



DEAR DONDRITES,

Finally, here we are again, at the last Dondrite News edition of the academic year. One of our real tests came on our way with the current pandemic. Many of us had to make major changes in life style, research, learning methods, exams, etc... Losing a semester to a virus was not what we had planned, but it's definitely an experience that will affect our lives forever and a memory that we will never ever forget. Bright side is that many of us have developed a higher understanding, comprehension and acceptance in this strange time. Rewinding to the start of the academic year, we had many laughs at all of the jokes and memes of personalities we have here at CNS, so many meetings for fun and for career development, and of course, hard times in understanding new concepts. Overall, this year has been a roller coaster ride with amazing memories and experiences created by Dondrite committees to all the CNS master's students with a hope to better the experience of students, present and future.

Our Scribe committee is trying its best to provide you all with a lovely yearbook - full of the best memories of the 2019/20 year and In this final edition, you can find a write-up on lessons we learnt from a corona semester, recap of wonderful events Dondrite activity committee had put on for you, fun facts, meme and last but not least, the crossword puzzle!

We wish you all happy holidays and all the best for graduating students.

Cheers and happy reading,
Scribe



JUNE

LESSONS WE LEARNT FROM A SEMESTER IN CORONA

→
You wake up at 8am, groggy eyed and in evident need of a coffee. You check the time and are reminded that there is a lecture starting in half an hour. One that you needn't shower, get dressed, and bike for, but rather, one that you can attend in your pajamas with a bowl of cereal alongside your notebook. All set to study neuroimaging from your bedroom!

Is it odd how normal this sounds? Did just a few months in quarantine drastically change how and where we study?

"It was definitely hard to concentrate and keep being motivated... mainly because I was always in the same space..." - Dondrite member

There is an article lying next to my desk. It's been a while since I printed it, but the conclusions of the paper perfectly summarize why I haven't gotten around to reading it yet.

Apparently, people are reluctant to act unless the expected utility (the amount of work you thought you'd have done by now) is stronger than task aversiveness (how long they think they have before they have to start studying).

Our expectancy (confidence of being able to get shit done) is especially diminished with increasing delays. Such a shame. Oh, the things we could accomplish with consistent motivation levels throughout a semester!

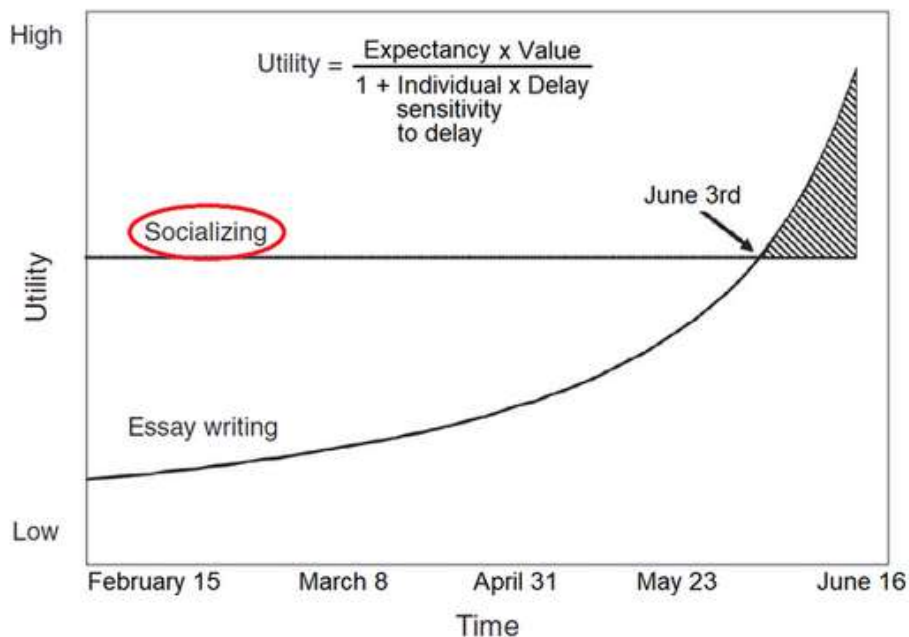


FIGURE 1 Graph of a student's utility estimation for socializing versus writing an essay over the course of a semester. More like - student feels personally attacked reading this graph.

