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Arjan is back to share his wisdom! See which questions were sent in and what creative solutions Arjan has come up with!

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We've asked some members of our association to share a funny story about their time here.

Committee spotlight

In this Hand-Out, the Symposium committee and the ConnexCie are in the spotlight!

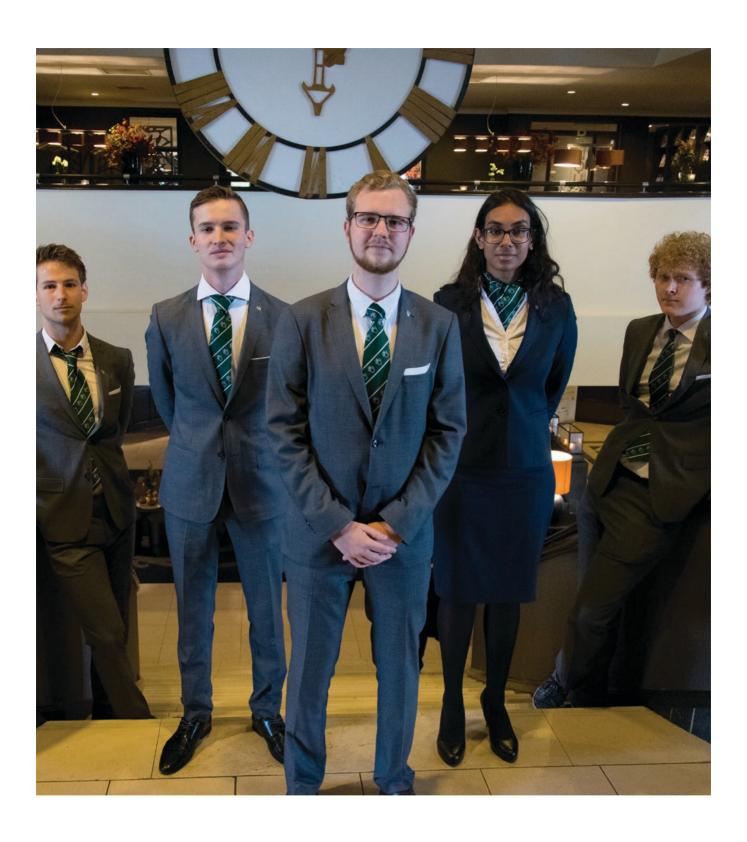
Evaluating the study with

Mathijs de Ruiter! As Commissioner of Educational Affairs, Mathijs is closely involved with the quality assurance of the education.

Book reviews

We've been reading non-stop for the last few weeks to give you some recommendations for the upcoming holidays. Be sure to check them out!

- Don't miss your very own Horro(r)scope
- This Hand-Out includes all the information you need about the Symposium



WORD FROM THE BOARD

Dear readers.

So here we are, another year at the University of Twente with new faces. This is also the second year of the Hand-Out and I am honoured to present this year's first edition as Chairman of the association and not as chief editor. And for those of you who are new to us, welcome! As the tradition goes, the first Hand-Out of the year will be released shortly before Christmas, a fact that is absolutely and entirely unrelated to the time it takes to set up a committee, write pieces, wait for pieces for the reader's column, wait for responses, have a meltdown with Adobe InDesign and printing.

I hope that everybody will have a wonderful vacation time during the holidays and finds some time to relax, (re)connect with family and friends and enjoys this little time without deadlines and exams.

I want to wish everybody happy holidays and "good slide" into the new year!

On behalf of the 16th board of Dimensie,

Julian Steinke Chairman



ASK ARJAN

Arjan is an old board member of Dimensie, who is still often found in the Rubix. He's very wise and is willing to answer all of your questions. If you have a burning question you need the answer to, send it to Ask Arjan mail; askarjan@svdimensie.nl

In the song "Fireflies" they state that they get a thousand hugs from 10.000 lightning bugs. Does each firefly hug 1000 times, or do only 1/10th of the bugs give you a hug?

Well that depends on what you define as a hug. I think it is not the same as a hug given by another person, since in that case your body or at least a part of your body is grabbed by the two arms of this other person. So we can ensure that if one gets "hugged" by fireflies, it will be different than a hug from another person.

