

2015 2nd issue

# Maizena Magazine

INTERNATIONAL EDITION



**Rob Holland's  
Road to Research**

**Texel trip**

**International  
Experiences**

**Much more...**

# Thanks to...



Radboud Universiteit Nijmegen



# Dear Reader,

Dear Reader,

We are proud to present 2015's second issue of Maizena Magazine, the International Edition!

The scholastic year is almost coming to a close, which usually means that it's a busy time for all of us, but it also means that the sun has finally arrived in the Netherlands! So grab this copy of Maizena Magazine, go outside and take a little time to relax, we have lots of interesting stuff in store for you!

As this is the International Edition, most articles will come with a little international flavour:

We provide a closer look into the experiences of some of our international students, share some tips from Rob Holland about travel destinations and studying abroad, and will give you a nice recipe for a foreign BBQ you can impress your housemates with.

We also take a look back at the successful Texel trip, and explore where our second year students plan on going after graduation.

Lastly, Robert will take us on an adventure where we will go on a Rollercoaster Ride through the Ravishing world of R and where we will explore the mystery of interactions... R u Ready?

It has been our pleasure to work on this journal for you and we hope you enjoy reading it.

We wish you lots of luck in these last few weeks.

Kind regards,

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





*This issue's recipe  
will help you  
organize an amazing  
international  
summer barbecue for  
all your friends!*

## INTERNATIONAL summer barbecue

*What is the origin of the word barbecue?*

We have to go back to the West Indian island of Hispaniola in the seventeenth century to begin the search for this word. The local Arawakan Indians had a method of erecting a frame of wooden sticks over a fire in order to dry meat. In their language, Taino, they called it a barbacoà, which Spanish explorers borrowed.

This word seems also to have been applied by Europeans to sleeping platforms raised off the ground to reduce the risk of snakebite, presumably without the fire underneath. That extraordinary seaman William Dampier was the first person to use the word in this variant sense, in his *New Voyage round the World of 1699*: "And lay there all night, upon our Barbecu's, or frames of Sticks, raised about 3 foot from the Ground".

It seems that the word began to be applied quite quickly to cooking meat rather than drying it, and for such outdoor cooking to become a social event, even though barbecues in those days differed from the modern suburban ritual in that animals were often cooked whole over pits of hot coals (the *Oxford English Dictionary* has a wonderful definition of the process: "To broil or roast (an animal) whole; e.g. to split a hog to the backbone, fill the belly with wine and stuffing, and cook it on a huge gridiron, basting with wine". The first example known is of the verb, in a work by Aphra Behn of 1690: "Let's barbicu this fat rogue", showing that it was well enough known even then to be used figuratively.

Incidentally, many people believe that barbeque actually derives from the French *barbe à queue*, that is, "from beard to tail", signifying the whole of the pig being roasted. Leaving aside the question that pigs don't have beards (though the allusion would work for goats), the true origin is well authenticated, and the story is just another example of folk etymology.



### Chimichurri

4 garlic cloves, coarsely chopped  
1 medium jalapeño chile pepper, chopped  
½ cup roughly chopped red onion  
2 cups fresh cilantro leaves and tender stems  
1 cup Italian parsley leaves  
3 tablespoons red wine vinegar  
3 tablespoons fresh lemon juice  
2 tablespoons fresh oregano leaves  
¼ teaspoon salt and black pepper  
½ teaspoon crushed red pepper flakes  
¾ cup extra-virgin olive oil

### Steak

2 pounds skirt steak  
1 teaspoon kosher salt  
¼ teaspoon black pepper

## ARGENTINIAN SKIRT STAKES WITH CHIMICHURRI

In a food processor combine the garlic, jalapeño, and onion and pulse until finely chopped. Then add the cilantro, parsley, vinegar, lemon juice, oregano, salt, pepper, and crushed red pepper flakes and pulse until finely chopped. Gradually add the oil in a steady stream through the feed tube and process until well blended but some texture still remains, about 1 minute. Reserve ¾ cup chimichurri for the marinade. Transfer to a small bowl for serving.

Place the steak pieces in a large resealable plastic bag and pour in the ¾ cup reserved chimichurri. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling. Prepare the grill for direct cooking (450° to 550°F). Remove the steaks from the bag and season evenly with the salt and pepper. Discard the chimichurri in the bag.

Grill the steaks over direct high heat, with the lid closed, until cooked to your desired doneness, 4 to 6 minutes for medium rare, turning once or twice. Remove from the grill and let rest for 3 to 5 minutes. Cut the meat across the grain into thin slices and serve warm with the remaining chimichurri.

## AMERICAN GRILLED CORN COBS

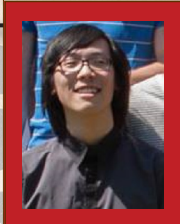
Smear the corn cobs with butter and put some salt on them. Optionally, wrap them in tin foil or put them directly on the grill. Heat for about 15 minutes on the grill.

