

2015 1st issue



# Maizena Magazine



**NEW VERSION**

**Maizena Now and in  
the Future**

**Christmas Dinner  
and Gala**

**Köln Trip**

**Brain Food**

# Thanks to...



Radboud Universiteit Nijmegen



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# Dear Reader,

We, the Journal Committee, are proud to present you 2015's first issue of Maizena Magazine (previously known as: 'The Journal of Applied Awesomeness'...)! It took us blood, sweat and tears, but we hope you find the end-result as pleasing and entertaining as we do.

This issue is primarily revolved around the past, present and future of Maizena, both seen from the perspective of current members, and through the eyes of a founding father (are you getting excited already?). With these articles we hope to give you more of an idea what Maizena was all about, is all about, and should be about, which might make you a bit more knowledgeable about your favorite student society!

However, that is not all. In this issue you'll also find background information on Maizena's current board members, its six committees, recaps of two very successful past Maizena-organized activities, three recipes (with a catch) for delicious foods, and last but not least, input that you have given us through our loyal mascot, Hamlet!

If you have any commentary, be it both positive and negative, let us know! We are really curious to hear your opinion, as we already consider this release to be a major upgrade in comparison with 2014's last issue. We will certainly use your feedback, as we hope to even further improve upon this issues' new foundation with the forthcoming iteration that will be released near the end of the year.

Until then, enjoy!

Aart, Joanneke, Levie, Robert & Wim  
The Journal Committee 2014-2015



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# About the Board

**Name & age:** Arie de Vries (22)

**Board function:** Promo

1. What made you join the Maizena board?

I liked the idea of being an active member of Maizena, while I already had some board experience.

2. Which of your tasks do you like the most or do you look forward to most?

One of my tasks is to be enthusiastic about coming events and during events. This is what I like, promoting and making other people also excited. Next to that, I should be present at Maizena events as much as possible as board member, which is also what I like very much.

3. What are your research interests?

Industrial and organizational psychology and clinical psychology; I like it when those two fields come together.

4. If you were an animal, which one would you be and why?

A canary, as I feel very connected to them.

5. What items are on your nightstand?

My clock radio and my cell phone.

**Name & age:** Isabel ten Bokkel (21)

**Board function:** Secretary

1. What made you join the Maizena board?

I've always wanted to be a board member of something, but just didn't know what... until I got my chance during this master! I like the fact that Maizena is such a small study association, and I think it is very important to be able to do fun stuff with each other besides this serious master programme.

As for my board function: I am (pretty) organized and I like to write, which made the function of secretary the most suitable for me.



2. Which of your tasks do you like the most or do you look forward to most?

I like to plan activities with my lovely activity committee the most. I also like the fact that, because I take care of the e-mail account, I know what is going on all the time. I look forward to all the nice things that we will organize in the upcoming half year.

3. What are your research interests?

Child development, social psychology, positive psychology, developmental psychopathology, interpersonal relations, mindfulness, the classroom climate, going abroad.... How many can I name?

4. If you were an animal, which one would you be and why?

Definitely a tiger. They have been my favourite animals since I was little. I like them because they are so beautiful, gracious and strong. I even have a stuffed animal-tiger called 'Tiger' (very original, I know).

5. What items are on your nightstand?

A big handkerchief with the map of Manchester woven on it, my mobile phone (at night), some hair rubber bands, lip balm and currently a little book called 'close to the heart' by Toon Tellegen.

**Name & age:** Steffi Gevers (22)

**Board function:** President

1. What made you join the Maizena board?

In the first year of the Research Master, I was a member of the activity committee. I really enjoyed to organize the activities and to have fun with the other students on occasional events, like the Gala, weekend Maastricht, ice-skating and pub crawl. Since my friends of the bachelor were already busy with their internships or work, I was looking for a group in Nijmegen with whom I could have fun and talk about our study and I found that in Maizena. Therefore, I decided to become a Maizena board member.

2. Which of your tasks do you like the most or do you look forward to most?

I enjoy to meet with the board (and our dinner(s) at the Hema!) and to notice that everything is going well and that everyone is excited when we organized something with Maizena. It really is a grateful thing to do. Furthermore, I love

to organize the weekends with the Travel Committee and to work on the year-book for the second year students, which is going to be a success!

3. What are your research interests?

With my pedagogical background, I'm interested in how we can help children with a certain psychopathology, and what role parenting can play in this process. Therefore, I'm involved in an effectiveness study for an anxiety treatment for children (performed at clinical health centers) for my major project. Within this study, I will look whether parenting moderates treatment success of the child.

4. If you were an animal, which one would you be and why?

A squirrel!

5. What items are on your nightstand?

An alarm clock, a light, a book, paper tissues, remotes of the tv (not good I know), and a stuffed animal: a friend of mine who went to New-Zealand gave me a Kiwi.