But that does not answer the question if each firefly hugs 1000 times, or if only 1/10th of the bugs give hugs. If a person has the patience to count all the hugs he or she gets when the person is hugged by 10.000 lighting bugs, it would sound logical to me that this person will get 10.000 hugs if he or she is hugged by all the lighting bugs. But since the singer of the song "Fireflies" has counted until 1000 hugs and there are a total of 10.000 lighting bugs present, there is a staggering amount of 9.000 lighting bugs that did not hug the singer.

The reason not to hug a singer can be various. Perhaps the singer did not smell good, or the 9.000 lighting bugs hated the singer. Or there was maybe simply not enough space and time to hug the singer. Whatever the reason is, only a tenth of the lighting bugs did hug the singer.

The cable for my headphone broke; what should I do?

Well first of all, that sucks. I have been in that situation sometimes and the lack of music is the worst, especially when you're in the train. Everyone wants to talk to you; about how the NS sucks and about the weather. I think to myself: I'm not sitting here to chitchat about the weather, or about how sick your distant relative is. So shut up, and let me enjoy the Dutch country side.

Anyhow; coming back to your question. There are a couple of things you can do. If your headphone still has a warranty, you can have them repaired by the shop you have bought them from. But if you have bad luck and you cannot get

them repaired for free, then you need to consider buying a new headphone. But that depends on the state of your headphone. If you killed the headphone to such a point that they are literally unusable, throw them away, burn it, bury it, or anything else you like. But if you think they can still be repaired, then you should consider buying a soldering iron. Those puppies work like magic in the combination with a headphone; especially if the problem is within the plug. And you will get a good feeling when you repair something instead of letting it get repaired by someone else.

How do I get away with murder, theoretically spoken of course?

To start I want a disclaimer. I do not have a lot of experience with murdering and murder. So if my suggested method does not work, well then it sucks to be you. If it does work, let me now. I might have to use it myself, someday maybe. Who knows what kind of situation I will land in?

Anyhow, your question is how to get away with murder. I must state that it kind of depends on what your way of murdering is. If you suffocate someone, it is different from when you shoot someone. With suffocation you probably want to keep your 'suffocation machine'. You may have used a cord or a cable; then you need to dispose of the evidence. Throw away, burn, bury of anything you like can be used. If you used your hands, you want to keep the murder weapon. It is pretty hard to drink beer without hands.

After getting rid of your murder weapon or 'suffocation machine', you need to, as one can say it, lay low, fly under the radar, or do anything to not be noticed.

So let your groceries be delivered your home, skip that one party you want to go to, and don't ever leave your home. You need to go to class? Well that sucks. You should have thought about it before murdering people.

After having flown under the radar

After having flown under the radar for long enough, you can get out of hiding. I think this period will be at least six months. If people generally have forgotten about you, you have done a good job. But if people have missed you and after you get out of hiding start to ask questions, get back to hiding! You don't want to spend any time in prison. Because if you drop your soap even once, you will experience a side of you, that you may not have known before. If you have experienced this side and you liked it, then you can drop the soap whenever you want.

EQIB - THE HUMAN FACTOR

As you might have heard, Dimensie has started collaborating with EQIB, the human factor. EQIB, an acronym for Excellent Quality In Business, is a Human Resource company located in Hengelo, Overijssel. They are a Dutch company that concern themselves with recruiting the right people for the right jobs, but they also offer coaching and trainings for employees in organizations.

As a Dimensie member, you have access to lectures and workshops organized by EQIB at the University of Twente. This year this entailed a lecture about EQIB in general and a LinkedIn workshop to help Dimensie members build their résumé. Dimensie also has the possibility to organize a company visit to EQIB to see what a psychologist in the field of personnel psychology does. The reason why we became a partner of EQIB is clear: they provide lots of opportunities for our students to develop themselves and become more professional.



In light of this, EQIB can also be a valuable addition when you are a little further in your studies. If you are looking for an internship, EQIB provides possibilities for this as well. Make sure to check out the Dimensie website to find the most up-to-date internships.