### Corn cobs

Pre-packed corn cobs  
from any supermarket  
Butter (garlic or normal)  
Salt

Optionally: tin foil





# Guest Article

With all of the constant nagging of Aart and Wim (like a bunch of goddamn mother hens) about my page for the magazine, I had to figure something out. So I thought 'what the hell would be fitting for the end of this year?' And it occurred to me that we had one hell of a hectic year, one which we brought (hopefully) to a good end. So what better way to express this than with a poem! (and no, no sitcom script of the Johan & Wencow show, sorry Jehan! I'll have to disappoint you).

*Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.*

*In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.*

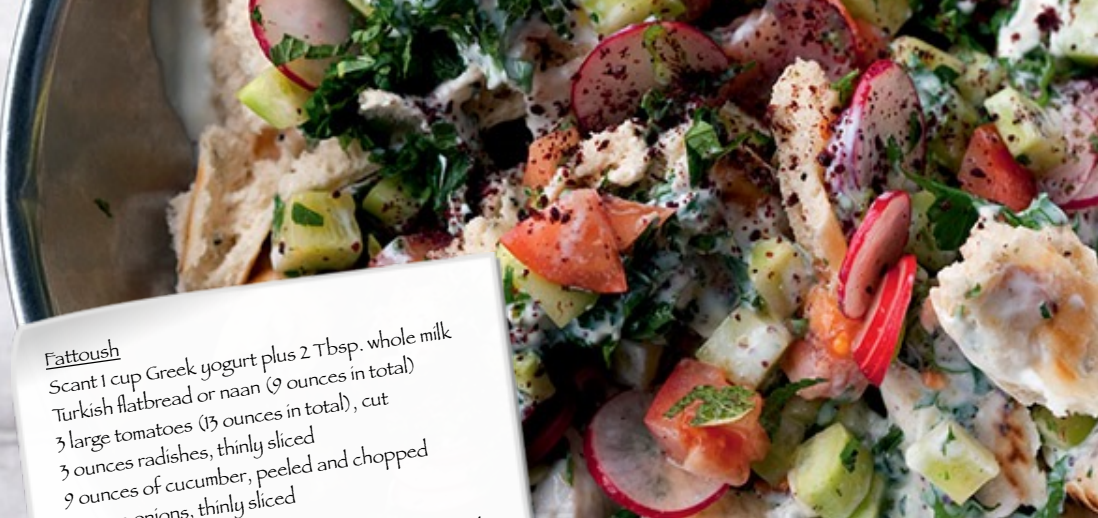
*Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find me, unafraid.*

*It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul.*

~ Invictus, by William Ernest Henley (1888) ~

Some background info and a small rant (for those interested):

Invictus (Latin for Unconquerable) was written by Henley during the Victorian Era, after he had to amputate one of his legs; and this was his way of coping. Though really, I can't fault him for finding some way to cope. Because really, having to amputate anything is not fun, regardless of the era. But having to get something amputated in the 19th century of England? Now that, I imagine, is all sorts of horrible... because really, 19th century England was a cesspool of thievery and debauchery. I mean, c'mon, it was the same era, heck the same year in which Jack The Ripper got famous, so how is that not messed up? Alright, enough of my rant/tangent (and no, I'm not fully insane, just partially). One final thing for those of you who read this from start to finish. Why and How do you have nothing better to do? There has got to be something better to do than reading this (although I am honored).



Fattoush  
Scant 1 cup Greek yogurt plus 2 Tbsp. whole milk  
Turkish flatbread or naan (9 ounces in total)  
3 large tomatoes (13 ounces in total), cut  
3 ounces radishes, thinly sliced  
9 ounces of cucumber, peeled and chopped  
2 green onions, thinly sliced  
1/2 ounce fresh mint  
Scant 1 ounce flat-leaf parsley, coarsely chopped  
1 Tbsp. dried mint  
2 cloves garlic, crushed  
3 Tbsp. freshly squeezed lemon juice  
1/4 cup olive oil, plus extra to drizzle  
2 Tbsp. cider or white wine vinegar  
3/4 tsp. black pepper and 1 tsp. salt

## ISREALIAN NA'AMA'S FATTOUSH

If using yogurt and milk, start at least 3 hours and up to a day in advance by placing both in a bowl. Whisk well and leave in a cool place or in the fridge until bubbles form on the surface.

