thesis is about the determinants behind the usage of low tech privacy measures. Specifically, I want to find out what the determinants are for people covering up their cameras of portable devices and if this behaviour is consistent between different devices such as laptops, tablets and mobile phones.



CAROLIEN

At the moment a health centre is developing an app to monitor people's positive health. For my thesis I look at the best way for this app to give feedback to people so they can improve their health behaviour and in the end I will develop those texts.

NAOMI

My name is Naomi ten Hagen and I am in the second year of Psychology. At the moment I am doing a study about the relationship between mindfulness and mental health. Through a questionnaire I will try to examine whether people who are very mindful are happier than people who are not.

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!

Deadlines, deadlines, dead lines?

So here I sit, broken-hearted, came to shit but only farted. No, that would be a lie. I am actually sitting on my couch, with a lot of sweat in the palms of my hands. I told the RedacCie that I would write a piece about stress. And to be honest, I actually am very stressed! I missed the first deadline to write this piece, and now I have to write an incredible story about being stressed, but I have no inspiration at all.

I already passed the stage of cleaning my room, binge-watching Netflix like a crazy person and I've never seen the gym this often in the past few days, so I decided to change my course. I decided it was time to visit one of my best friends in those times. She is truly amazing, because she is always willing to help me out when I feel stressed, never questions any of my decisions and is always there for me: Alcohol.

So I sit here behind my laptop, just mesmerizing about life and taking random stress-tests on the internet. I found out that a burnout is nearby for me. And that stresses me out. So actually I am in the stage of pre-stress, a stage where you are stressed about the stress that you will have



when you will stress about something. Are you still with me? Well, actually neither am I. I just decided to ask Alcohol out on a date and I am stressed to hear her reaction.

Oh, before I forget it. Give a big round of applause for the person who doublechecked my piece, because Alcohol brought her favourite friend 'Dyslexia' with her as well. I am glad that she left her roommate 'send-stupid-messages-to-your-ex' at home, he can be so awkward from time to time!

So, I wanted to give you a big kiss, because that's what I do when alcohol and I are very happy with each other, but unfortunately I can't, so I owe you one!

P.S: this article contains an important life lesson from Saskia (for free!): "Always remember; stressed is just desserts spelled backwards!"

02

HEADLINES IN PSYCHOLOGY

Two studies that suggested a link between violent video games and behaviour in real-life have been retracted

Bad news for critics of those pesky video games, two studies linking playing violent games and actual behaviour have been retracted as Quartz reports. One study found results linking aim accuracy in first-person shooters to improvements in actual marksman skills. After some controversy about the paper, it was retracted by the Journal of Communication Research in January. Another study linked Violent media to a huge temporal decline in verbal skills of children. The size of the effect caught some attention and the study was

investigated. Unfortunately, information about the data collection was not available. The paper was retracted at the end of march.

References

Quartz. (2017, April 05). Two studies suggesting a link between violent video games and real-life behaviour have been retracted. Retrieved from Quartz: <https://qz.com/950108/two-studies-suggesting-a-link-between-violent-video-games-and-real-life-behavior-have-been-retracted/>



(c) Electronic Arts

Ketamine shows positive results for treating severe depression

As Neuroscience News reports, a paper published in The Lancet Psychiatry found a positive effect of ketamine on severe depression based on the results of an experimental treatment for 100 patients over six years. To stop the keta-on-recipe-hype right away, the paper is the first step. It covers the ethical analysis and looks into considerations for further research on the drug. Singh et al. conclude that the use of ketamine does not violate ethical principles, but has to happen with care and professionalism.

It is still in a trial stage and it can be expected that some time will pass before it will be used as a professional antidepressant.

References

Singh, I., Morgan, C., Curran, V., Nutt, D., Schlag, A., & McShane, R. (2017). Ketamine treatment for depression: opportunities for clinical innovation and ethical foresight. The Lancet Psychiatry. doi:10.1016/s2215-0366(17)30102-5

Higher educated people seem to believe less in conspiracy theories

For me personally, conspiracy theories are very interesting (for the record, I do not believe them). If you dig deeper into this subject, you do not just get glimpses on those mainstream conspiracy theories like 9/11 was an inside job, the faked moon landing or the Illuminati governing the world in secret. These theories are weird, but you can imagine that someone may believe that. The fact that some people actually believe that we live on a prison planet of the Aldebaran system which won a war against the Sumer, who then flew into the hollow earth is a different calibre.

