

Dondrite news

No 9 | MAY 2020

NIJMEGEN

DEAR DONDRITES,

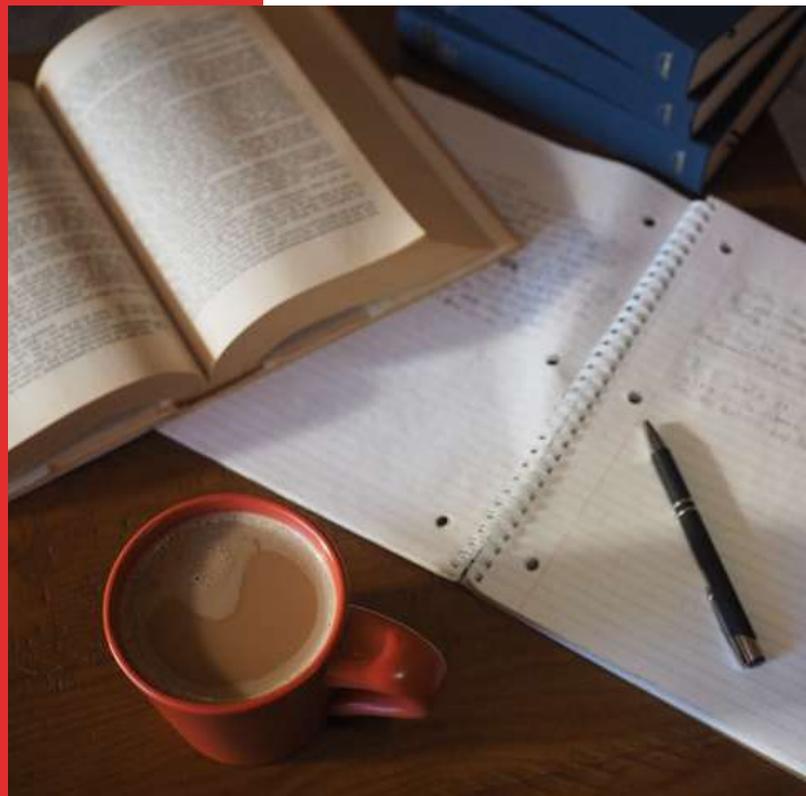
As exams are approaching, we are all in for a busy period. To take a little break from studying, we've got another new edition of the Dondrite news for you!

Last month, you could read some experiences from principal investigators on doing research in times of corona. This month, we wanted to hear another perspective, namely the perspective of the students in their internship. How are they dealing with the current situation? How are they able to continue their internship? You can read experiences from Lisa, working at the Molecular Neurogenetics department, and Jorie, working at the Predictive Brain lab.

Aside from that, we of course keep you updated on what has been going on within Dondrite the past month, and what will be coming up. The Synapsium took place; this time as an online edition. In case you couldn't attend, we got you covered with a little recap on the event!

And last but not least, another crossword puzzle!

Happy reading,
Scribe



MAY

RESEARCH IN TIMES OF CORONA

The current times are strange times for everyone. We are all at home, trying to continue our studying or internships as well as possible during these times. How are interns of Donders dealing with the situation? We asked a few interns about their experiences.



Lisa Rahm

Molecular Neurogenetics

How are you doing these days?

I'm doing well and even though it was a big change for me to start working completely from home.

How are you organizing, prioritizing, and planning your work during these abnormal times?

I made a schedule for every day, that I have a fixed time to start with work and a more or less fixed time to finish work, which helps me a lot. Assignments for courses mostly get priority over data analysis for my internship because there I don't have those strict deadlines. So, in general, I try to work as efficiently as possible, but there are also days where nothing really works.

Did you identify any of your strengths or weaknesses while figuring out alternative ways to complete your project?

I think for me it might be a bit different compared to others. In my internship I started collecting data already from the beginning on, which sets me currently in the quite luxurious position that I don't have to worry about not having enough data. Of course I had further plans for my internship which I can't fulfil, but I was also lucky that the experiments which I started before the lockdown were finished by my supervisors. Because of all this I didn't have to look for an alternative to complete my project.