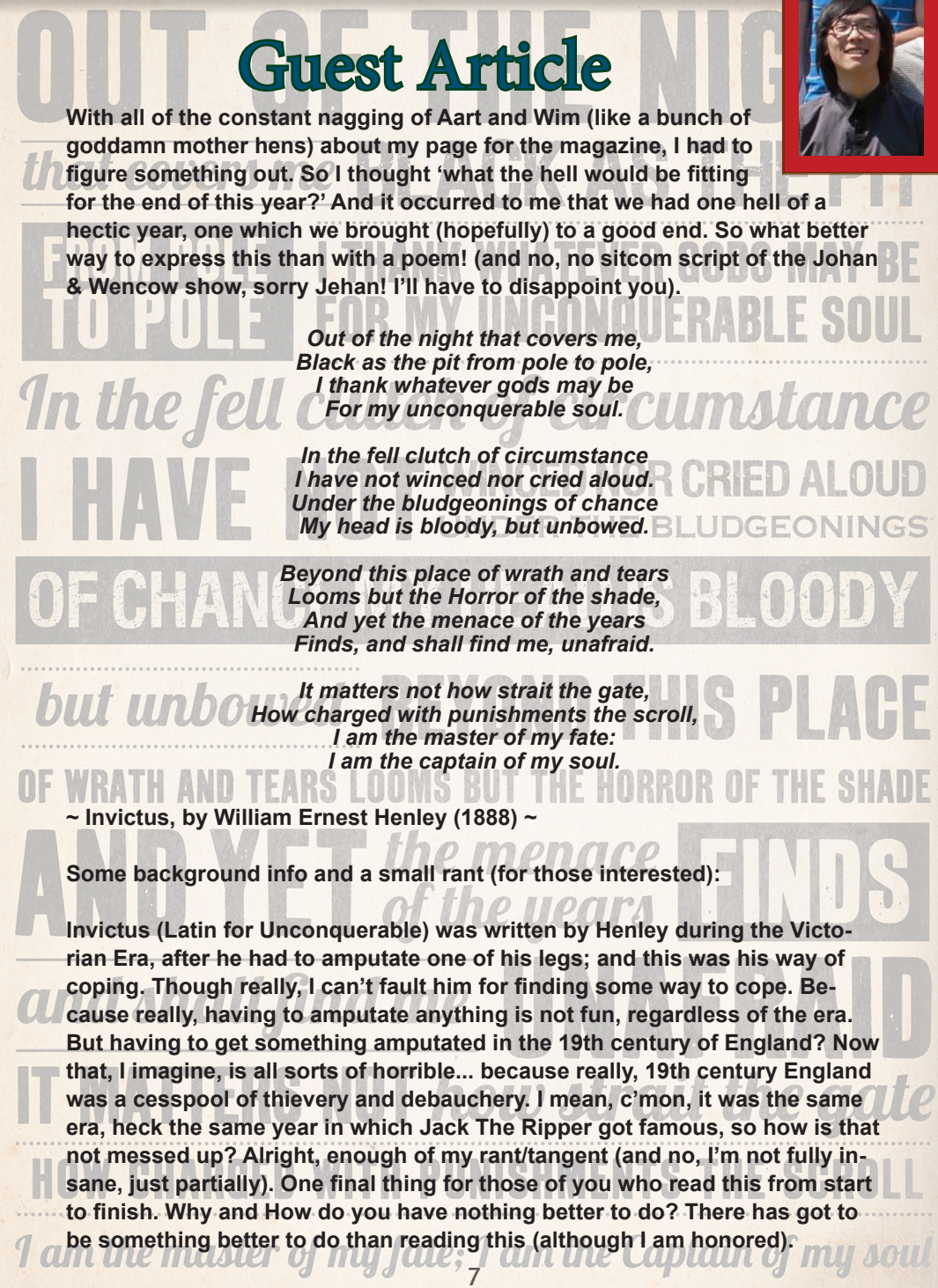
Tear the bread into bite-size pieces and place in a large mixing bowl. Add your fermented yogurt mixture or commercial buttermilk, followed by the rest of the ingredients, mix well, and leave for 10 minutes for all the flavors to combine.

Spoon the fattoush into serving bowls, drizzle with some olive oil.

## SPANISH SANGRIA

Sangria  
2 bottles chilled dry red wine, like Rioja  
1 cup brandy  
1 cup orange juice  
1/4 cup superfine granulated sugar  
2 oranges, cut into thin rounds  
2 lemons, cut into thin rounds  
3 key limes, cut into thin rounds  
2 apples, cored and cut into 1/2-inch chunks  
2 cups cold club soda

In a large pot or bowl, combine the wine, brandy, orange juice, and sugar and stir until the sugar dissolves. Add the orange, lemon, and lime slices, the apples and refrigerate until well chilled, about 1 hour. Remove from the refrigerator and add the soda. Serve in glasses over ice.



# Thinking Back on Texel

## Day 1

Four hours after leaving Nijmegen by train, car, boat and bike at 9:12, we (a group of 22) found ourselves enjoying a nice cruise around the waters of Texel. After spotting two, arguably three seals, we enjoyed special Texel beers at the island's award-winning brewery. While recovering from the harsh Texel wind using the soothing alcohol, that featured names such as Stormbock and Springtijde, no one noticed the weekend's first murder taking place. Murders that would soon be continued at Camping de Krim (no, not the one in Ukraine), a half-hours biking session away. There, everyone enjoyed a BBQ meal, with or without the help of some Oettinger beers. After a small resting

session, a game of 'who is the mole' was played, both outside, and with all 22 students snugly fitting into one tent. That night, Café Babbels was also visited by a large group of Nijmegen party-goers, culminating into early-morning assassinations, funky dance moves and drinking sprees: a good way to end an amazing day!