A paper published in Applied Cognitive Psychology correlates the level of education to the belief in conspiracy theories. Higher educated people seem to be less into conspiracy theories and are hard to convince. It also seems that the belief in one theory makes it easier to believe over theories as well. Of course, this is no surprise for conspiracy theorists, high educated people

are too manipulated by the system/government/reptiloids.

Also, the relationship between education and conspiracy beliefs is very complex. It cannot be reduced to intelligence. But hey, get your tinfoil hats, this magazine is related to a University, so I am a part of the system

References

Prooijen, J. W. (2017). Why Education Predicts Decreased Belief in Conspiracy Theories. Applied Cognitive Psychology, 31(1), 50-58.



(c) Thecybersafetylady.com

03



KIRA'S KITCHEN

MAC AND CHEESE

The ingredients

- 1/2 (400g) package cellentani pasta
- 2 tablespoons butter
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 (300 ml) can diced tomatoes and green chillies
- 1 (220 g) package pasteurized prepared cheese product, cubed
- 3 cups chopped cooked chicken
- 1 (300 ml) can cream of chicken soup
- 120 ml sour cream
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 170 g shredded cheese

1. Preheat oven to 180°C. Prepare pasta according to package directions.

2. Meanwhile, melt butter in a large Dutch oven over medium-high heat. Add onion and bell pepper, and sauté 5 minutes or until tender. Stir in tomatoes and green chillies and prepared cheese product; cook, stirring constantly, 2 minutes or until cheese melts. Stir in chicken, next 4 ingredients, and hot cooked pasta until blended. Spoon mixture into a lightly greased 25 cm cast-iron skillet or 28 x 18 cm baking dish; sprinkle with shredded Cheddar cheese.

3. Bake at 180°C for 25 to 30 minutes or until bubbly.



(c) Southernliving

MEET THE COMMITTEES

PREMACIE

04



This spot is reserved for Dimensie's own committees. 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. In this edition, the PreMaCie takes the spotlight!

Hi, I am Mandy and I am an active member of the (Pre-)MaCie committee.

The (Pre-)MaCie consists of five people. Our committee organizes activities aimed at psychology pre-master and master students, but everyone is welcome.

The theme of these activities can be anything, for example the Easter holidays or any other holiday. Another example is career or job employment workshop. We already had one of those about the platform Linked-In.

We also helped with the pre-master and master

introduction days, on these days we organized a scavenger hunt around the campus. Anything is possible in terms of activities.

So are you a pre-master or master student and you have a really good idea for an activity?

Email us: premacie@svdimensie.nl



05

INTERVIEW WITH

MATTHIJS NOORDZIJ

This Hand-Out issue is about writing your thesis and how to survive the effort of making one. To get a glimpse of the perspective of a supervisor, we had an interview with Matthijs Noordzij, who supervises projects from the second year's research project to doctoral promotions.

How many people do you supervise on average per year?

I supervise between 10 and 15 people doing a graduating thesis per year, at the moment I am supervising 12. Then there are four PhD candidates I supervise, a number of students how do an internship at a company now that there is an internship in the master and a few groups of second year students who do the research project. These are groups of four who do a research project together for the first time.

How do you experience that as supervisor?

It is very nice, it is one of the most fun things to do in teaching. A lot of the curriculum of psychology is aimed towards doing research on your own after your education. A lot of things taught are stepping stones towards research and it is nice to be able to supervise the part where a lot of it comes together. Not every student realises this, but a lot do and it is nice to see when students do realise this. Another nice part is the individuality, often research projects are done alone or in small groups. I believe that science is best done in a small setting and, with the relatively small size of the study here, that is also the case. I have worked at the university my entire life so you could say I like science and I can do science here in a small setting. That is very nice.