Are you experiencing more screen time compared to a normal situation?

Yes! I'm experiencing a lot more screen time. I was used to spending most of my day in the lab, doing practical work, and spending a maximum of 1 to 1.5 hours in front of a computer. Currently I'm spending around 8 hours in front of a screen and realize how much I miss doing all the practical work.

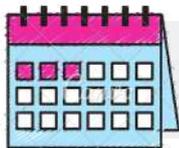
How would you rate working from home?

At the beginning of the lock-down working from home was super easy because it was something new and it was really easy to find a focus. Currently, it is more difficult to find a focus and to work as efficiently as at the beginning.

What's your favorite work spot in your house/apartment?

My favorite work spot in the house is in the open living room, it's not noisy but like this I'm still involved in a bit of social life.





Jorie van Haren

Predictive Brain

How are you doing these days?

I am doing fine during these strange times, even though, sometimes my house can feel a little bit like a prison. I reorganized my 'workspace' (well, desk that is) so I can be somewhat productive.

How are you organizing, prioritizing and planning your work during these abnormal times?

At the most basic level, I am trying to keep office hours as much as possible, meaning that I try to start at 9. At the start of the quarantine I was sleeping almost every day, but this was even worse for my productivity (and mental state). Planning wise I am mostly working on a week to week basis, as it is unsure when testing may be resumed. For example, the first few weeks of quarantine I spend setting up online testing (the part I would normally do in the lab). Since I am finished with that and I need a MEG machine for my original proposal, I am currently switching projects to something related to existing data.

Did you identify any of your strengths or weaknesses while figuring out alternative ways to complete your project?

I think that one of my strengths is that I am relatively flexible, something that, in this situation is important. That flexibility has already saved me a few times. One of my weaknesses that show is that I need structure in my work life, otherwise my motivation just goes downhill.



Are you experiencing more screen time compared to a normal situation?

Most of my work would be behind a screen anyways, so not necessarily more. However, I do think that my workdays are longer, mostly due to me being not that motivated and I side-tracking a lot. But then my to-do-list is still the same, meaning that all that wasted time has to come from somewhere.

How would you rate working from home?

Mmm, compared to working at the Trigon, solid 3/5 stars. While I can do almost everything at my own computer / using remote stuff from the DCCN, I don't like being in the same room for work and free time. It can be hard to keep motivated.

What's your favorite work spot in your house/apartment?

As I mentioned before, I reorganized my desk to feel something like a 'workspace', and I try to keep that boundary (honestly if I don't do that, I will get nothing done at all. I do lookout to go back to the university, just to break up my day a bit more!



A WORD FROM THE BOARD

Dear Dondrites,

As you can see in the picture below, the board consists of solely three people, now that Alex and Harshil have officially been voted out. We are happy to introduce Jochem as the new chair and external affairs officer, Charlotte as treasurer, and Eline as the new secretary and webmaster. Even though we are only with the three of us, we are sure that we will manage to do our jobs as well as before, even during these difficult times!

Voting out Alex and Harshil happened at our most recent General Assembly, which took place on May 7th. Like all current Dondrite events, the GA happened virtually. Even though it was quite brief, as only the most essential topics were discussed, we are satisfied with the solution to host it via WebEx, and were happy that a lot of you were present! We will make sure to include this as a protocol in case it needs to be hosted virtually again sometime in the future (but hopefully it won't be necessary).

During the GA we also discussed that we are working on being compliant with the General Data Protection Regulation (GDPR). This means that personal information will be stored on a different platform than it is now, the information members are entitled to have will be more transparent, and new consent forms will be created. We aim to have completed this by the start of the new academic year, but we will keep you updated throughout this process. In case you have any questions or want more updates, you can always contact us!

We also want to emphasize that we are incredibly proud of how our committees are currently handling everything. The virtual Synapsium was a great success, and the movie night with discussion hosted by the Education committee was also well organised. We really liked the challenges the Activity committee gave us and look forward to the cooking class!