**Name & age:** Wim Tjepkema (21)

**Board function:** Treasurer

1. What made you join the Maizena board?

An important reason for this was that a year before, I didn't take the opportunity to become a board member of the NSHV, though being a member of its activity committee made me aware of the possibilities that such a function could provide. Coupled with the fact that I was heavily stimulated by friends and family that also had 'board-experience', I decided to do try my luck this time.

2. Which of your tasks do you like the most or do you look forward to most?

Guarding Maizena's treasury of course! Even though it's quite tiring to constantly guard the treasury, and having to count if all gold is still present, there are instances where I do have some time left to spend on reading amazingly interesting articles for the different courses within the research master. Alright, in all seriousness, I like to help Maizena grow, not only by waving around my bankcard, but also by discussing potential future ideas and improvements with the board and other (active) members. Participating in the Journal Committee

is also informative and fun, while being a member of the Party Committee gives me an ideal excuse to gulp down some much-needed, extra beers.

### 3. What are your research interests?

My research interests are quite broad. Having followed the bachelor of communication science, I always found persuasive communication to be one of the most interesting topics available. However, while following this master, I'm continually in a state of surprise, as there are a sheer amount of intriguing possibilities that I hadn't even thought about before. Such topics that I find interesting are: applications of tDCS, virtual reality and video games as a tool for therapy and usage of social influence, for example in promoting healthy eating behaviour (yeah, don't get me started on this one).

### 4. If you were an animal, which one would you be and why?

Although I always used to be compared to giraffes (for reasons that I do not understand ...), I'd rather be something like a crocodile or bear: cool animals that only eat meat and are on top of the food chain!

### 5. What items are on your nightstand?

You're still reading this? Well, I do not have a nightstand. If I had one, it'd probably feature an enormous alarm clock and a tiny framed picture of Arie performing one of his infamous Chippendale acts.



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# Introducing the Committees

## **Committee Members**

### **Activity Committee**

**Isabel ten Bokkel, Michelle Mostard, Jeroen Wouda & Aniek Wols**

#### 1. Main tasks:

Our main task is to make sure that our Research Master students have a nice time with fellow students during their study. We do this by organizing monthly activities. Furthermore, we organize the introduction at the start of the next academic year.

#### 2. Goal to achieve this year:

The goal for the year 2014-2015 is to organize successful and enjoyable activities every month that are preceding the drinks at Café de Fuik. Of course, we would like to achieve that as many people as possible participate in the organized events! We will do this by promoting the activities with our own enthusiasm and by using Facebook, flyers, the whiteboard on the 9th floor and the WhatsApp group.

#### 3. Biggest success thus far:

This year, we already organized the International Pubquiz, the Gala including a three-course dinner and the New Year's reception. This month, we organized the Lasergame Valentine's activity, after which we received many enthusiastic reactions! Regarding our biggest success, we think that this was the three-course Christmas dinner we organized on December 12th. Over 40 people attended! We are really looking forward to organize more successful and fun activities. You are more than welcome to join and enjoy our activities!

## **Committee Members**

### **Journal Committee**

**Aart van Stekelenburg, Joanneke Weerdmeester, Levie Karssen, Robert Krause & Wim Tjepkema**

#### 1. Main tasks:

Just as the name implies, the main task of the Journal Committee is to create the two journals that will be released this year. Interviewing, creating, writing, and designing is part of our job!

#### 2. Goal to achieve this year:

To make the brief moments of spare time you have, dear Maizena member, a



little bit more comforting (including the time spent on the toilet), whilst informing/entertaining you with everything that can be labeled 'Maizena'.

3. Biggest success thus far:

Releasing the journal you're holding in your hands right now!

**Committee  
Members**

**Party Committee  
Mieke Govers, Arie de Vries, Wim Tjepkema  
& Jeroen Wouda**

1. Main tasks:

The Party Committee is responsible for the monthly 'borrels' at 'Café de Fuik'. We also organized the Gala in December and at the end of the year, we will organize the 'End of the Year Party'.

2. Goal to achieve this year:

Our goal for the year 2014-2015 is to make sure that the borrels at Café de Fuik will attract many people. Also, we wanted to make sure that the Gala would be a great success (which has been a success in our opinion) and of course, we also want the End of the Year Party to succeed.

3. Biggest success thus far:

The Gala was a great success. There were a lot of students and also several teachers decided to go. We are looking forward to our other party activities and we hope you will show up as well!