Are there many differences between supervising a bachelor's, master's or PhD theses and research projects?

Yes, quite a lot. In the university education is an inclining line of skills and knowledge where, if you finish your PhD, you have a basic qualification to do research. Until then you learn the skills necessary to get there and there is a line in there from bachelor's to master's to PhD. Of course there are also big individual differences, some students prefer applied psychology, these students are not likely to continue doing research. Others view the world through a scientific perspective and like a more theoretical perspective, and then there is everything in between those extremes. Science has something ungraspable about it, not everything can be summarized into the courses that students follow and not everything can be learned. There is an element of training in research about how to write and how to reason, how to use your intuition. Students differ in these perspectives too, some already use these skills very well early on and it seems that they have thought in an academic way for a long time. For others it does not come naturally, they need to learn how use these skills.

What's the best part about supervising theses?

That is hard to say, because things do not always work out well, sometimes even more with students who may be good at learning and remembering facts. These students suddenly have to think up something themselves and their foundation of knowledge slips away from underneath them. Science is not finite, there is always something that can be done better and nothing is ever 100% correct. For students who always have good grades this

can be very confronting because there is no such thing as a ten in science. For this reason, students get stuck. This can be bothersome but it can be very rewarding to continue anyway and continue researching. Of course it's also really nice if people are immediately enthusiastic about a subject, you can then get to researching quickly. For me as supervisor, each project teaches me things too. I don't get tens either, but enjoy puzzling together to figure something out.

Another part of supervising a thesis is training to write. Psychology requires supporting your claims on arguments, building up those arguments and making it understandable for readers. We do not often work with mathematical formulas but mostly with language, and that tends to be a bit vague. Training how to make that as clear as possible is also enjoyable.

What are things that go wrong often with students?

As I said, students get stuck when they realise their project will never be perfect. I see people give up there because they are scared and do not know how to continue. Especially if students are perfectionists, they have trouble sending in things that are not yet done. Writing is difficult on that respect and stays difficult. Things also go wrong because students might discover that they just do not like doing research. Regular courses can be completed despite a lack of interest, but doing research can get quite intense. There is also a more personal part that goes wrong sometimes. Most students are in between 19 and 25 and sometimes they run into trouble with themselves or with family for the first time in their lives that causes their study to be a lesser priority for a while. For most students, this does not form a great impedance in their study but for around five to ten percent it does. Study advisors play a big part in helping here and they can be a big help getting things sorted out without delaying the study by much. There is also a new development in the master course, which is interesting. For a number of years, we are trying to get our masters to better

suit the job market. That does not mean our educational quality is any less but does mean that there is an internship now. Students go to a company and do an internship there and find some added value in being at a company instead of at the university. What happens now is that there is such a big value added in being at a company that students stay there to work instead of finishing their education. Basically, companies are pinching the students and offering them jobs causing them to quit their study. That's something that does not happen in more classical psychology studies, but students are getting a mind-set to contribute to the technical world and technical companies, where there is a big demand for these student at the moment. It came as quite a surprise for me when this started happening.

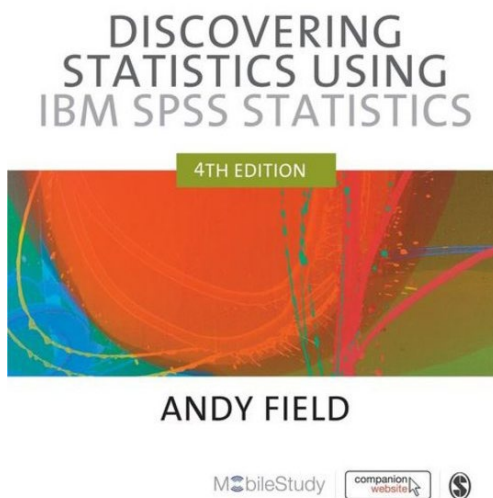
Can you give a tip for students who are working on a thesis or research project now or are starting soon?