Besides internships EQIB has different vacancies for psychology students who have just graduated in Human

Resource Management (Human Resource Development at this university) or Work and Organizational Psychology, also when they have had no experience just yet.

If you are interested in EQIB make sure to check out the Dimensie website (www.svdimensie.nl), or EQIBs website (www.eqib.nl).





NEWS IN PSYCHOLOGY

Love at first sight is not love but a lush

I am very sorry to destroy the foundation of possibly one of your romantic concepts, love at first sight might not classify as love. A study by Zsok et al. (2017) from the University of Groningen suggests, that the experience of love at first sight is not love but just mere physical attraction and nothing more. Zsok argues that the experience described by most couples as love at first side in retrospective does not resemble love, passion or intimacy but only with high attractiveness. But please, the next time you hear somebody talking about love at first sight, don't use this to destroy their lives.

Zsok, F., Hauke, M., De Wit, C. Y. and Barelds, D. P. H. (2017). What kind of love is love at first sight? An empirical investigation. Pers Relationship, 24: 869-885. doi:10.1111/pere.12218



Half of the population of Japanese town have PTSD symptoms

Although it is not really news, it is indeed a very interesting case. During the estraordinary earthquake in 2011, the city of Hirono in the Prefecture Fukushima was a victim of the earthquake itself, a tsunami, the nuclear accident in Okuma and relocation. Although only two casualties were reported, the town suffered heavily from those massive hits in such a short time. In a study published in 2014, it was reported that 53.5% of the participants from the town exhibited PTSD symptoms that are clinically concerning, 33.2% showed clinical symptoms. Roughly two thirds of the participants suffered from depression in different magnitudes. The situation got better, many of the citizens recovered by picking up work for the community in order to rebuild. But the process still continues.

Kukihara, H., Yamawaki, N., Uchiyama, K., Arai, S., Horikawa, E. (2014) Trauma, depression, and resilience of earthquake/tsunami/nuclear disaster survivors of Hirono, Fukushima, Japan. Psychiatry and Clinical Neurosciences, 68: 524-533. Doi: 10.1111/ pcn.12159



UNRAVELLING THE CRIMINAL MIND SYMPOSIUM ABOUT PSYCHOLOGY IN CRIME

You might have heard that Dimensie is organizing a symposium about psychology in crime on the 1st of February 2018. During this symposium there will be a day full of lectures and workshops to get you in touch with a broad scope of subjects related to psychology in crime. A few of the themes covered will be law psychology, criminal profiling and lie detection. For more information on the lectures and workshop that will be offered visit our website:

www.svdimensie.nl/symposium

Simon Oleszkiewicz

has done a lot of research on interrogation techniques, false confessions and psychological coercion. His work for the LA undercover police makes him an expert to tell us all about strategies within the interrogative context.



will give a workshop on lie detection and possible consequences of lies during police investigations



Iris van Sintemaartensdijk

will give a workshop on Virtual Reality.

She will go into the details of how to set up a VR intervention and there's a chance for you to experience the workings of this in real life!



Carlo Schippers

will give a lecture on criminal profiling.

Given that he is the only person in

Europe to be trained by the FBI and his
background in the Dutch policeforce,
he is an expert when it comes to this
field.

03

HANDS UP FOR QUESTIONS

We asked Dimensie members for their stories of previous years. They told us all about why they became a member of Dimensie and what their fondest memories are.

Who are you and what are you doing at the moment in your studies?

I am Fenna Boerkamp, I am a third year student and I am currently doing my minor. I am following the module Professional Learning in Organizations from Educational Science and Technology and I hope to start this master next year. Besides that, I am a student mentor for first year students and a to-be student assistant for second year students. I originally come from Apeldoorn,

only one hour away from Enschede. I didn't know what to study, but I did a test and then got with a 100% certainty send to Psychology in Enschede. I now live with my daddy from my Kick-In and former boardmember, Mark Bonvanie, and my mom from the Kick-In and masterstudent, Lonneke Groeneveld.

When did you become a member of Dimensie and why?