We hope all of you are happy and safe and encourage you to keep your heads up!

Love,
The Board



RECENT DONDRITE EVENTS

General Assembly #11

On May 7, the Dondrite Board hosted a quick and efficient GA during lunchtime. It was well attended by active and general members alike.

The Board discussed in brief the contents of the year report thus far, and the current state of Dondrite's finances. The Board also announced that they have started their efforts to outline actionable policies to make Dondrite GDPR compliant.

Finally, we bid adieu to Alex and Harshil, and thanked them for their contributions to the association.

Virtual Synapsium

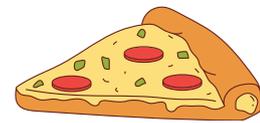
On May 16 the Synapsium committee organized a virtual edition of the symposium this year which was a huge success with 150+ attendees during the day!

The event started with authors of posters presenting their research over a Zoom session.

Following lunch, there were more authors presenting their research and answering questions during their 15-20min slots. A total of 9 researchers doing their masters or PhD presenters their posters.

The afternoon session consisted of two keynote speeches by Ole Jensen and Debora Nolte. Ole presented about a new technique of frequency tagging to study brain oscillations involved in attention, and Debora discussed her findings of variability in EEG signal in goal-directed reaching movements.

Lastly, the day concluded with a stimulating panel discussion led by Ole Jensen, Dr. Sijia Zhao (a postdoc in Oxford), and Kristijan Armeni, a PhD student from Donders to discuss efficiency in conducting research.



May 11 to 15, the Activity committee organised five daily challenges to encourage everyone to go outside or do something creative:

The first day, the challenges were to take a selfie with a body of water or fold an origami figure.

The next day, you could photograph a cute animal outside or unleash your creativity to build a representation of Arno.

The third day, you could send in a picture of your workout (outside) and create a face mask.

The fourth day, you had to search for three yellow objects or record yourself playing a musical masterpiece on common household objects.

Finally, the last challenges were to dress up statues in the funniest clothes or create something special for Betty and Mora from the Trigon canteen.

We are very happy to let you know that Betty and Mora really appreciated your creations!

Congratulations to the winners of the challenges: Charlotte, Brittany, Lisa, Yana and Fleur!



UPCOMING DONDRITE EVENTS

Cooking Class - Indian

 **Thursday May 28th, 19:00 - 21:00**

We know that the exams are nearing and that times are busy, but what never fails to bring comfort...? Exactly: some good food. That is why we are organising a cooking class brought to you by our very own Vaishnavi. We will be making the Indian dishes akki rotti and gojju. You don't have to be the best cook to join, everyone can do it. The event will take place through a YouTube live video (link will follow) on the 28th of May at 19h. With an account, everybody can ask questions during the livestream.

Virtual coffee/lunch breaks

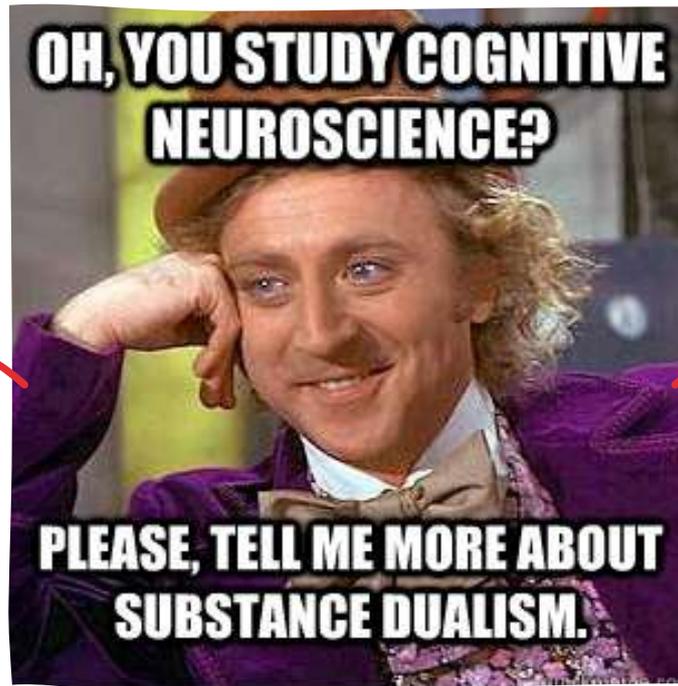
Tuesdays, 15:00 and Friday 12:30

Hop on Jitsi for a nice break to drink and chat with friends!