**Committee  
Members**

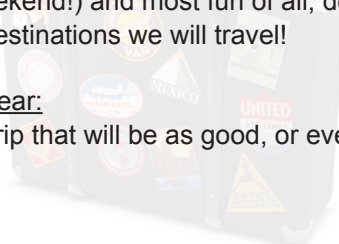
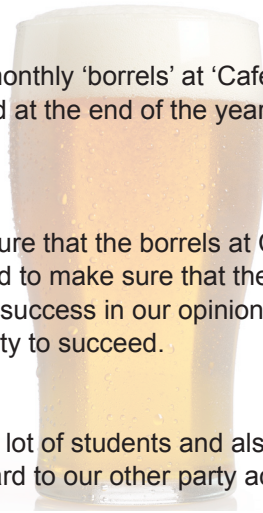
**Travel Committee  
Steffi Gevers, Annick Bosch, Franziska Kolorz  
& Linda Cillessen**

1. Main tasks:

We have one task, or actually, two: organize two awesome weekends for the members of Maizena. Of course this involves lots of other tasks, like planning activities, finding hostels and restaurants (we were lucky Franziska could call in German for the Köln weekend!) and most fun of all, deciding to (and fighting about) which amazing destinations we will travel!

2. Goal to achieve this year:

We hope to organize a trip that will be as good, or even better, as our trip to Köln!



### 3. Biggest success thus far:

Köln. Do we need to say more?

#### **Committee Members**

**Yearbook Committee**  
**Steffi Gevers, Marieke Vermue, Michelle van  
Pinxteren & Kirsten van Iersel**

#### 1. Main tasks:

Creating a yearbook for all graduating second-year Research Master students (including personal information and photo for each student, messages and wishes of teachers/supervisors, polls, photos etc.), and organizing a graduation dinner and reunion.

#### 2. Goal to achieve this year:

To make a beautiful, inspiring, funny, and heart-warming yearbook, which will be (repeatedly) read to remember all the great times together.

#### 3. Biggest success thus far:

Thus far? We already sent the personal questions to the second-year students...? However, our biggest success is yet to come: presenting and distributing the yearbook!

#### **Committee Members**

**Workshop Committee**  
**Anne Rovers, Mathijs van de Ven, Anniek te  
Dorsthorst, Marije van der Hulst & Arie de Vries**

#### 1. Main tasks:

Organizing interesting workshops, relevant for all Research Master Students. The workshops add to the Master program in a way that they focus on topics that are not or only briefly discussed in the regular program. Workshops can be more practical (EndNote, presenting) or more theoretical (proposal writing, how to think in a creative way).

#### 2. Goal to achieve this year:

Organizing five successful workshops, beneficial for the personal and professional life of the research master students.

#### 3. Biggest success thus far:

Bert Steenbergen's 'how to write a proposal' workshop.

# Brain Food

## RECIPES YOUR BRAIN WILL THANK YOU FOR -OR NOT-

**THE BRAIN:** One of student's most powerful tools. Although our brain only makes up 2% of our total body weight, it consumes more than 20% of our caloric intake. The neurons of the brain are made of lipids and proteins and require glucose for energy. For your brain to function optimally, it requires sufficient levels of glucose, which are obtained through the foods you eat. Deficiencies in vital nutrients can lead to cognitive confusion, forgetfulness, and a lack of attention. That is not what we want as a student, because we need our brains to stay sharp in order to rock that deadline or exam.

Our brain thus demands a constant supply of glucose, which comes from carbohydrates that can be found in fruits, vegetables, and grains. Therefore, to stimulate brain function and memory, your diet should be focused on adding good plant-based foods. Since the typical student meal may lack those vital nutrients -especially in times of major exam stress, let us give you some recipe suggestions: a simple dinner soup and a quick granola snack (no baking involved).

### Broccoli White Bean Soup

What will you need?

- 1 head of **broccoli** (rich in calcium, iron, and fiber, which keep the blood flowing well and remove heavy metals that can damage the brain), cooked and cut into small pieces
- 1 tablespoon olive oil
- 3 cloves garlic, minced



- 1 onion, chopped
- 2 hands fresh **spinach** (slows the effects of aging on the brain)
- 1 teaspoon salt
- 950 milliliters vegetable stock
- 400 grams of cooked **white beans** (contain many complex carbohydrates that provide the glucose the brain needs to function optimally)

### How will you make it?

Boil the broccoli. In the meantime, fry the garlic and onion over medium heat until they are golden-brown-ish. Put them in a large pot and add the vegetable stock, white beans, and broccoli. Bring to a boil and cook for five more minutes, stirring occasionally.

Remove from heat and add spinach, salt, and olive oil. Using an immersion blender, puree the soup until it's smooth. If you are using a blender, puree the soup in batches and then return to the pot. Serve immediately.

### **Granola Bars**

What will you need?