But what happens when out of this beautiful curve of procrastination, when you remove socializing entirely? That is a change like no other.

A huge lesson we learnt was to become increasingly aware of all the factors that affect our motivation to study, and the many ways each of us has had to cope to continue being productive despite the isolation.

"... [a] big factor that made it hard was the lack of social contact that usually makes everything so much more bearable, so luckily I had lots of calls but it's just not the same (because it's usually not study related and I really missed the study-related social contact for motivation)." - Dondrite member

"A pandemic is the definition of a 'not your fault' event interfering with your studies..." - Dondrite member

On the best of days, it is sometimes difficult to find motivation to study. That is only heightened when the world is in a longitudinal crisis, with no hope for the immediate future, and the immense pressure to perform.

A lesson we all definitely learnt - regardless of how much you have done up until that point, if you are forcing yourself to study and not being able to, it's always great to stretch your legs, distract yourself, and come back to the problem with a fresh mind.

It always starts with the little things.

Slowly letting go of the pressure of perpetual productivity.

"Try - to keep a routine, to find beauty in small things, to motivate yourself to trying new things, to just get out of bed and making a smoothie or something - treat yourself..." - Dondrite member



At a time when we have lost all hope, lost all motivation, and lost all structure in life as we knew it, you want me to set up a routine?

Do you have any idea how much self-control and self-discipline that would require? A lot. A. LOT.

It takes a lot of courage and determination to not wake up at midday and start day-drinking while watching Netflix. It takes even more to sit down at your desk, barely 10 feet away from your bed or your couch and say, "here I shall sit, and study for the next 7h."

Nonetheless, one thing we know for sure is that -

"If needed, everyone can suddenly be flexible." - Dondrite member

And indeed we are! We are all excellent researchers today because of our ability to adapt and improvise. What differs is the pace. Whether it took two weeks or two months, a routine was formed.

Structure was established.

Wake up, walk a few meters, study, go back to that enticing bed. Though just when studying from home, and giving a master-level exam sitting in your living room, bedroom, or kitchen became the new norm, the semester came to an end.



"School is not prepared for sudden, big changes." - Dondrite member

Indeed. For an entire educational institution to lose most of its functionality at once is unprecedented. Our professors struggled to teach neuroscience to a camera rather than a room full of sleepy students. The uni came up with new non-invasive ways of assessing our knowledge. The CNS administration doing all they can to reassure us that this year is not a lost cause, that remnants of our master can still be salvaged.

Is it all over now? Did we make it/do well in this crooked experiment?

What lies in store for us in the next semester?

We (Scribe) will be right back with updates after a short (summer) break. Until then, repeat with me -

"I am proud of myself for having done so much, I kept myself busy and in the end I think I studied quite well given the circumstances. At least I tried my very best." - Dondrite member

A WORD FROM THE BOARD

Hello dear Dondrites,

We hope this newsletter finds you well. Most of you will have finished all their exams and deadlines or will do so soon. With it, we are signing off on a unique academic year that none of us would have foreseen in September or February.

Looking back, the old board consisting of Harshil, Alex, Charlotte, and Karolis introduced the September starters to Dondrite, the CNS programme and Nijmegen. Since then, the Activity committee made sure to organise nice events to hang back and relax (remember when we had borrels at café Maxim?) while the Education committee provided brain food with the scientific movie nights. The Travel committee busied itself with a nice day-trip to Maastricht and the big trip to Athens that it unfortunately had to pull out of due to the covid-comet that disrupted any plans of a normal continuation of our student lives. In the meantime, we were all updated monthly by the great newsletters composed by the Scribe committee. The interesting interviews and of course the crosswords were two of the things we looked forward to see each month. The Synapsium committee had to do some major readjustments in their organisation of the yearly Synapsium by having to move it online, but did so wonderfully.