This differs quite a lot per education stage. If you are in your masters I think it is important to look well at what you like to do: a more qualitative or quantitative approach? Do you like a theoretical or applied assignment? Make your thesis fit your preferences. In your bachelor's this is not as important, as you are still training and need to learn the methods and skills required to do research. After your master's you have to complete four years of PhD research and after that you only have a basic qualification to do research. This should perhaps be made a bit clearer in psychology, as they do in technical studies. It is clear there that there is a whole canon of stuff to learn and the only way is simply to train. The perhaps boring basic training is necessary to make something nice in the end. A lot of psychology happens in our heads, which makes it easy to leap to conclusions and to skip ahead. You can easily say you understand, but can you also do it? Probably not, but that is okay since you still learning. That something to remember. Take it step by step, finish your training steps and you will get to something nice in the end.

BOOKS YOU SHOULD READ

06

Andy Field - Discovering Statistics Using SPSS

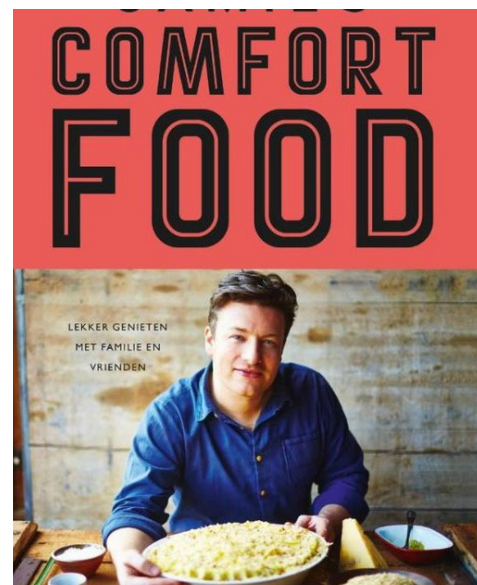


Unrivaled in the way it makes the teaching of statistics compelling and accessible to even the most anxious of students, the only statistics textbook you will ever need just got better! Andy Field's comprehensive and bestselling *Discovering Statistics Using SPSS* 4th Edition takes students from introductory statistical concepts through very advanced concepts, incorporating SPSS throughout.

The Fourth Edition focuses on providing essential content updates, better accessibility to key features, more instructor resources, and more content specific to select disciplines. It also incorporates powerful new digital developments on the textbook's companion website.

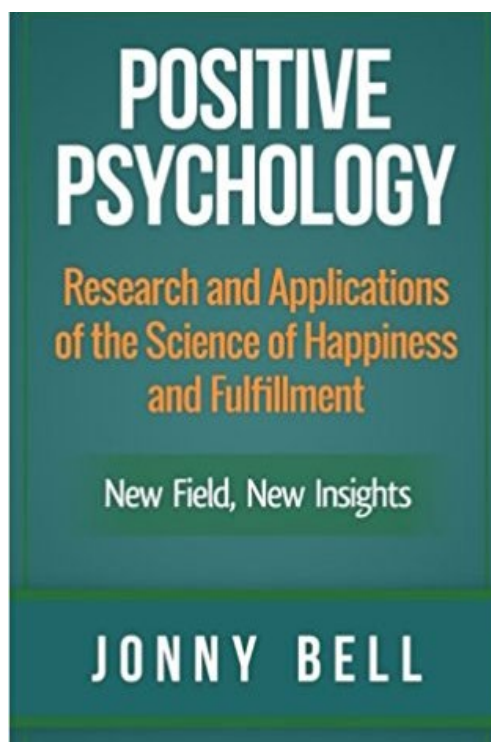
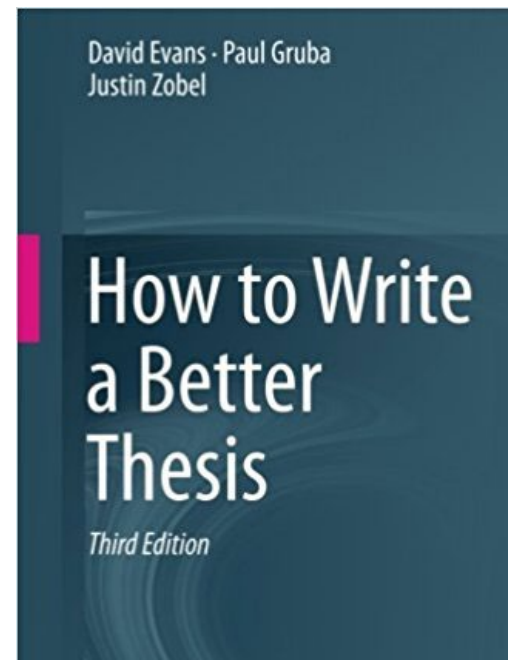
Jamie Oliver - Comfort food