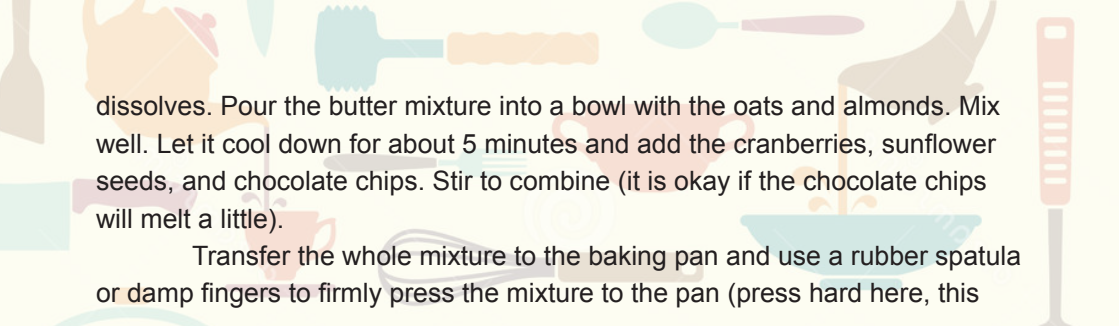
- 230 grams whole grain **oats** (positively affect the blood flow to the brain)
- 80 grams nuts, such as **almonds** or **walnuts** (provide a great source of healthy fats that improve brain power, for example by fighting dementia)
- 50 grams unsalted butter, into pieces
- 100 grams honey
- 50 grams light brown sugar
- 60 grams dried cranberries, coarsely chopped
- 60 grams of dark **chocolate chips** (improves blood vessel function, which improves cognitive function and memory)
- 10 grams **sunflower seeds** (contain healthy fats and tryptophan, which is converted to serotonin to boost mood)

The ingredients will make 12 granola bars.

### How will you make it?

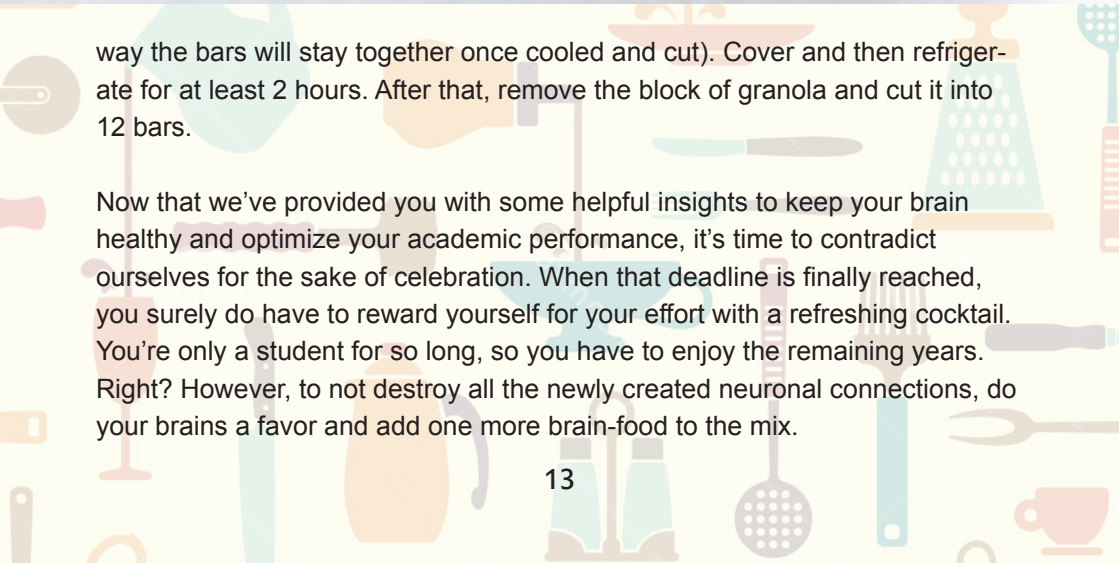
Find a square baking pan of approximately 20x20 centimeters and lightly oil it. Combine the butter, honey and sugar in a small saucepan over medium heat. Cook it, stirring occasionally until the butter melts and the sugar completely





dissolves. Pour the butter mixture into a bowl with the oats and almonds. Mix well. Let it cool down for about 5 minutes and add the cranberries, sunflower seeds, and chocolate chips. Stir to combine (it is okay if the chocolate chips will melt a little).

Transfer the whole mixture to the baking pan and use a rubber spatula or damp fingers to firmly press the mixture to the pan (press hard here, this



way the bars will stay together once cooled and cut). Cover and then refrigerate for at least 2 hours. After that, remove the block of granola and cut it into 12 bars.

Now that we've provided you with some helpful insights to keep your brain healthy and optimize your academic performance, it's time to contradict ourselves for the sake of celebration. When that deadline is finally reached, you surely do have to reward yourself for your effort with a refreshing cocktail. You're only a student for so long, so you have to enjoy the remaining years. Right? However, to not destroy all the newly created neuronal connections, do your brains a favor and add one more brain-food to the mix.