I became a member of Dimensie directly when I got to the opening market on the first day of Kick-In. Before the start of the semester, I was a student for a day with Luc Schoot Uiterkamp (which was a great day!) and he introduced me then already to the Rubix and all the benefits of becoming a member of Dimensie. I was immediately persuaded since I thought that the free coffee/tea/lemonade, the couches,

the nice and open people were really great. Therefore, when Arjan Berkhoff of Dimensie asked me to join him to the stand of Dimensie during the opening market of the Kick-In, I became a member immediately. I never regretted it, because my parents in the Kick-In were really active in Dimensie as well and it felt immediately as one big family.

What has Dimensie done for you in the past?

I would say that Dimensie made me feel at home. All the people that were active in Dimensie from the beginning of my year. were always in every activity and therefore you were always with the same people and felt like one big family. I became an active member as well (after Mark forced me) and was in the committee for the first year students. We organized some big and smaller activities, like the parent day, a Valentines drink, a Sinterklaas activity, a dropping and a party in collaboration with two other study associations. The feeling I got after a successful activity always felt



What is the funniest thing that you experienced at Dimensie?

I think I would have to say the dropping we organized. We blindfolded four or five groups of four and five people and drove them to a certain place somewhere in the woods behind the University. They were only allowed to take one phone, got a backpack with alcohol in there (not sure anymore if that was a good idea) and had to solve some riddles.

Me and Jorinde Engberink had to wait in the woods for the groups to come by. We were hiding in the bushes to scare the dropped ones, when all out of the sudden two guys who were in their middle twenties appeared with their car in the middle of the fucking woods. They stopped at one spot, got out of the car and looked like they were checking something. Which is in my opinion, no offense, not a normal activity for anyone unless you are a serial killer and want to hide a body. As you now can maybe understand, I almost peed my pants. Well, I decided to play it cool and just act like it actually was a normal phenomenon. Five minutes later, the two men [let's not label them as serial killers yet] got in the car again and left. Since I was playing it cool, as I said, we decided to check out the place the guys went to. However, somewhere even disappointing, we did not see much besides trash.. (gosh, boring). As the time went by *discussing this totally normal situation with Jorinde*, it got dark

(and we gotz scared). By the time we realized we actually didn't see any Dimensie members anymore.

Then, all out of the sudden, we saw the car again and decided that we did not want to die that evening. We called the rest of the committee to explain why we changed places and waited for the other groups. We realized that the group of Jari Witbreuk. Chiel Kienhuis, Tim Bussman and Maikel ter Riet didn't show up for a long time and we couldn't find them. If you would have asked me that moment, they were killed and buried by the serial killers. However, most of you know probably who we are talking about... (hint hint). We called them and we heard they decided to take a 'shortcut through the woods' (in the dark) (omg) instead of taking the way-too-clear roadway. Apparently, their plan was not so solid since all the other groups found their way to the Rubix already and they didn't. At this point, we decided to search for the lost (probably dead) ones. Well, at a

certain moment we heard them and went towards the noise (serial killers or just Tim Bussman? I am still not sure). And of course, not to make it worse, they decided to scare us..... After that, they finally found their way to the Rubix and everyone was happy that no one (still not sure) died that evening. Great evening!

Who are you and what are you doing at the moment in your studies?

Hi! My name is Tim Bussmann. I am a 21 y/o Dutch Psychology student. I am currently in my third year of the BSc Psychology. Right now I am doing a premaster module in Business Administration. Before that, I completed a pre-master module of Public Administration. This way I can start both degrees after completing my studies in Psychology.

When did you become a member of Dimensie and why?

It must have been during the Kick-In of 2015. Mathijs and I were standing at a table all by ourselves since we basically only knew each other. At some point Arjan, former board member, approached us and talked to us about the study program and Dimensie. I figured it would be fun to meet other Psychology students since



I would spend a lot of my time around psychology students. Turned out to be a good decision!

What has Dimensie done for you in the past?

A lot. First, a countless amount of events that were great fun. Second, I met a shitload of new people I wouldn't have met if I hadn't become a member. Third, the Eurotrips to Prague and Dublin.

Unforgettable experiences. And last but not least, committee experience. During my committee work I have learned a lot as well.

What is the funniest thing that you experienced at Dimensie?