Indulge yourself with Jamie's *Comfort Food*, packed with 100 recipes designed to cheer you up and warm the cockles of your heart. Sometimes instead of studying, reading or writing your thesis you just need a break. So what better to do than prepare a nice meal for yourself. You'll have the relaxation effects of cooking (nice smells, trying bits of everything, having clear rules to follow) plus the result will be absolutely delicious. This is the food you really want to eat especially in these trying and stressful times. Treat yourself, and your loved ones, with Jamie's *Comfort Food*.



***David Evans, Paul Gruba, Justin Zobel
- How to write a better thesis***

This book offers a step-by-step guide on the mechanics of thesis writing. It helps readers to understand how to conceptualize and approach the problems of producing a thesis and illustrates the complete process with concrete examples.



***Jonny Bell - Positive Psychology:
Research and Applications of the
Science of Happiness and Fulfillment:
New Field, New Insights: Applied
Modern Psychology for Happiness***

This book provides deep, research-driven analysis and understanding of the new branch of psychology: positive psychology. Positive psychology seeks to fulfill you, to yield true satisfaction in your life. This book's explanation of positive psychology gives way to ultimate, step-by-step instructions on how to achieve true happiness, positive thinking, mindfulness, resilience, and an effortless stream of optimism.

This book forces you to stop making excuses. Concentrate. Breathe. Slow your life in order to concentrate on your personal goals, your personal strengths. You'll have the ability to speak your mind, conquer your surroundings, and aid your fellow man.

07

DIMENSIE MEMBERS

FROM **ABROAD** **AURORA MUNARETTO**

Where are you originally from and why did you decide to study in the Netherlands?

I am originally from Italy, and I decided to come here because my whole family lives in the Netherlands. My parents live in The Hague and my sister in Maastricht. On top of that I also lived in the Netherlands 4 years ago and attended a year of high school. I also always really liked the atmosphere in the Netherlands.

What do you like most/least about the Netherlands?

What I like most is that everyone has a bike here. Also, the people here are so friendly, they say hi on the streets. I wasn't used to that in Italy. On the other hand the thing that I don't really like is when people find out you speak Dutch they really want to speak it with you. Even though I can speak Dutch, I don't feel comfortable to actually speak it.

What is to you the most typical funny Dutch customs or habits?

The custom that stood out to me is that Dutch people drink a lot of beer. I have also gone to some Dutch houses where I ate stamppot. I actually really liked that.

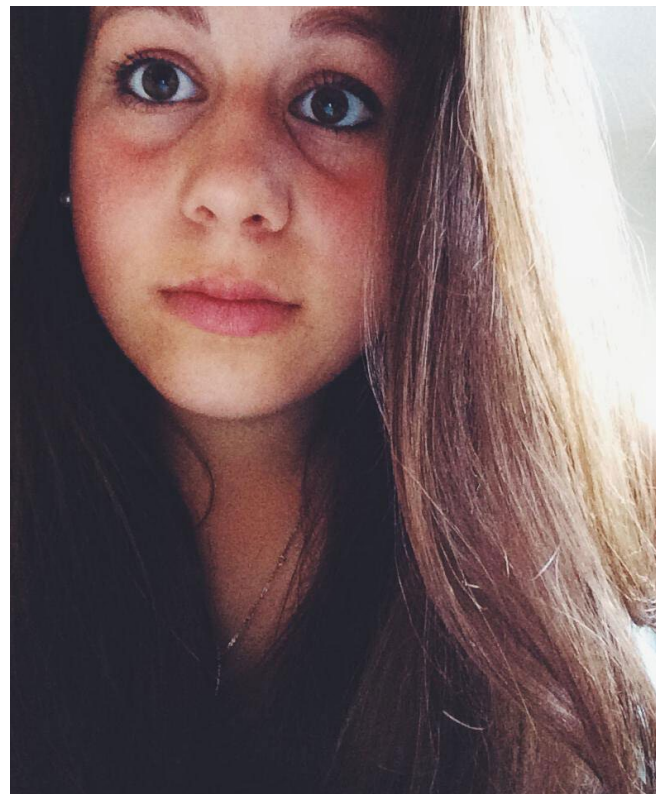
What made you pick the University of Twente specifically?