## Day 2

While some people couldn't get warm enough to sleep that night, the majority slept well thanks to one or more Heineken/Oettinger beers. Unluckily however, the morning featured unending rain falling from the grey Texel sky, which caused a slight delay in the planned biking tour. Therefore, we headed straight to town to gain some energy for the following 'mudflat hike'. By now, a bright sun had appeared again which made the muddy beaches a bit easier to traverse, something especially relevant for those who chose to wear (incredibly fashionable) swimming shorts. After this experience, ice cream was eaten at the Texel 'ice farm', an activity that everyone thoroughly enjoyed! Here, some group members even chased away children, in order to enjoy the farm's trampolines. Back at camp, everyone took the opportunity to freshen themselves up, before pizza's were eaten (with varying pace) at a local Italian restaurant. Afterwards, half of the group decided to stay in the nightlife-area of Texel, while the other half played drinking games back at the camping. Here, some were starting to realize their faces were burned because of two full days in the sun... Eventually, both groups met again at Café Babbels, where the music was just as fantastic as the night before, but the party-mood had increased significantly!



## Day 3

While an adventurous group was already busy riding horses around the beach, most of the camp was just waking up (with or without a hangover). After a quick breakfast, everyone tried their best to clean their tents from the mud and beer stains that seemingly came out of nowhere. When this was finished, there was still one hour left to explore Texel. This time was wisely invested into a lunch and a relaxed walk across the beach. Unfortunately, this time flew away and it was soon time to leave the island. This however did not stop certain people to perform some sneaky murder game kills before their victims were safely with two feet on board of the ship. After the murder game winner was announced, Nijmegen was still roughly four hours away. It was fun seeing all the red faces in the bus and train, but all good things must come to an end. Thank you Travel Committee for organizing this amazing trip! See you next year!



## Memorable Quotes & Did You Know's from Texel

Did you know? Arie casually went for a 7K run on Saturday morning.

Did you know? One of Arie's many forms during the weekend was that of a barista.

Did you know? Nina likes to make seagull sounds when she walks across the beach at night.

'Alright ladies, let's go' – Xin (talking to the boys)

Did you know? One of Arie's many forms during the weekend was that of Ariana Jones.

'Gaan we wadlopen?' – 'Wad?' – Michelle M.

Did you know? Mosselzaad, or Musselseed is extremely good for your hair.

Did you know? Jeroen's jacket was designed by Piet Mondriaan.

'It was fun saving Wim's life 31 times' – Aart (on how he spent most of his weekend)

Did you know? The ghost of Geoffrey was frequently spotted during the weekend.

Did you know? One of Arie's many forms during the weekend was that of a crab fisherman.

Did you know? Vaseline.

'We were almost carried away by the sea' – Irma (during the mudflat hike)

Did you know? According to the ship's tour guide, Texel is pronounced with an 'x' and not using 'ss'.

Did you know? Michelle P. her favourite food is cheesecake.

'We need a reference' – Arie (requesting a referee)

Did you know? On Texel, they really like to combine pizza and pineapple.

Did you know? Sven and Xin visited the family-shower together.

'Pangkoek' – Sven

Did you know? One of Arie's many forms during the weekend was that of a lifeguard.

Did you know? All 22 group members did manage to fit into one tent.

'Where the \$#%@ is my breakfast?' – Jeroen (the VIP, waiting for his room service)

Did you know? DJ Harry always plays the sickest beats on Texel.

Did you know? Jehan likes to put half a canister of pepper on her pizza, before having a first taste.

Did you know? Sven was born under a hunebed.

Did you know? While there shouldn't have been any joker-cards in play, Xin managed to draw two in a row.

'That's nacho cheese' – Aart

Did you know? In her spare time, Isabel likes to practice her plate-to-mouth eating reflex.

Did you know? After showering, Wim is regularly mistaken to be a member of the Backstreet Boys. It takes him about 45 minutes and 3 liters of hairproduct to fix this.

Did you know? Jeroen went pole dancing in Café Babbels.

Did you know? Isabel collects shells to create her very own Xenos room decorations.

Did you know? Hilde managed to catch a fish during the mudflat hike.

'What's the funny part?' – Xin (responding to most of Aart's jokes)

Did you know? Arie's beer was stolen by security.

Did you know? Wim only needed 2 bodyguards, 2 backstabs, 3 kills and 5 partnerships to become the murder-game champion.

Did you know? Jeroen has 4-wheel drive Land Rover shoes.

'Een jas is toch ook maar een jas?' – Jeroen

Did you know? In and outside of Texel, Sven and Shuang are designated drinking buddies.

Did you know? Aart managed to forget both his card and towel when he wanted to shower.

Did you know? For his daily dose of energy, Sven routinely pops two X pills in the morning.

Did you know? Wim was waved at 536 times during the Saturday night drinking game.

'Foamiting' – Sven

Did you know? The game 'klootzakken' was translated into 'douchebagging'.

Did you know? In three days' time, Jeroen managed to 'match' 16 girls on Tinder.

Did you know? During the mudflat hike, Sven's look could best be described as being a mixture between a blue hulk and a Marslander.

# International Experiences

This second issue of the Maizena Magazine is all about 'internationality' and therefore, the Journal Committee decided to interview some international students! We asked them some questions about their time in Holland, and about their exotic countries.