## Blueberry Mojito

What will you need?

- 10 **blueberries** (protect the brain from oxidative damage and stress and improve the communication between neurons, improving memory, learning, and all cognitive function including decision-making, verbal comprehension, and numerical ability), plus some more for garnish
- 30 milliliters freshly squeezed lime juice, plus a lime slice for garnish
- 2 tablespoons sugar
- 8 fresh mint leaves, plus some more for garnish
- 60 milliliters white (clear) rum
- Half a glass of ice
- 30 milliliters soda (7-Up or Sprite)

The ingredients will make one blueberry mojito.

How will you make it?

Add the 10 blueberries, lime juice, sugar, and 8 mint leaves to a cocktail shaker. Use the end of a wooden spoon or cocktail muddler to bash (or muddle) the mint into the lime juice and sugar. This releases oils from the mint, breaks up the blueberries, and helps the sugar dissolve into the lime juice. Then, add the rum, stir well, and pour into a glass filled with ice. Top the glass with soda. Garnish with extra blueberries, mint leaves and a lime slice.





# What's on Your Mind

During the first semester of this year our trusted friend Hamlet has been collecting your thoughts. Let's see what you came up with!

Let us normally distribute over the computers in the room

i'M DEVEATING

R U coding me?

SEEMS LOGIT ...

'Come here my little Hobbitses'  
-W.C. Tjepkema

We  Hammy

'Met het vallen van de bladeren van de bomen, zal de rest ook wel komen'

U R my inspiration

**SKREW YOU!**

Did you know ...  
Arie and Wim shared a bed in the Cologne trip.

OH MY GG!

LET ME NORMALLY distribute my HAIR first!  
-KATRIËN O.

Did you know?  
Wim's middle name is Cornelis

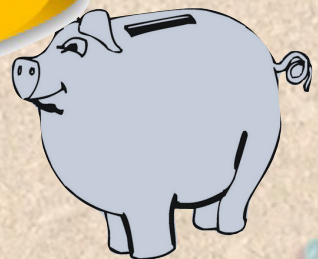
R U DANCING?

- ASK TAMAR ;)

Wenkuo kan soms zijn 'draai niet vinden' op de bureaustoel in de 9e

**WE ARE GOING TO TWO TIMES CALLING!**

If I'm running my R-script, at least I got some exercise for today  
- Isabel



# Reminiscing About Köln

The first days of the Christmas holidays were well spent during the trip to Köln. We visited Christmas markets, played games, visited the Kölner Dom and well, laughed a lot.



The first day started off with the traveling part of course. Since it was quite cold we had to keep ourselves warm with some glühwein during the train ride. After we checked in at the hostel we split up into a few groups to enjoy the famous Christmas markets. Several markets were spread out across the city, and there were quite some interesting things for sale (weird hats, immense amounts of Christmas decorations,

but also posters of popular movie characters). After meeting up together we went out for dinner and had some amazing hamburgers. At the hostel there was a big hall where we had fun playing some games. Improvised versions of hints, Werewolves, and other games were a big success. Passersby must have enjoyed looking at a bunch of students screaming accusations of murder all over the place. The city center was bustling with young people (and some creepy old ones), so we enjoyed some beers and dancing.



Even though many of us had a tough night, we were up and about early on the second day for breakfast. Climbing the Kölner Dom was more of a challenge. With the necessary grumbling (and rubbing shoulders with other tourists in the small spiraling staircase) everyone made it to the top. The view was spectacular! After climbing all the way back down we explored the city, played more games and some of us even sang some (Christmas) songs. There was time left to enjoy a cup of hot glühwein together, but all good things must come to an end. There was a train to catch. We all made in home safe and on time to catch up on missed sleep. The travel committee did a great job to organize this weekend. Thank you, Steffi, Franziska, Linda and Annick!



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# The Christmas Dinner and Gala Recap

On a cold dreary evening in December several RM students and teachers faced the awful weather to gather at the De Gelagkamer on the Waalkade for the Maizena Christmas Dinner.

Slowly but surely the long dinner tables started to fill up with more and more people arriving, all dressed up in fancy attire. Introductions were made, compliments on outfits were exchanged and soon the room was filled with chatter and laughter.

After a while bellies started rumbling, but luckily this would be over soon. After a nice toast from the committee, everyone could finally dig into a nice three-course meal. When all bellies were full, it was time to move on to the next location, Café Faber.

The small, but charming venue was nicely decorated and with the help of a few drinks and some music, everyone was able to get into the Christmas spirit.





A bunch of Christmas cards were laid out on the window sill, so guest were given the opportunity to write a sweet holiday message, which could be delivered at the university to fellow students, colleagues, or maybe even secret crushes.