I chose this university because the campus really appealed to me.

What are your plans after the PSY bachelor?

I am thinking of doing the HFE master, or another master in the Netherlands. Furthermore I am interested in doing my minor abroad, or just going abroad in general to do some charity work for example.

I don't think I'll go back to Italy, I might stay in the Netherlands or just go somewhere else in Europe. My family and I always stay in touch, no matter where I am so that will be fine.





08

THESIS WRITING 101 WITH PETER

A COLUMN BY PETER SLIJKHUIS

Thesis stress season has started again at the University of Twente. Bachelor students worrying if their first thesis will be good enough and master students who need some extra intrinsic motivation? No worries, thesis 101 with Peter comes just in time.

A big pitfall most thesis writers don't realise is how important a research question is for your entire thesis. When you have a good question, you can focus your attention during the entire process of writing and experimenting on answering that question. A good introduction comes from a good question. You can highlight all the used terms in your question and explain them in your introduction with the use of existing research papers. When you have a good introduction, the rest of your thesis will be easier to write as well. The discussion can be written by talking about how your conclusions hold up when looking at the articles you mentioned in your introduction. Also, don't get too attached to your introduction, you need to see it as something that changes during the process of writing a thesis. When you read more articles, the information becomes clearer and easier to write down. This means that it is not bad to look back at what you wrote before and see if you understand it better and maybe change it.

The next point I want to highlight is the fact that most students see deadlines as something 'evil and annoying'. Okay, I will let you have the annoying part, but they are more your friend during the thesis process than an enemy, especially for people like me with low intrinsic motivation. Deadlines, mostly for the master thesis, you will plan yourself. This great, because they are a bit tedious and now you can have a say in them, but it is also one of the biggest pitfalls. You don't plan a deadline with your supervisor because you think you haven't done enough for a feedback session or you forget to plan one or you are stressed and want to relax a bit. This is the time you start to make deadlines with yourself, instead of your supervisor and the next thing you know you are two months further along the line with not much progress. This is really important for you, and trust me with this, make a deadline with your supervisor directly at your feedback session. This way you don't forget to make one and it is a hard deadline for yourself. It is also okay to take a month for the next appointment, it doesn't always have to be two weeks, it still needs to be fun to study at a university, right?

Take my advice to heart and perhaps it helps a bit in the struggle that is called thesis writing.

THE MYERS-BRIGGS TYPE INDICATOR TEST

There are a lot of personality tests to go around. Most psychology students must have heard of the Big Five or the Hexaco. A less well known personality type indicator is the Myers-Briggs Type Indicator personality test. MBTI is a personality test which categorizes personality based on four dichotomies.

These dichotomies are:

- (I) Introversion- (E) Extraversion
- (N) Intuition – (S) Sensing
- (T) Thinking - (F) Feeling
- (J) Judging - (P) Perceiving

This leads to sixteen possible combinations to be head, like INFJ or ESTJ, according to which of the functions are dominant in the personality of a person.

A quick historical overview

The roots of the theory can be traced to Jung's Typological Theory, in which he already proposed the functions sensation, intuition, feeling and thinking. A few years before this theory was published, a woman named Katherine Cook Briggs had also started to research personality. She herself had proposed temperaments, but was later heavily influenced by Jung's work. Her daughter Isabel Briggs Myers later continued her mother's research, creating the MBTI test during World War II.