In all, we are incredibly happy with how every committee has contributed to connecting CNS students, helping them (and us!) where possible and to broaden our perspectives - Dondrite's goals as a study association. Moreover, they did it through the chaos of corona measures all the way until the final exams and deadlines that should be finishing at the time of publishing. As we have all worked hard this year and had our flexibility taxed, it is about time to get some rest and enjoy a well-deserved holiday.

The board will keep itself busy by continuing to work on the policy plan for next year (there is lots to evaluate and discuss) and by implementing GDPR regulations to make sure our (personal) data storage and handling is up to scratch.

We hope to see you at the Waalbeach or any other place in Nijmegen during the holidays or on the campus when the new year starts. Stay healthy and happy in the meantime!

Best wishes,

Your Dondrite board: Jochem, Charlotte, and Eline



RECENT DONDRITE EVENTS

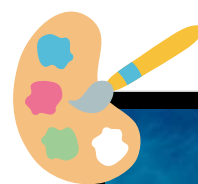
Indian Cooking Class

On May 28th, the very first Dondrite online cooking class took place. Vaishnavi taught us how to make Gojju and Akki Rotti. By the excellent guidance of Vaishnavi, everyone was able to create this delicious meal!

Creativity and Chill

In between studying hard for all the exams, it is important to have a well-deserved study break to relax for a bit. That's why the Activity committee organized a Creativity & Chill session on Friday the 19th of June. And what better way to get zen for a moment than by watching (and following along) a tutorial from Bob Ross?

A creative and chill study break was an amazing way to forget about exams and deadlines for a bit, while enjoying the company of fellow Dondrites. Although in the end it was more of a chill session than creativity session, it was a good break in the busy exam period!



UPCOMING DONDRITE AND DONDRERS EVENTS

As the academic year is coming to an end, Dondrite will be back with new activities and newsletters in the new academic year. Happy holidays!

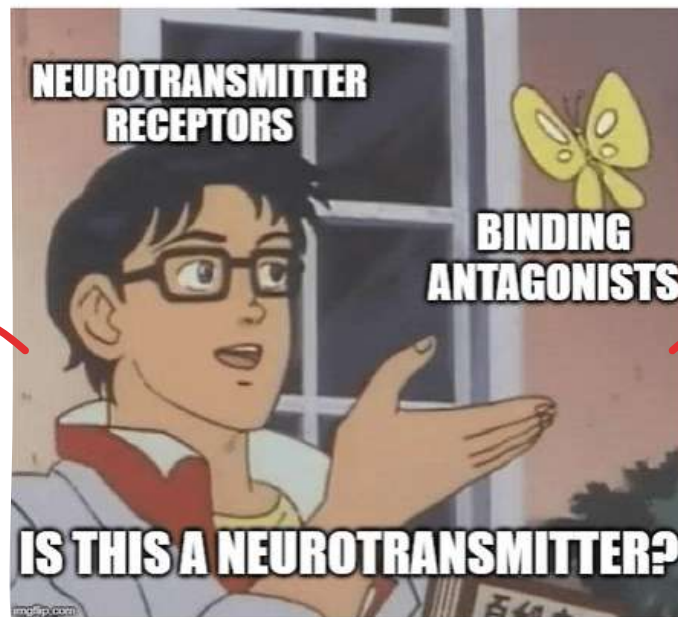
Grad School Day

Friday July 3rd, 12:30

On Friday July 3, 2020 the 3rd annual Graduate School Day for PhD candidates and CNS Master students will be organized! This time the meeting will be a virtual one! There will be a lecture on games, brains & motivation, two workshop rounds and a pubquiz. More info can be found on the website.



MONTHLY MEME




FUN FACT

Did you know that the 2019-2020 yearbook will have a funny way of getting to know our professors a bit better? Many random fun facts about them will be in there, which is up to you to figure out to which professor they belong! Stay tuned...


NOTICEBOARD

The amazing Dondrite yearbook edition 2020 will be distributed during next study year or you can pick it up at graduation. We will keep you updated!!