Too many to tell really. One of the things that I will never forget is waking up during the Eurotrip to Prague, only to see Wouter next to my bed eating cold chicken while everyone else was asleep. I still wonder if he is resistant to Salmonella.

Do you also have a cool, funny or otherwise interesting story to share?

Send a mail to redaccie@svdimensie.nl to let us know and maybe your story will be published in the next issue of the Hand-out!

COMMITTEE SPOTLIGHT

Symposium

In the symposium committee there are eight members, which makes it a large and dynamic team. This year the committee is organizing the symposium on the 1st of February 2018, with the theme Unravelling the criminal mind symposium about psychology in crime. The keynote speaker of the day will be Simon Oleszkiewicz who is a postdoctoral researcher at Iowa State University and specializes in interrogation techniques. There will be many more lectures and workshop centered around the theme so visit www.svdimensie.nl/symposium



The second committee in this edition is the ConnexCie, this committee aims to connect Dutch and international students by organizing different types of activities where social contact is central. Usually they do this through foodrelated activities, because who doesn't like food? Allegra, the treasurer of the ConnexCie told us that they want to make sure more people get to know each other through the committee's activities, since that is what attracted her to committee work in the first place. One of their activities was the cake lunch in the break where they served free

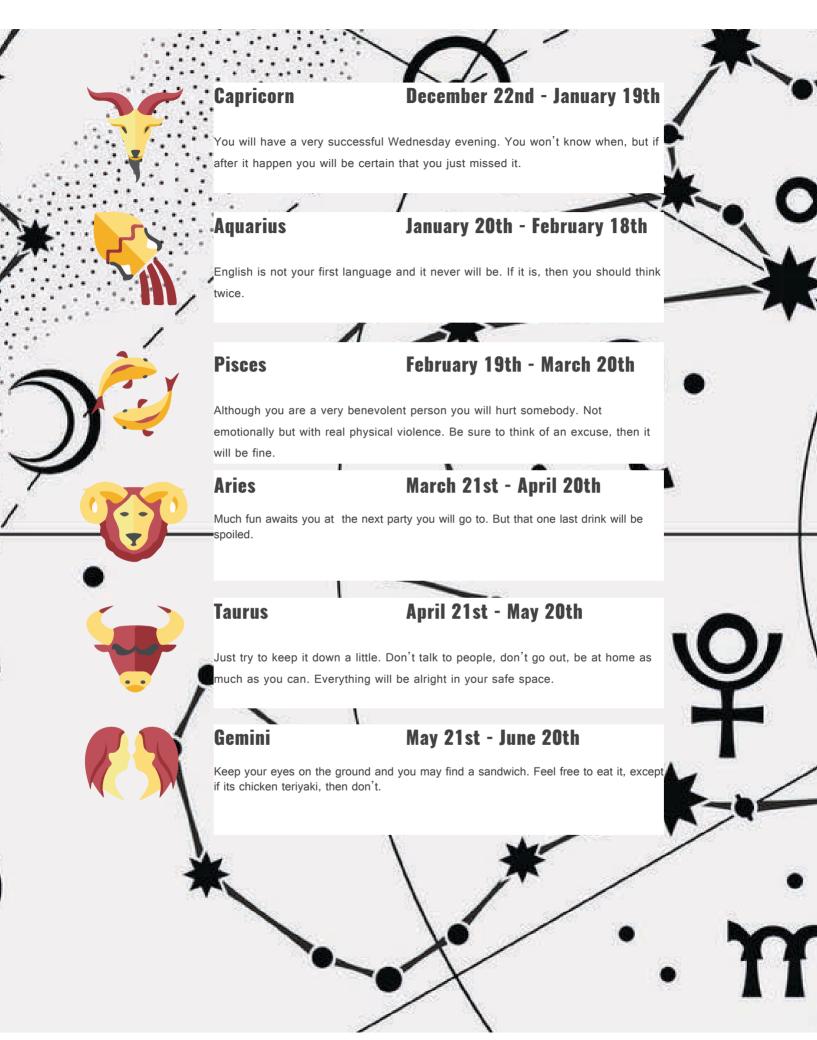
Symposium

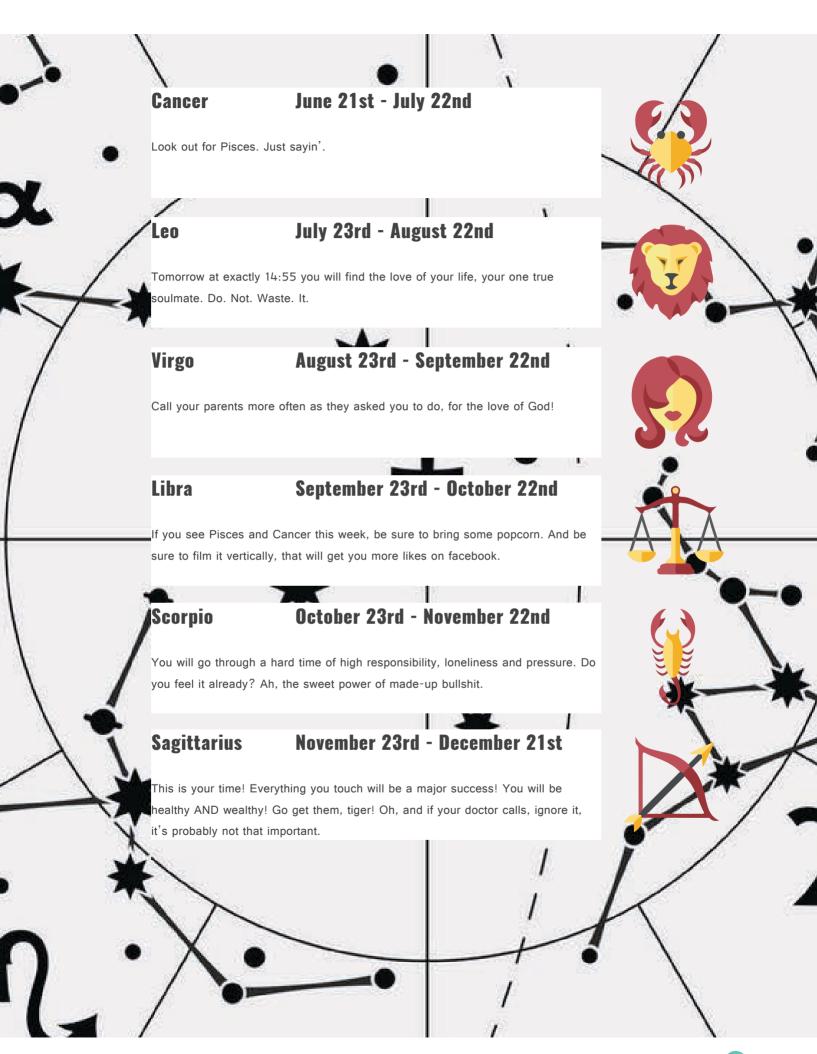


cake to all people who wanted to join. The second committee was the Christmas market in Dortmund where Dimensie members went exploring the Weihnachtsmarkt tradition.

The ConnexCie is still looking for members, if you're interested to learn new skills and get to know more people come by the Rubix or send an e-mail to connexcie@svdimensie.nl







EVALUATING THE STUDY WITH...

Mathijs de Ruiter, Commissioner of Educational Affairs at Dimensie, provides a way for you to voice your complaints or ask your questions. He acts as a bridge between students and faculty members and can help you whenever you have a question about the educational program. But what does the Commissioner of Educational Affairs actually do? And in what ways does he have contact with the faculty? We interviewed him to get the answer to these and other questions!

Let's start with something simple; Can you shortly introduce yourself?

05

I'm Mathijs de Ruiter, I'm 22 years old, Dutch and I live close to Enschede. Since September I am a board member of Dimensie. Because this is a full-time function, I am currently a third year student but not in the third year of the study yet. If you have a lot of spare time, I can also tell you all about my hobbies. In short, I like cycling -such as BMX racing or road cycling- and other sports. Aside from that, I like wood crafting.

What are your tasks as the Commissioner of Educational Affairs?