Extraversion – Introversion

The first dichotomy considers what your attention is pulled towards and how you gain your energy. Introversion and Extraversion are one of the oldest notions within psychology and therefore also one of the most well-known.

Introverts prefer quiet environments, self-reflection and explore their ideas within their internal worlds. Because of this, they generally have a high sensitivity for external stimulation.

Extraverted people prefer the company of others, liking to have a lot of different activities and energize while interacting with others. This is also their preferred way to work and learn.

Intuition – Sensing

The second dichotomy considers how you prefer to gather information and how you interpret this information. It's also takes into account what people focus their attention on.

Intuition focuses on novelty, ideas and imagination. They are dreamers and fantasize a lot. Therefore they are questioning a lot of things, making inferences and focusing on improvements. They pay more attention to patterns and impressions and like to think about problems instead of getting hands-on. Thus, they prefer working with abstract theories and symbols.

Sensing is more focused on physical reality and facts. They like it when their learning material and the information presented to them is tangible and detailed.

Thinking - Feeling

The third dichotomy represents how information is processed by a person. It is concerned with whether a person likes to focus on objective facts while making a decision or weigh in personal concerns.

The people who lay emphasis on thinking like to base their decision style on logic. They look for basic truths or principles to utilize, regardless of the situation.

Feeling people are quite the opposite. They weigh in what people care about and the points-of-views from the persons involved in a situation. They make decisions on what they feel they should do.

Keep in mind that everyone uses thinking for some decisions and feeling for others, but the preference is the thing that should be taken into account.

Judging – Perceiving

The last one reflects on how an individual implements the information he or she has processed. In other words, what is the behaviour you show to others?

Judging people seem to prefer a decided and structured lifestyle. Therefore they use their decision-making preference (Thinking/Feeling) in their outer life. They like to plan in advance and live their life in an orderly fashion.

Perceiving people use their perceiving function (Intuition or sensing) in their outer life. They seem to prefer a flexible and spontaneous life. They also seem to be very open to new experiences and information.

The thing with this last dichotomy is, that it's only about what other people view about a person. A person can be judging, yet internally very open to new information, or perceiving and very inflexible.

ISTJ Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.	ISFJ Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.	INFJ Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.	INTJ Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.
ISTP Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.	ISFP Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.	INFP Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.	INTP Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.
ESTP Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.	ESFP Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.	ENFP Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.	ENTP Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.
ESTJ Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.	ESFJ Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.	ENFJ Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.	ENTJ Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

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IT'S JUST A **MINOR** EXPERIENCE

Intelligent interaction design

For my minor, I followed the Intelligent Interaction Design module as a Creative Technology student. Intelligent interaction design is a module about how people interact with computers and how computers interact with people, and is about as close as any technical study comes to psychology. My experiences with the module were great, the courses were well planned and the study material was clear; a stark contrast with my previous module.

The courses were Human Computer Interaction, Artificial Intelligence, Statistics and Programming. HCI had a theoretical part about human computer interaction and a practical part about how to study it. AI is an introduction into artificial intelligent systems and how they essentially work. It is quite abstract and despite being an introductory course not easy but no prerequisite knowledge is required. Statistics is just what you'd expect, statistics! Not the most pleasant but definitely very handy to do as a recap before you start on your bachelor thesis. Programming is just what you would expect, too; you learn how to program. You will be making a 'smart' program in C++ that can solve puzzles and navigate mazes.

Before I started I heard that HCI and AI would be difficult because there would be a lot of reading.

However, I heard this from Create, BIT and IT students, which means a below average amount of reading for a psychology student. The practical parts of HCI, where you will learn about how to do a user study for example, will be very familiar. They are basically a technical version of social research methods. AI can be pretty tough and should not be underestimated. It involves quite a bit of abstract and logical thinking, which can be more difficult than it sounds. The statistics course will be very familiar but does cover some themes that are not covered to a great extent in psychology. Lastly, the programming part is very doable. If you know a bit about any programming language, you will be able to pass. The course is focussed on C++ but can also be done in Processing, however, neither C++ nor Processing experience are necessary: most of the Create students don't have that either. I really felt I learned a lot from this module, the research methods used in user studies, programming simple programs in C++, how smart algorithms work and a lot more technical stuff that considered too advanced for the Human Factors and Engineering module from psychology. I would definitely recommend this module for anyone who liked the HFE module and wants more in depth knowledge on the technical side of things.