## 1. Who are you and where are you from?

I am Shuang Ma (my Chinese name means 'two horses'). I come from Chengdu, China.

Xin Gao. I am from Chengdu, Sichuan province, China.

My name is Tamar and I am from the United States.

Jehan Amanda from Indonesia.

## 2. What made you decide to come study at the Radboud University?

Shuang: I searched for some possible master programs related to psychology. And then I came across Radboud University.

Xin: Good master program here of course.

Tamar: I knew that I wanted to study in the Netherlands since I know some Dutch, and I have heard a lot about studying in Nijmegen, since my mother studied here.

Jehan: Since I decided to go abroad to continue my educational degree, Europe was my first destination. Then when I searched for "Research Master Behavioural Science" in a masterportal.eu, the Radboud website appeared in the first finding result after I searched. However, after I looked at the web and read about the BSI, I really liked it and thought that this university could provide me with what I was looking for.

## 3. What was the biggest culture shock you experienced while staying here?

Shuang: Actually, I do not have a strong feeling of culture shock. People here are quite nice. If I have to say something, I will say people here are toooo tall. It is the first time I feel I am quite short. I can only ride a children's bike here because I can only mount the children's bike here.

Xin: I thought we are so different, but in fact, we are shockingly similar.

Tamar: I did not really experience too much culture shock since I have visited many times before, but I did realize that it is not accepted to stop and pet every cat and dog on the street. People will look at you strangely if you talk in a baby voice to them. Lesson learned.

Jehan: For me is the fact that I have to eat bread most of the time and biking everywhere.

## 4. What do you miss most about your country?

Shuang: Food, family, and friends.

Xin: Meaningless summers with a bunch of fair-weather friends.

Tamar: Aside from my family and friends, I would have to say that I miss being able to drive there. I find it relaxing. That, and I would not have to show up to every class looking like I have just come back from the gym.

Jehan: The food (very typical) and understanding what people surrounding me are speaking about!

## 5. What is the best dish from your home country?

Shuang: Sichuan hot pot, Chuan Chuan Xiang, BBQ (Chinese version).

Xin: Hot-pot from my hometown, not healthy at all, but I miss it.

Tamar: Well America's only native food is probably corn.....so if I am allowed to choose foods that I can get there then I don't choose corn. In fact, I would choose Mexican food. I miss it very much, and this summer I plan to visit home and stuff my face so that I will not miss it for another year.

Jehan: Well, that's a hard question since we have a lot of different types of food and I like most of it. But if I have to make a selection, then I would say nasi padang (just google because it's hard for me to explain it).

## 6. What Dutch typicality will you certainly bring home for you friends and family?

Shuang: Maybe, some tulip seeds.

Xin: I sent some "snoep" to my friends already. They don't like it, but it's my favourite.

Tamar: All my friends love stroopwaffels. I will have to keep space in my suitcase to bring them back or I will have some explaining to do.

Jehan: I think cheese and some klompen souvenirs (I'm pretty mainstream and simple).

## 7. If you had to adopt a Dutch name for yourself, what would it be?

Shuang: Hmm, it is possible to have a name as Shuang van Holland. Hahaha!

Xin: De Jong?

Tamar: Honestly, Dutch names do not translate over to English very well. For example, my mother's name is Wijnanda (Dutch name). In English, that would be pronounced with a harsh "j" and "a" sound. This completely slaughters the name. Therefore, I would probably keep my own name with its ambiguous nature. Besides, Tamar is a name I see every so often here, anyways.

Jehan: I think Simone is a pretty cool name.

## 8. What do you think is the weirdest thing the Dutch do?

Shuang: Eating too many potatoes.

Xin: Walking in the rain without umbrella?

Tamar: Calendars in the bathroom are weird. It will never become less weird.

Furthermore, there is an unnatural amount of coffee consumed here. Finally, the travel time of an hour is a long trip here, whereas in California, I would easily travel 2 hours (one-way) or so for a day trip.

Jehan: Make a wink when they say hi.

**9. Have you visited other Dutch cities other than Nijmegen and, if so, what was your favourite city and why?**

Shuang: Utrecht. Utrecht is a city between Amsterdam and Nijmegen. It is busier than Nijmegen, but quieter than Amsterdam. I like the canals, dam tower, and ancient architecture here.

Xin: Amsterdam, Maastricht, Arnhem. I prefer it here actually, it's small, but doesn't miss anything, even "warm smell of colitas, rising up through the air".

Tamar: I have family in Tjine (Friesland). Although the town is tiny and hardly populated, it is a great place to find running trails. Very scenic, and there are no cars that might run you over or stoplights that you have to wait for.

Jehan: Yes, I've visited some of them. So far, I really like Rotterdam because I actually prefer to live in a big city. For me, Rotterdam is a pretty big city but not as crowded as Amsterdam. But probably I'm biased since I was there to watch Michael Buble's concert!

**10. Do you see yourself staying in the Netherlands after finishing the master?**

Shuang: I am not sure yet.

Xin: I like it here, so I will have a try.