There was also an opportunity to vote for the kings and queens of the Gala. The voting went pretty smoothly and fairly, even though some people strangely tried to vote for a certain straw hat to become king, instead of the person attached to it...all in good fun of course.

Everyone had a nice time having drinks, chatting and taking pictures. Some people even decided to have a “nerd-off” on the dance-floor (you know who you are). After a nice speech from the committees, the kings and queens were crowned.





All hail Queen Isabel, (Pirate) King Robert, Queen Wendy and finally King James McQueen! Congratulations, you all looked wonderful!



Thanks to everyone that was present, and of course a special thanks to the activity committee and the party committee for organizing the event. I believe I speak for everyone when I say that it was a great evening and a nice start of the holiday season.







# Surviving on Campus

## An Interview with the Fenneman-Family

To acquire all the ins and outs of the campus for you, our dear readers, we turned to the renowned experts on anything 'campus': The Fenneman Brothers. Jesse and Achiel share their knowledge in this exclusive interview.

### What does a typical day for you look like?

Achiel: Boring. I get up around 11 and go to the library until 10. It's really not that interesting. I eat at the Refter, that's something. I hardly ever have lectures. Sometimes I have lectures, but in general I tend to either oversleep or not go after all. So I'm mostly at the library, where all the cool people are. [laughs]

Jesse: I usually am at the university at 9 or 11, starting with some lectures. Followed by the Refter at 6, until 7. After 7 I go to the university library, where I will spend the rest of my evening until 10. Followed by a 1 hour work-out session, then I go home. I'm here the next day at either 9 or 11 again.

Achiel: I'm here later, so that makes it kind of obvious who is the most efficient one. [laughs]

### Do you study at the same locations on campus?

Achiel: Generally we both spend most of the day in TvA 6 because it's close to the coffee machines at economics for me and the BSI for him. Then basically, after dinner the coffee machines are closed so we go to the library.

Jesse: Before dinner I'm at TvA 6, after I've been at the Refter I always spend my evening at the library. It's very structural, I don't like surprises much. [laughs]

### Do you ever go to lectures that start at 8:45?

Jesse: I try. [laughs] I think I attend about half of them, at least half of the ones I really want to go to.

Achiel: I have one course for neuroscience that always starts one Friday at 8:45, I think I was at 1 or two of those. They may have changed the time, I'm not sure because I was only there the first 1 or 2 weeks. [laughs]



### **Can you give your fellow students some tips on where to study and lunch on campus?**

Achiel: For lunch it's a good idea to bring it from Aldi or Albert Heijn, that's much cheaper.

Jesse: That's true. Aldi is nearby, it's a 3-5 minute walk. It's cheap... That about sums up the most important things. [laughs]

### **And what is the best place to study?**

Jesse: That's easy. During the day TvA 6 and in the evening the library.

Achiel: During the day the library is way too crowded. Oh wait, we shouldn't have said that, now a lot of people will go to TvA 6. [laughs]

Jesse: Reverse it! [laughs]

### **Did you start studying at Radboud University in the same year?**

Together: Yeah.

Achiel: He started in political science, I started in psychology.

Jesse: Yeah I did political science for 1 year, he wasted his first 2 years on psychology, not doing a lot. And I spent my first 2 years in political science and then history. Then I decided I wanted a job later, so I did psychology. [laughs]

### **Did you both start actually working hard at the same time?**

Achiel: That's actually a good story. At some point after the first 2 years I thought I could do a few courses in economics. At that time Jesse was doing history. Then he came home one day and said "next year I'm going to do two studies: history and psychology".

Jesse: Yeah I didn't want to really go on with history but I didn't want to be the guy who quit 2 studies as well. So I thought, then I will do both.

Achiel: That made me think I could do some extra courses next year, apart from psychology. But then the rest of my life I would be hearing from Jesse that I only had one bachelor's. So I probably have to do both now.

Jesse: It really got to me in the 2nd year of psychology, it was kind of easy going then. So I figured I'm going to do a first year degree of artificial intelligence. Guess what he decided to do then?! He had an extra year doing only one bachelor, so he also decided to get the first year degree in artificial intelligence. [laughs]



Achiel: So we ended up, for the first time in maybe a decade, in the same classroom.

**What food do you recommend to stay study-fit?**

Jesse: Winegums! A lot of them. If you're tired, you eat a lot of winegums, because there's a lot of sugar in them.

Achiel: It raises glucose levels in your brain essentially. You're not going to be hungry for the next couple of hours...

Jesse: They digest really fast.

Achiel: And also coffee and tobacco, that's the important stuff.

Jesse: Makes you look cool as well. [laughs]

**“He was late to his own birth, that’s why I’m older”**

**Do you ever eat breakfast?**

Jesse: Yeah, around 12. [laughs]

Achiel: I always have the problem that I want to eat breakfast, but when I wake up I realize there is nothing left in the kitchen. So then I realize I have to go to the grocery shop first, but I'm always late.