Innovation & Entrepreneurship (First part)

Granted, I&E is not a typical choice for a psychology student, but an interesting minor nonetheless. This minor concerns itself with how a venture is started and operates and therefore provides you with a lot of insights that you won't obtain in the typical psychology course. During this minor, you will receive an introduction in financials, innovation management and how to become an entrepreneur. These three subjects are then combined into a group project where you will tackle the challenge of thinking up your own product and formulating a business plan to make it work and really get it to the market. In order to get

the ball rolling immediately and get you to switch to an entrepreneurial mind set, the minor starts you off with an interactive business game which takes the whole first week. You then get to meet your project group and compete with the other groups in an online simulator. This first week can be a bit intense, especially if you are used to a psychology timetable like I was, but it was still fun. In the end, you definitely pick up useful skills during this minor and you will learn to look at things from another viewpoint, broadening your studies instead of deepening it.

Professional learning in organizations

Professional learning in organizations is a minor which provides you with the unique opportunity to work with real companies. Each of these companies has a learning question for which they would like to get an advice. During the module, the students participating are encouraged to form a consultancy company of their own and to attempt to support each other during the process of creating an advice. Therefore, you will not really

feel like a student from time to time. This project is supported by a theoretical part and a skills lab in order for you to obtain all the skills necessary to provide the company with a sound advice. This minor was quite fun to do, but it does get hectic from time to time as the advice report you need to hand in is quite large. So, keep on top of things if you are doing this one!

Premaster Health Sciences

During my minor I attended the Health Sciences premaster course, which consists of two second year Bachelor modules. With this premaster of 30EC I am eligible to follow the Master's program of Health Sciences at the UT. During the first quartile we learned how to weigh the advantages and disadvantages of a new intervention in terms of costs, but also effectiveness concerning for example quality of life. Our project involved the development of an intervention program for high blood pressure that would be more efficient than the current practice. In the second module we wrote a research proposal with our project group. The other subjects that module dealt with medical

statistics and study design as well as the most common illnesses and their symptoms as well as common treatments.

I enjoyed both modules, because they showed me another side of the interventions that I developed or learned about earlier in my Bachelor Psychology. There were a lot of aspects that I had not thought about before but that I feel I can really use in the future. This change of perspective is something I can really advice people who are interested in the Health Sector because it broadens your horizon.

UPCOMING ACTIVITIES

EUROTRIP DUBLIN

Tá muid réidh! Are you? On the 27th of April everyone that signed up is leaving for Dublin! Photos will follow; and if you have missed your chance to come along this year, there's always next year to join us!

LAN PARTY

On the 3rd of May the BroCie and WebCie are organizing a LAN party! We start at 15:00 and it will take place until after 00:00. You are welcome to join in any time, and the games that will be played do not require a professional setup.

EXCURSION TBS CLINIC

On the 9th of May the ExpediCie has planned a trip to a TBS clinic in Groningen. Make sure to sign up in time for there are limited places. The excursion will be free of charge.

SHOTS AND SPORTS

Also on the 9th of May the ACCIE is organizing another party! This time the theme is shots and sports so make sure you stretch enough beforehand.

SURVIVALRUN TRAINING

On the 16th of May a survivalrun training will take place. This popular sport is now practiced pretty much everywhere and this is your chance to see if it's something for you. Time and costs are to be announced.

COCKTAIL WORKSHOP

In the evening on the 16th of May (starting at 20:00) Dimensie will organize a cocktail workshop. After an afternoon of sporting like crazy there's no better way to relax than with a cocktail in your hand.



YOUR AD HERE?



Follow the Dimensie Board on Snapchat to get some insight in their adventures as the board!

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. ;)

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?

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