Tamar: This is still unsure to me. I have thought much about it, and I am not opposed, but if I wanted to do my PhD straight after, then I would probably look for options in the States.

Jehan: Well it depends; I'll definitely stay if I get accepted for a PhD position here or in the other universities in The Netherlands. But if I don't, then I'll go back to Indonesia and try to teach in the university and probably apply for a PhD position again.

**11. What place in your country would you recommend for future Maizena trips?**

Shuang: Dunhuang. You can climb Singing-Sand mountain, see Crescent Lake in the desert, ride a camel, and appreciate fantastic paintings in Mogao caves.

Xin: My hometown, Chengdu. You will love the food and people there!

Tamar: Of course I am biased to California. Especially San Diego, where there are beautiful beaches and amazing Mexican food!! Los Angeles also has a lot to see, and that is only about 2/3 hours from there if there is not much traffic on the road. Also, the weather is great roughly 360 days of the year, so you can leave your rain gear at home.

Jehan: Indonesia! I'll be the guide!

# What's on Your Mind

Our trusted friend Hamlet returns with your thoughts about the second semester. Let's see what you came up with!

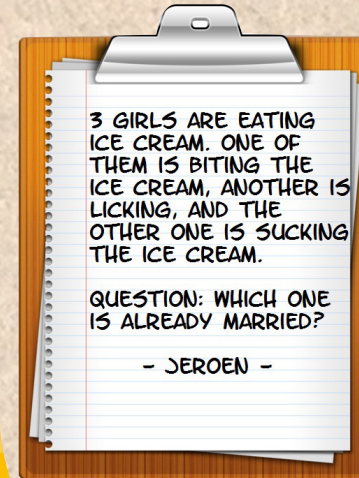
*Nobody ever died during the minor project!*

Because they donated cash to the Ragweek, Wenkuo & Arie both received a page here!

*Wife to husband: Honey, what is on the TV? Husband: 'dust'*

**The End of the Year Party will be awesome!**  
3 July - 21:00

*Xin's secret flirting technique: "I don't care"*



**I can't hear the cold, I'm a tropical person.**  
- Jehan

**Did you know? In total, Maizena gathered 425; for the Ragweek!**

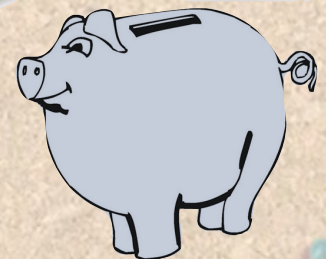
Did you know? Arie is the original **beast**

Drop is salt and sweet and spicy! It doesn't have an identity!  
- Jehan

*I'm rapping, because this is Eminem! -What?! You are rapping!*

Did you know? Hilde's favorite dish is Mash Pot (Stampopot)

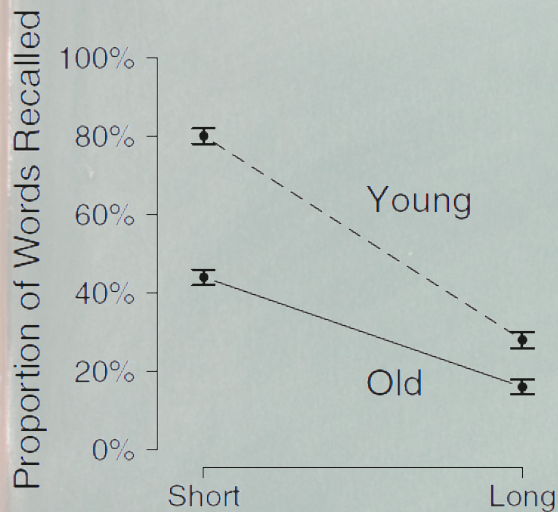
**New sitcom: Johan & Wen-Cow**





# The Mystery of Interactions

There is a legend about interactions that is so confusing that Bill and Toon kept it a secret from you. But first: What do you see here? Is this an interaction?



If your instinct was “Interaction” your answer is in line with 96% of the researchers around. But that does not make it right. In fact, there is no real interaction. This interaction is created by the scaling. Sure, the Young-Slope is steeper. In large samples this will be significant. But that does not make it valid. When you look at the numbers

you will see that Young drops from ~80% to ~40% and Old drops from ~40% to ~20%. The main effect of Short to Long explains this by ~100%, a true interaction would be zero. Why? Both groups recall ~50% less in the long condition than in the short condition. This effect is the same for both groups so there is no real interaction. The metric created it! Are you confused? This effect is known since 1978. Geoff Loftus published that all non-crossover interactions are removable (Loftus, 1978). Every time the two lines do not cross over within the meaningful range the interactions can be removed by a non-linear transformation (like squaring, taking the log, etc.). Of course all lines that are not parallel will eventually cross over in a two-dimensional space. But in our science not all x-values are meaningful. The two lines in the example above will cross somewhere right of Long. But this condition does not exist. The x-value