Jesse: When he says he is usually late, it's not an understatement. He really is late the majority of the time, more than 50% of the time.

Achiel: Yeah for exams, graduation ceremonies. [laughs]

Jesse: He was late to his own birth, that's why I'm older. [laughs]

**How would you compare your life on campus with real-world survival in the wild?**

[Both laugh]

Achiel: Full disclosure, I never hunt for pigeons here... Anymore.

Jesse: Yeah, not since he figured out you can buy pigeons really cheap here, at Aldi. [laughs]

Achiel: Have you noticed there's a lot of crows on campus, but no pigeons. [laughs]

Jesse: We do have the foraging problem, there is not a really a stable supply of food here. Besides, I think that survival in the wild is really monotone. You have to do the same thing every day. [laughs]

Achiel: The only thing is that we don't need to build a fire. During the cold winter months I tend to just heat myself to the light... of a computer. [laughs]

### **Is your twin brother a motivation for you to study harder?**

Jesse: No. Well, in a way he is. When I look at him I think, when I don't try hard I'll end up like him. [laughs]

Achiel: He's used to the stick, not the carrot. I just want to refuse him any chance to gloat. That's the thing, genetically speaking we're at the same level, so any variance in outcome implies that it's only through motivation or effort.

Jesse: The thing to keep from this is that I strive to be best and he strives to keep up with me. [laughs]

Achiel: I have nothing to prove anymore, I already have two bachelor's. [laughs]

### **Where do you hope all this studying will take you?**

Jesse: At the university for another 5 years. [laughs]

Achiel: Closer together. [laughs]

### **What is your record of time spent on campus?**

Jesse: Non-stop, it's the maximum of 15 hours.

Achiel: Yeah during weekdays there is only 15 hours max you can spend on campus. The trick is, you can keep track of who is best in the first 3 days of the week. Because usually Thursday you're going to collapse. [laughs]

Jesse: But for three days I think I hold the record at 45. He is slightly lower with 43.2. That includes only time spent on campus. If you include university work at home I'm even higher in that.

### **What is your most magical campus-moment?**

Jesse: When they brought in the new printer systems, and I figured out you can automatically staple it. [laughs]

Achiel: I have one story, it was a few months ago. It was with me, Jesse, a friend of ours and a doorman, Frank. That friend of ours asked Jesse something about a party and whether he would come, Jesse said no I'm too busy working. Then the friend asked "when is the last time you went out?", and the doorman started laughing. [laughs]

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# Maizena Now and in the Future

*As Maizena works very hard on being a meaningful addition to the lives/study of RM students, we were interested to know how students view the role of Maizena during their study and what they expect from Maizena in the future. To find out, we asked 3 first year students and 3 second year students about their Maizena-experience.*

## **How would you describe the role of Maizena during your study?**

Arie (1st year): “Maizena represented a lot of good things during the first semester. It was nice to see that my fellow students actually have a life next to the university. Of course, without Maizena we would have drinks with students as well but I would not have been on a trip to Köln with students and at a dinner with teachers. And yes, I would have got to know some fellow students better but I would barely speak to any second year student if it wasn’t for Maizena. So Maizena took my social life with fellow students to a next level and bridged between first- and second years students and even teachers.”

Isabel (1st year): “It is always a little awkward to start a new study with new people. I think Maizena has helped a great deal to get to know each other a bit better during our first semester, for instance with our introduction activities. It was fun for me to see how people behave outside of the lecture rooms, which (in my opinion) is very important to put the heaviness and seriousness of this research master in perspective.”

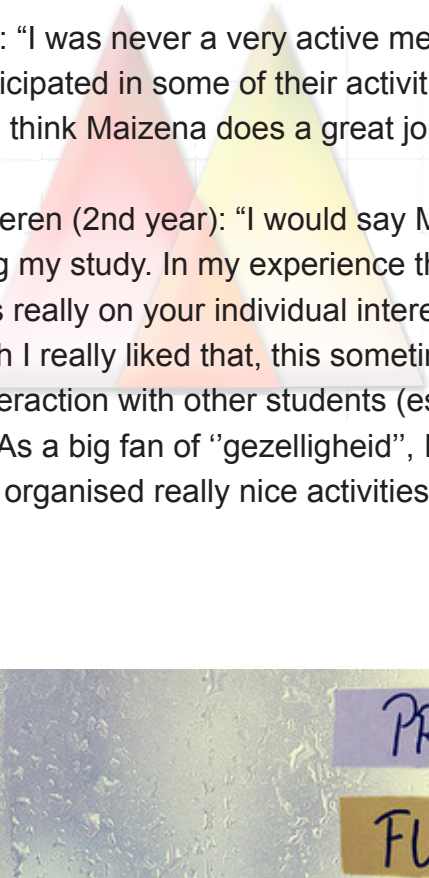


Michelle Mostard (1st year): “A nice relief from all the study activities. An association which gives me the opportunity to have fun with my fellow students, besides just studying and working together.”