INDIAN, VEGETARIAN & VEGAN THALIS

De 'THALI' is de traditionele Indiase schaal waarop verschillende smaaksensaties tegelijk geserveerd worden!



'THALI EXPRESS' is onderdeel van 'V-CATERING'
100% Vegetarisch, met ook veel Vegan opties. Specialiteit Indiaas!

Naast een eetsalon hebben wij ook een afhaal-, bezorg- en cateringservice. Voor studenten hebben wij leuke combi-menu's!

Heb je vragen? Stuur ons gerust even een Whatsappje!

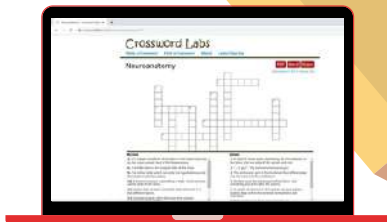
Afhaal: Open van di t/m zo, 17:00-21:00 uur
Bezorging: Open van di t/m zo, 17:00-21:00 uur
Eetsalon: Open van do t/m zo, 17:00-21:00 uur
(Voor groepen kan het eetsalon ook op andere dagen open!)

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CROSSWORD

With the summer holiday coming up, there are a lot of beautiful places in the Netherlands which are wonderful and you can still visit them!! Can you guess them all?

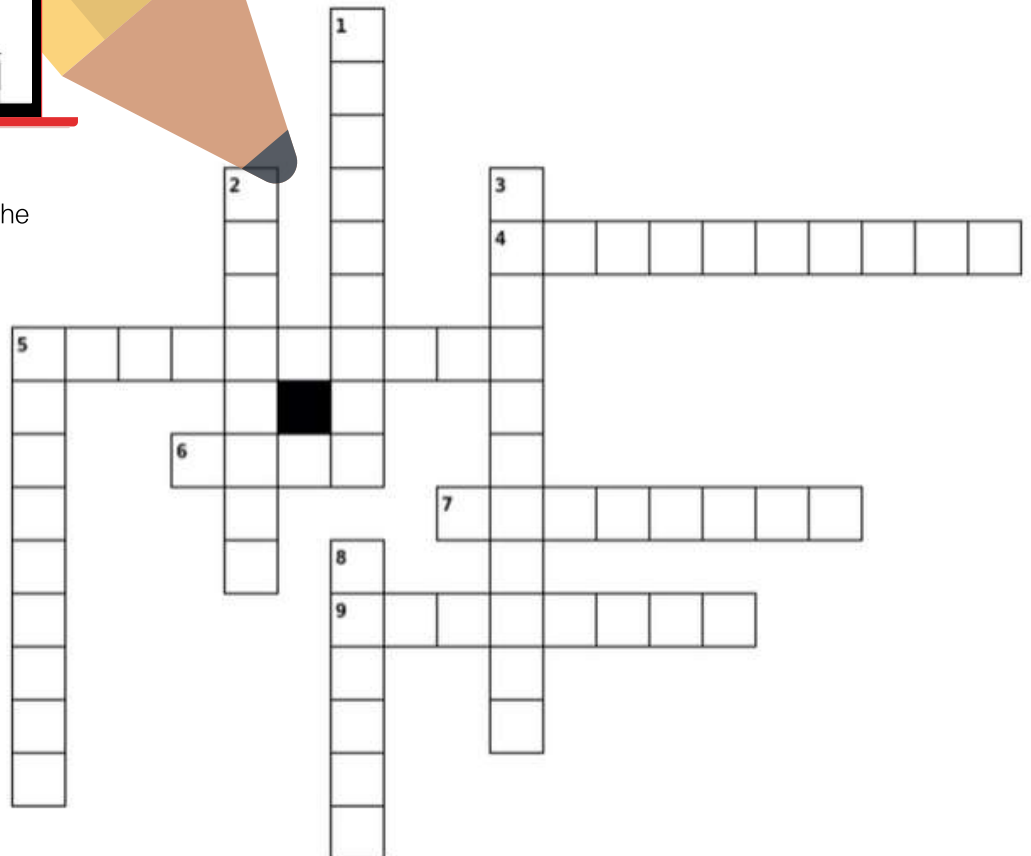
<https://crosswordlabs.com/view/hotspots-to-visit-in-the-netherlands-also-during-corona>