had no real meaning. The same goes when you compare two variables that are measured in Likert scales from 1-7. You will find interactions where the lines cross in coordinates like (8/-1). This is not a meaningful position in your coordinate system. But what to do about it? The answer is not an easy one and there is no simple solution. A researcher has to be very sure that the used metric is as close to the “real” metric as possible. It all comes down to a question of validity. When you are very sure that your measurement scale is as close to the real mechanics in the brain as it gets, then you are on a safe(r) side. Also: In cases like this example, where you have one continuous variable and two binary, you can just switch the binary variables and see how it looks then. If they still do not crossover, something could be fishy. If they do, you have a so called “borderline” removable interaction. But why did you not hear of this before? None of the common statistics textbooks mentions it. Therefore most (all?) of your teachers do not know about it. This all leads to a problem in our field in general: When you encounter a removable interaction your whole paper could break down. Maybe your theory is wrong and was just based on the metric, the measurement technique used. Maybe it was all created by scientists in the first place and has nothing to do with real human behavior? Researchers do not like these doubts. They want to publish, not because they are unethical, but because they need to in order to provide for themselves and their families and there is huge pressure to publish as much as possible.

So what to do now? Best forget that you read this? Or aim for a better science and read this paper:

Wagenmakers, E.J., Kryptos, A.M., Criss A.H., Iverson, G. (2012). On the interpretation of removable interactions: a survey of the field 33 years after Loftus. *Memory & Cognition*, 40:145–160.

Additionally:

Loftus, G. R. (1978). On interpretation of interactions. *Memory & Cognition*, 6, 312–319.



# Robert's R-Tips

R is a really nice software and most of you are now quite familiar with it. But there is much in R that we (Bill, Bernd and I - Robert) have no time to show you and even so much more that we do not know. But here are some tips about how to handle your data, solve errors in R and use R to its full potential.

## #1 Use RStudio!

You want to be a super nerd? Ok, then use regular R. You want to work efficiently? Use RStudio! You can easily load scripts, see your workspace (environment) and check what is in there, install packages, scroll through and save your plots. For Windows users: RStudio gives you colors in your script to highlight strings, built in expressions (like: for, in, if, else, TRUE, FALSE, NA...) - Mac provides this also in normal R. Conclusion: There is no reason not to use RStudio.

## #2 The Data File:

When you create your data file, think about your analysis. Will you do mixed models? Then maybe create the file in long-format immediately. Name your variables short, meaningful and with a logic. This also goes for your dataframes and all other R-objects you create! There are six types of names out there:

a. "The Capitalizer": friendSelfesteem, homeworkAttitude - if the variable name consists out of sub-names, just write one big word and capitalize the beginning of each new word. This is ok to read and easy to type when you use the variable in an analysis.

b. "The under scorer": friend\_selfesteem, homework\_attitude - separate sub-names with underscores. It is easy to read, but harder to type.

c. "The pointer": friend.selfesteem, homework.attitude - separate sub-names with a point. This is shorter than the underscore and a bit easier to type (no need for SHIFT) and nice to read.

d. "The shorter": fSE, hWA - use only the important letters of the name for your variable. This is very short and you need to write in the comments what each variable means. But when you type a lot, this saves much time.

e. "The others": there is always a different way to do things that is also fine..

f. "The average student": Friend\_Self-esteem, Attitude\_Towards\_Home-work - next time in class look on the screen next to you. You will find names like this. Sure they still show what the variable is about, but are a hell to type. Also dataframe names like "dataAssignment5short\_centered" are nothing I make up here, but names your colleagues created and just that escalated.

g. "The rich": prey\_richness, consumer\_richness - If you are type "f", switch! If you have a good memory and are lazy use "a" and "c" are more a question of taste. I personally use c most often. If that is too short for you, I advise for a, because it is the easiest to type.

When you load your file in, always check your structure: str(). Is everything numeric that should be? Are all your factors, indeed factors? Hint: as.factor(), as.numeric(), "diameter", "mean\_diameter", "sd\_diameter", "mean.co

## #3 What Format?

I personally advise for txt and not .csv. CSV is nice but leads to problems in the Netherlands and Germany. If you use .txt with sep = "\t" - a tab separated text file - you can open it easily with the editor that is on virtually every computer. You can read it in EXCEL, SPSS or any other program. Additionally .txt files are very small.

## #4 What is in My Code?

Do not put your install.packages() in your code. You do not want to load your script, run it and have it install all your packages again and again. If it is part of an assignment ok, but else put it in with # before it. Always have your library() in and do not use the button-click library that RStudio provides and always set your working directory. Do both these things in the very beginning of your script. If you pass it to a colleague they can just run this head and see which packages are missing and they can easily adjust the working directory. At the end of the day: save your workspace when it is hard and takes time to re-create, like mixed-models. But there is no need to always save every workspace you created, if a run of your script just takes some seconds or minutes.

## #5 Save!

Save your script while you work. Your Windows might decide to go into bluescreen because it just feels like it and your Apple battery just feels like exploding sometimes. Always save your stuff.

## #6 Raw Data:

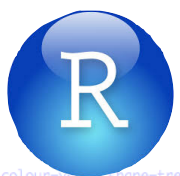
Do not override the raw data. Change it in your script as much as you want and save it as a new file. But do not overwrite it. Once you do it, there is no way back.