As Commissioner Educational Affairs, I'm free to organize a diversity of events to evaluate the study program and to support the students during their study time. These events are not aimed at partying, but

more about the study itself. An example is the evaluation lunch I organized a few weeks ago, where students could anonymously fill in a questionnaire about the quality of the education.

Aside from that, I try to attend every staff meeting and meetings with students, such as panel meetings and focus groups. There I can gather information to improve or maintain the quality of the education. My function is to act as the bridge between the staff of Psychology and the students for everything concerning the education.

How do you act as a bridge between students and the staff of Psychology?

The communication lines are very short, I can just walk to the program director, coordinator or any of the study advisors. I also attend a lot of meetings, such as the staff meeting every other week. Here, the study advisors, study coordinator and the program director are present to discuss points that are important for the entire study program. I can ask them any questions, either from myself or from other students.

Which committees are you part of as Commissioner Educational Affairs? And what do you discuss during these meetings?

As mentioned before, I attend the staff meeting every other week. Aside from that, I'm usually present at the panel meetings. These meetings are organized by the study faculty and are meant for evaluating the current modules students are in. Another meeting specifically about the Psychology study is the OLC (Opleidingscommissie or Program Committee in English). During these meetings, 5 students represent the voices of the students from each year and 5 teachers — one per Master track — is present. The programme coordinator and director also attend these meetings.



I also attend meetings about the quality of education in all BMS studies, or even university-wide. Once per month, there is a meeting for all the Commissioners Educational Affairs of the UTwente. Here, we discuss points that are important for every student, such as books or study environment. Lastly, I also had a meeting with the dean (one of the most important persons of the BMS faculty) about how to better evaluate the contents of the study. One of the ways we're going to do this is by organizing a seminar day for all BMS students next year.



As Commissioner Educational Affairs, I'm free to organize a diversity of events to evaluate the study program and to support the students during their study time.

Last October, you (and other Commissioners Educational Affairs) organized the "Project BMS". Can you explain what this was?

The Project BMS was an event organized with all Commissioners of Educational Affairs of the BMS faculty, together with the Coordinator of Quality Assurance. During this event, students could voice their opinion to the program director immediately. The topics were based on the results of the National Student Survey of last year. Because of this, it was specifically meant for students in their second or third year, or Master students because they filled in the NSS last year. The Project BMS was meant as a way to get more detailed reasoning for the scores on the NSS.

The most important topics that were discussed, were the study load and internationalization of the program, and a very positive point of the UT; the study environment. One of the issues we have looked into was the fact that the UT Psychology program scores lower overall, but higher on every specific part as compared to other Psychology studies in The Netherlands. Everyone was enthusiastic and the discussion was really interactive. With the results of the Project BMS, I made a factsheet presenting the main findings.

With what type of questions can students contact you? And in what ways can they reach you?

Students can contact me with any question regarding their education, and since I am also the Commissioner of External Affairs, I can help with career preparation (e.g. internships, vacancies and voluntary work options). Our website already provides a lot of information, but if you have any questions, you can always contact me via Facebook, e-mail (education@svdimensie.nl) or find me in the Rubix!

BOOK REVIEWS

Let me tell you a Story – Jorge Bucay, 2002

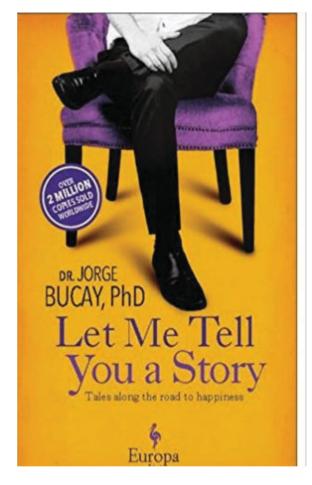
Jorge Bucay is an author and psychotherapist form Buenos Aires. His books are translated to over 20 languages and sold millions of copies. The book "let me tell you a story" is about the young man Demian and his therapy. Demian has difficulties facing the problems of every day's life like his work, family and love life. His therapist, Jorge, approaches Demian's dilemmas in a very unconventional manner; In every session, he tells him a story. This book is just downright perfect. Every chapter includes one story. They all draw beautiful analogies to the problem Demian faces during his therapy which is also a therapy for the reader, because his problems are the ones everyone faces every now and then. Every single chapter leaves you with a smile and sometimes with a revelation of a solution to a problem you have yourself and the confidence to overcome a challenge. Although it is a much overused phrase in literature, this book can truly be a life changer. I can recommend and encourage reading this book simply to everyone, it is a real "must read". Also, at a price of around 10€, it is a perfect gift.