<https://meet.jit.si/CNSmasterhangoutplace>



MONTHLY MEME



FUN FACT



"In mei leggen alle vogels een ei": "in May, all birds make their nest (to lay eggs)". A well-known dutch phrase saying that May is the fertile season: Birds are chirping, spring flowers start to bloom and animals start mating. Saying that, this might relate to the marvelous fact that most weddings take place during this month. Or maybe it has something to do with the chance of having perfect weather during such a special day; May has been nominated for the sunniest month of the year, with an average of 212 sun hours (in the Netherlands). Note that this year will probably be pretty bad for the wedding average. We'll make it up next year! So, May is just a fantastic time of the year, even in quarantine times. It's a good chance for everyone to go outside to enjoy the lovely weather, but keep your distance!



NOTICEBOARD

Exams are approaching soon, which is why we want to wish you

GOOD LUCK

with your preparations and the exams!



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Do you have anything you want to share here? Send us your message at

scribedondrite@gmail.com

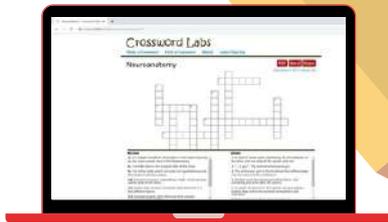


CROSSWORD



Coronavirus has really changed how we are assessed on our knowledge this semester. Before we embark on our non-routine assessment journeys, enjoy a moment to see if you can guess all these assessments right! Good luck (for the puzzle and for the tests!)

The crossword can be filled out using:
<https://crosswordlabs.com/view/assessment-season>

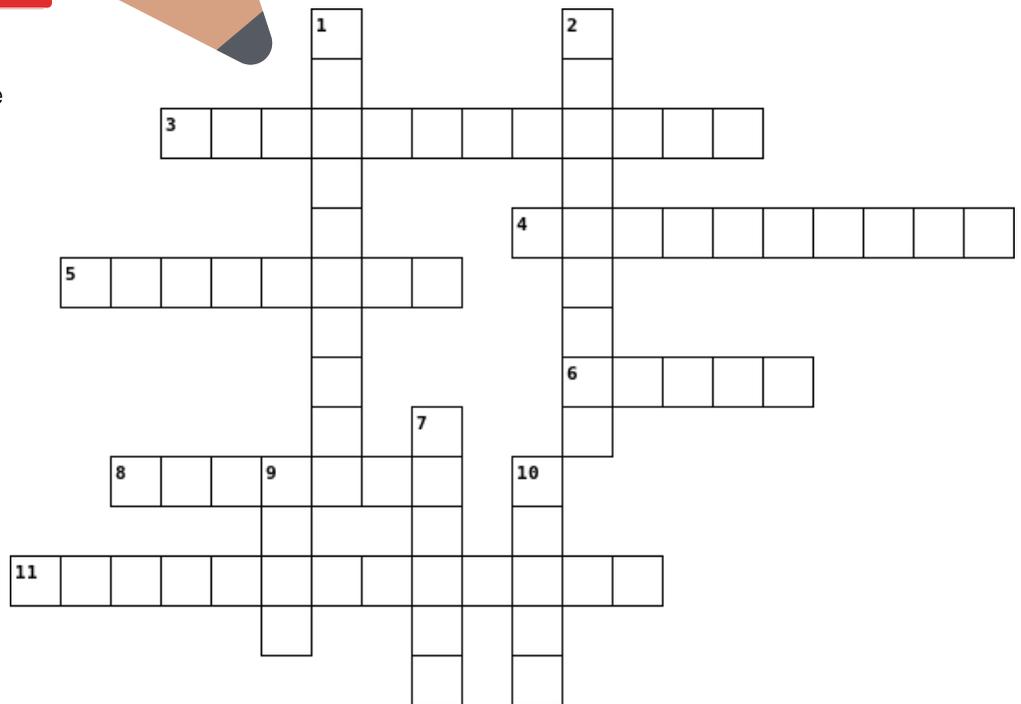


On the next page you will find the solution to last month's puzzle.



