

Dondrite news

N° 06.

Nijmegen, Wednesday, June 27, 2018

Dear Dondrites, this is the last Dondrite News of this academic year: The June Edition. Perhaps it will serve as a welcoming distraction while you are knee-deep in papers and stress. Do not let the exams get to you, there

is plenty to enjoy before and after them, which you can read about here! Furthermore, you can read a farewell from the Scribe committee and about the big event of one of Dondrite's other beloved committees: The Synapsium!

Synapsium

This year's Synapsium took place on 9 June in the campus' new Elinor Ostrom building. We were lucky to find two great keynote speakers, Tamar Makin (who spoke on phantom limbs and brain plasticity) and Daniëlle Tump (on the effects of gravitational changes on brain activity).

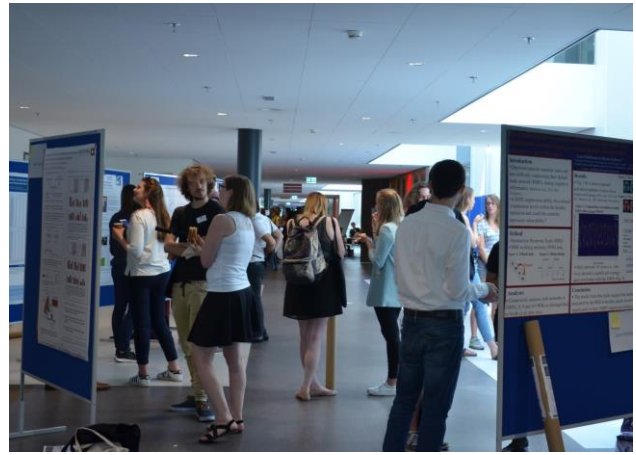


We had great student talks and poster presentations, many of which were from our CNS master, as well as from other Dutch universities and abroad. The topics ranged from sensory sensitivity in autism, the interaction between music and language to white matter alterations in ALS. A new part of the Synapsium this year was the experience lab, where visitors



could experience for example the rubber hand experiment and a BCI installation.

Next to that, there were many poster presenters, an ERP workshop and a lot of lunch and cake. We were really happy this year to receive more than 30 applications for presentations and 150 visitors signing up before the date itself, so the hard work really paid off. Thanks a lot to everyone who joined for the day, and especially to our volunteers. We are looking forward already to next year's Synapsium!



Recent Dondrite Activities

Hitchhiking Trip:

Early on May the Activity committee took roughly 20 Dondrites to explore a world of magic, with hidden treasures. As soon as they entered they believed themselves in Heaven. Which was not far off, as one of Nijmegen own's breweries is called de Hemel. Our guide showed us around and told us about the history of beer, the brewery and how the beer making process actually works. We tasted hops and mustard, and of course beer! To do so, the guide let us to a secret little balcony, almost like a narrow garden. We tasted six different kinds of beer, with their own story, colour and flavour. Some even had koriander in them! Not everybody was a fan of that, but the night was a huge success.

Discussion Panel:

On May 30th, Dondrite held its first Discussion Panel on mental health and its importance in academics. After an introduction by a researcher from the psychology department, you could hear the personal experiences of a CNS student, a PhD, and a researcher from the Donders, as well as the methods they used to combat stress. Before the panel started, a questionnaire was sent to all CNS students. The results were

showed that 87% of CNS students have experienced stress, depression, anxiety or another mental disorder, but not even half of the people had ever seen a therapist. Over half the people could relate to the imposter syndrome, where one feels as a fraud and consistently doubts their own accomplishments (https://en.wikipedia.org/wiki/Impostor_syndrome - Wikipedia is a credible scientific source, everyone), and almost everyone has, at times, been unable to sleep due to stress or lost confidence in themselves. The panelists argued that the best way to get somewhere is to take care of yourselves, and that meditating is a very great way to do so.

Dondrite Barbecue

On a very, very windy Friday the Activity committee threw some BBQs down on the beach, set fire to some logs and awaited the hungry Dondrites to come to the first Dondrite Summer Barbecue, after last year's attempt was

foiled by rain). Some amazing food combinations were made and everyone's tummy was filled. In the end, despite the cold wind blowing our food off the barbecues, we huddled

around the fires, shared some great stories and had an amazing time! Here's to hoping that there will be sun next time around.

Upcoming Dondrite & Donders Activities

General Assembly (October)

A message from the board: Coming October, the next General Assembly will be held. Here we will discuss the plans for the coming year, as well as the accompanying budget. The board was in doubt when to have this GA. The Advisory committee recommended to have it this year, whereas we favored the beginning of next year. We have decided to make these decisions next

year instead of this year so that the new members can have a say in the budget and plans for their year. Furthermore, the board could use some more time to finalise the plans and make them concrete. These plans will be sent to you before the GA, as well as an announcement on the date and location, so stay tuned!

Info: First week of October, Location: TBA.

Upcoming Donders Events:

The Donders seems to take a vacation in organizing events in July, so there is nothing to display here!

Closing Remarks

Dreamy Dondrites, the year is coming to an end and with it Dondrite's activities and the editions of the Dondrite News. This year saw some interesting Dondrite developments in the shape of three new board members, the creation of a new committee (that's us!) and many marvelous activities. When the Scribe committee took over the Dondrite News in April, we have tried to add some interesting and diverse items to the letter. Next year we continue this trend and of course start with a new yearbook, as the last one was a massive success (if we may say so ourselves). Other highlights include a great bowling session in the beginning of the year, a career event, a

Synapsium, a fantastical gala, trip to Berlin, paintball war, discussion panel, hitchhiking trip and way more that we cannot possibly all recap in this small section. We certainly hope to be able to give you even more educational, fun and inspiring events next year. Here's a small reminder that everyone needs to sign up to become a Dondrite member again, so don't hesitate to do so!

The past year has been amazing and we hope you have felt the same way. A big thank you to every active member that has organised activities, to every member that attended these

activities and simply everyone that has been a part of Dondrite for the past year, as none of this would have ever been possible if it weren't for you. Good luck on all of your future adventures, don't forget to remember us (you might have a

yearbook to help)!

This is the end of the 2017-2018 academic year for Dondrite, but not without our faithful Fun Fact!

Fun Fact

Ever wondered why the sky turns a myriad of beautiful colours in the evening of a hot day? You may have heard the old Biblical saying of "Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning", but scientists have discovered what's behind the

eye-catching phenomena. A red sky is caused by dust and small particles becoming trapped in the atmosphere by high pressure. Blue light becomes scattered, leaving only red light to cast that romantic (or ominous!) glow across the sky.