Annick (2nd year): “Maizena helps bringing people together, especially in the first year. A lot of us don’t know each other because we come from different studies or different countries, and through Maizena and its activities you can get to know each other. It prevents people from sticking to one specific clique. Maizena has done a great job on this.”

Larissa (2nd year): “I was never a very active member of Maizena, but I have participated in some of their activities and I enjoyed those a lot, I think Maizena does a great job in that regard.”

Michelle van Pinxteren (2nd year): “I would say Maizena played a social role during my study. In my experience the focus of the research master is really on your individual interests and competences. Although I really liked that, this sometimes comes at a cost of social interaction with other students (especially during the second year). As a big fan of “gezelligheid”, I really appreciated that Maizena organised really nice activities with my fellow students.”



PRESENT

FUTURE

## **Would you like to stay connected to Maizena after your study and what do you expect from Maizena in the future?**

Arie: “I would definitely like to stay connected to Maizena after graduating. Maizena is a way to stay connected to the people I see now every day, but will be out my life very soon when we all have our desired diploma. The network of Maizena could also be a bridge between people who will do hardcore research and people who decide to work in a more applied setting. Lastly, staying in contact with new students each year will hopefully make me feel a bit young whilst getting older and older.”

Isabel: “Definitely! It would be really interesting to see what kind of creative activities future boards and committees will come up with. Besides, I would like to be able to keep track of Maizena’s welfare in general and contribute to that welfare if possible. I expect that Maizena will keep bonding all students, that our tasks and procedures get more and more structured with each new board and that in the end all students will hopefully join Maizena’s activities :)”

Michelle Mostard: “I think I would, but I cannot predict what would happen in the future. There is always a chance you will end up somewhere else then in the Netherlands. I just think it is great for yourself and for your network to keep in touch with one another. We already do share some nice memories and someone once taught me that can influence your happiness ^^ But I have to admit I yanked that information out of its context haha.”

Annick: “It would be nice to keep in touch with members, perhaps during reunions or occasional drinks/borrels. It would be nice to keep up with what everyone is doing.”

Larissa: “It would be nice to keep some kind of network going, might even come in handy in future research/jobs. And it would be nice to know what everyone is up to. However, I do feel it would be very difficult to realize. A few years after is still plausible, but after that I would not be so sure.”

Michelle van Pinxteren: “I would like to stay connected in the future! I really think we had a nice class of research master students and you never know which connections may be beneficial later in life. Maizena could contribute to that by keeping up an alumni network, for example on social media or by organising activities.”





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# The History of Maizena

As Maizena's tenth anniversary is nearly upon us, let us take a look at the past with one of Maizena's founding fathers: Thijs Verwijmeren.

## **When was Maizena founded?**

In November 2005.

## **By whom was Maizena founded?**

Elma Hilbrink  
Hilde Smit  
Maaïke Jongenelen  
Marion Kemper  
Niels van der Aa  
Pinar Celik  
Robert van Wijk  
Sylvana Robbers  
Thijs Verwijmeren



## **For what reason was Maizena founded?**

Because the BSI Research Master did not have a student association, as the educational programme only existed for one year. However, we thought that a student association should be created, as it could organize activities that could function as a means to connect its students (with their different backgrounds) to each other.

## **Why was the name 'Maizena' chosen?**

This name was chosen as the Research Master didn't (and doesn't) have one central, common theme except for 'behaviour'. Due to this, we thought it would be more fitting to choose an 'average' name, such as Maizena (i.e.



cornstarch), as the student association would serve as a means to 'bind' its students together.

### **What other names might have been selected at that time?**

That's hard to remember. I do remember though, that at that time, it was also a hard decision to make, as the Research Master didn't (and doesn't) have one central theme.

### **What activities did Maizena organize in the beginning?**

In the first year we organized a quiz and a 'work-after-your-study-day'. The second year was the first year that really had its own introduction day, which we coupled with a murder mystery game.

### **What have always been the main strengths of Maizena?**

I think that the large variation of its members (and their backgrounds) can be used as a strength. That has always been one of my goals: to show that we all have things in common, but that differences between ourselves, can lead to beautiful things.

### **People that are not a member should ...:**

STFU.

### **How do you see Maizena in the future?**

Maizena should function as a mean to bring students from all different kinds of disciplines together. It doesn't have to be all too serious, as I think it should supply enough fun activities in which people can talk about topics that aren't necessarily related to the Research Master.







**Next time:**

**Interview with Rob Holland**

**Robert's R Tips**

**The Mystery of Interactions**

**And much more...**