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 (phew!)
- 11. Necessary activity the night and day before an assessment

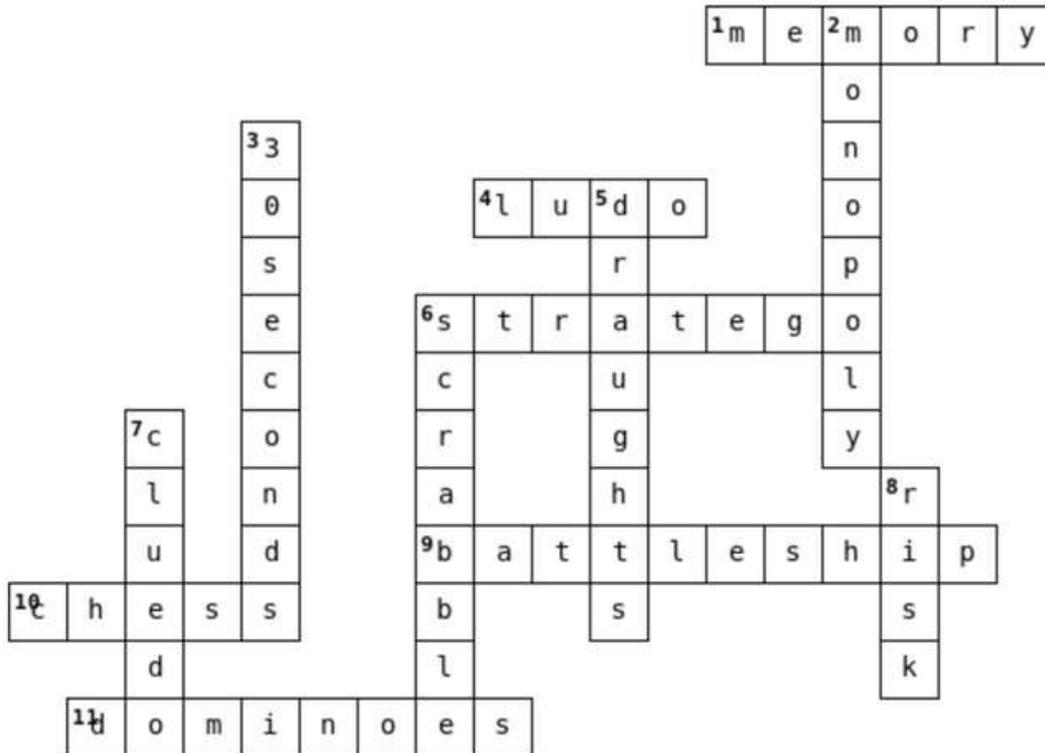


Down

- 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!!



CROSSWORD solution



Across

1. Flip the cards and match the tiles to a pair
4. Race your 4 tokens from start to finish, to enter the play, first role a 6
6. Find and captures the opponent's flag
9. Track your target on a grid; hit or miss
10. 16 pieces, 64 squares and 2 kings
11. Match rectangular tiles on the basis of their spots

Down

2. Pay the owner of the street when you're staying there
3. Guess the concept your teammate is explaining in a short time
5. Jump diagonally and capture your enemy's piece
6. Score points by placing tiles with letters and form a word
7. Investigate a murder by gathering evidence
8. Go on a mission: occupy every territory and eliminate the others

"Sadly, these microRNAs have numbers and not names, we could also just have called it Catherine."

--Anonymous Professor

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