Across

- 4. freshwater lake since closing of the sea entrance
- 5. small village on the dike with windmills
- 6. village famous because of its round shaped cheese
- 7. high tower in Rotterdam made by architect Maaskant
- 9. fairytale forest attraction park

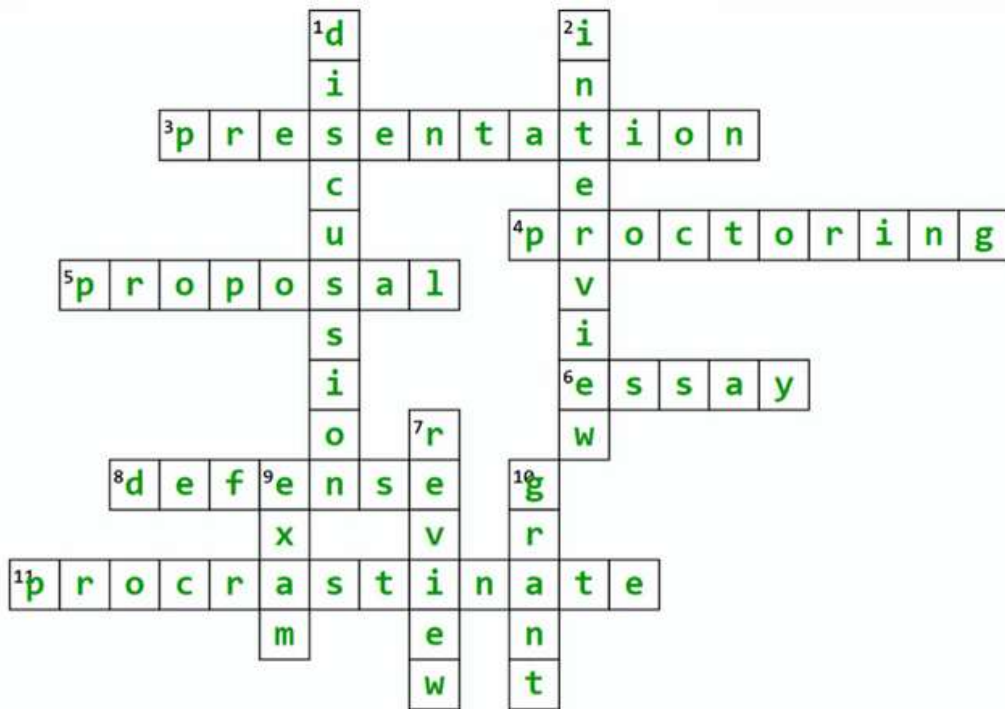
On the next page you will find the solution to last month's puzzle.



Down

- 1. miniature park in The Hague
- 2. typical, authentic fishing town with wooden houses
- 3. very famous (national) museum in Amsterdam
- 5. garden with millions of flowers, especially tulips. also known as the 'Gardens of Europe'
- 8. largest national park with forests, sand drifts, lichen steppes and heathlands.

CROSSWORD solution



Across

- ✓3. When you must go up and embarrass yourself
- ✓4. An evil spying method we all despise
- ✓5. Great ideas that will never be executed
- ✓6. Wikipedia for the win!
- ✓8. Formality or not, everyone is glad to get this over with (pew)
- ✓11. Necessary activity the night before an assessment

Down

- ✓1. A healthy debate with peers in a group
- ✓2. Facing your fears in front of your professor/supervisor
- ✓7. A(n) (un)fair critique
- ✓9. A normal method of assessing our knowledge that we cannot have this year
- ✓10. Give me money!!

"A girl was very nervous for an exam.
So we injected beta-blockers."

--Anonymous Professor

FOLLOW FOR ALL THE LATEST
DONDRITE UPDATES



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