ISBN-10: 1609451236

Genre: Psychology, Self-Help, Self-

Transformation

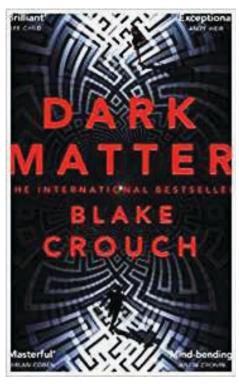
Original title: Déjame que te cuente



Dark Matter – Blake Crouch, 2016

"Are you happy with your life?" These are the last words Jason Dressen is asked by his kidnapper right before getting knocked unconscious. Until that moment, the college physics teacher lived a happy life in Chicago together with his young family. He awakes in a strange setting surrounded

by strangers in hazmat suits who welcome him as a hero that has finally returned to the world, but he cannot remember any of it or the purpose of his mission. He begins to realize that an impossible idea can be the only explanation of his fate.

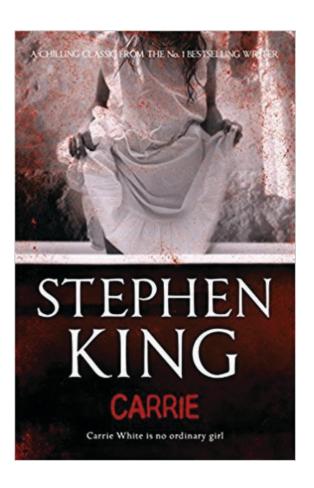


Carrie – Stephen King, 1974

And now a classic. Carrie is Stephen King's first published book and instantly earned him a reputation as a bestseller author. The book is about the 16 year old girl Carietta White, only called Carrie from the little town Chamberlain. Carrie lives together with her fanatic mother, her father died in a work accident. Carrie is being bullied is school and is the scapegoat for almost everything. After one specific instance, where the plot sets, she discovers that she has telekinetic abilities. She begins to adapt herself, gets to know some people better and start to develop a normal life, away from her mother. Until all goes wrong and she releases utter mayhem on the city. Why did I spoiler the showdown? I didn't, the book itself does it. The main story is written as a flashback and the chapters are separated by evaluations of the incident in the form of police reports, interviews with survivors or scientific articles regarding telekinesis. Every single part of it leaves you with more knowledge about what happened, without giving you any details. It is a perfect used tool of keeping excitement high and even increasing it. The story is written in a direct language and does appear to be written in the 2000's. But the most distinctive tool is the use of thought. King writes the thoughts of his characters as they happen; between sentences and without punctuation. It is sometimes hard to read but gives you a deep understanding of the characters. All in all, the story is gripping, the characters are beautifully written and King's style combines it all perfectly. Carrie is for those who like a good book. And I hope that is everyone.

Dark Matter is ... different. Blake Crouch has written a thriller that not just sucks you in but also draws the attention to some dilemmas of modern philosophy. Jason's chase of his own world is a very interesting approach to the concept of an infinite multiverse with a major plot twist in the last act that reveals the sheer essence of unexpected consequences. Although the ending is not entirely surprising, it will still leave you blown away and will make you think. Crouch's style of writing is blunt, direct and compelling. It creates a story which is insanely fast moving and pauses at every event of the plot for exactly the right time. This is one of those books that you pick up and that you do not need a bookmark for. This novel is one of the best scientific thrillers I have read so far. I recommend this book to everyone that is into science fiction and open to abstract concepts. Theoretical physicists may probably hate it for its representation of the multiverse based on Schrödinger's thought experiments. But I don't

ISBN-10: 1101904224 Genre: Thriller, Science-Fiction



ISBN-10: 1444720694 Genre: Thriller, Mystery, WTF

WHAT DO DIMENSIE **MEMBERS REALLY THINK?**