## #7 Errors and Warnings:

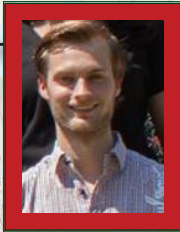
Sometimes the errors and especially the warnings are very cryptic. What the hell is a Hessian matrix? And why is it not positively defined? It is important to set your R(Studio) to English. Otherwise you might get your error or warning in nice Dutch, German or French and you are alone with it.

Dealing with errors/warnings is pretty straightforward: copy your error/warning and put it into Google - if there are numbers and or variable names in it, delete them. You will find many and more people who had the same error and did not know what to do, who already posted it only and some mystical geniuses already answered their question. This is how I solve 90% of the errors that I cannot solve by staring at them until they run away. What about the other 10%? When using a new package/function always check the manual. You do not have to read it all, but scan through it. I had troubles with

```
removal_slope_analysis.r* x map_meetings.R x
Source on Save
missing data in rcor.test() and I tried everything. The manual told me that missing data was currently not supported. diameter", "mean.cons.omnivory", "algae_richness", "linkdensity", "sd.degreedist", "apl", "diameter", "mean.diameter", "sd.diameter", "mean.cons.omnivory", "skew.cons.trophiclevel", "shape", "power_exp", "prey_richness", "consumer_richness", "algae_richness", "sessile_invert_richness", "mobile_species_richness"
Error: could not find function "slope_compare"
> applot(*change, linkdensity, data=removal_data, colour=year, shape=treatment, group=year, xlab="Winter Disturbance (# fronds removed/intersect)", ylab="Linkage Density")
>
```



# Guest Article



After a long year of studying hard, it could be that you don't know how to entertain yourself anymore. Therefore we offer some tips for a nice summer day in Nijmegen:

**De Honig Fabriek:** An old factory, but now a nice place at the Waal with hipster coffee bars, a brewery, a restaurant and nice festivals and markets.

**MuZieum:** An experience museum about seeing and not-seeing.

**De Berendonck:** A great recreational lake, with little beaches and waterski's.

**Villa Lux:** A combination of a restaurant and a cinema with arthouse movies.

**De Kaaij:** Under the Waal bridge there is a nice little festival, with music, art, and nice terraces.

**De Ooipolder:** When you are at De Kaaij, you just have to cross the new bridge Ooypoot, to enter the Ooipolder. A lovely place to walk or cycle and enjoy the nature. When you are cycling it is recommended to visit 'Oortjeshekken' a sweet place to enjoy something to drink.

**Escape room Nijmegen:** Lock yourself and some friends in this room and try to escape within the time limit by thinking creative, exploring and solving puzzles.

**De Commanderie van Sint Jan:** A beautiful old building in the city centre with a coffee bar, restaurant, brewery, chocolaterie and more.

**De Stevenstoren:** The tower of the Stevenschurch, you can visit the tower (entrance at the backside of the church) and climb it. You will have a nice view over the city of Nijmegen!

**Climbing gym:** Tucked away in the far corner of Nijmegen called Dukenburg, there is a climbing gym where you can have an adventurous day. Geographically good to combine with the Berendonck.



# Rob Holland's Road to Research

## Can you introduce yourself to our readers?

Well, I'm Rob Holland. A lecturer here in social cognition. Half of my time is spent on research, and the other half is spent on teaching. Since April, I'm also the director of the Research Master. One day a week, I'm also an affiliate professor at the University of Amsterdam on food choice, specifically impulsive vs. controlled decision making processes. This is sponsored by the Nutrition Centre.

## What did your student life look like?

I was quite fanatical in my studies, working really hard. In my first year I started in Wageningen with the study 'applied household studies' [laughs]. Now it has a nicer name: 'facility management'! It's about preparing you to run organizations, like hotels and hospitals. I always wanted to run a hotel, but after a couple of months of studying, I learned that it was nothing for me. Then I thought, I'd like to do communication science! So I went looking in Amsterdam, and found it to be really nice, but I liked Nijmegen even more. However, at that time, you could only start communication science in the second year, after doing a year of either anthropology, sociology or psychology. As I found psychology to be the most interesting, I started with that. But, I was completely flabbergasted, and never went back to communication [laughs]! I still remember that in September, after I started, I was at the entrance of the first lecture of communication science, and had to laugh and went away. But actually, I did study communication in several courses.

I remember my first year to be a lot of fun, as I went to a lot of parties and studied only in the last week before the exams. This got me good grades with no problems. However, the second year was not my favourite year per se [laughs]. I was a little less motivated, and found the courses to be uninteresting. This however, came back again when I started with some courses in environmental studies. In my third year I selected social psychology, and from that time, I was really focused on studying. But, when I think about the type of students that are pursuing the Research Master currently, that's at least 40-hours a week. I don't think I ever did that [laughs]. I always thought it was relatively easy.

## When did you start as a PhD?

After I was done in Nijmegen, I worked one year in Maastricht, Limbabwe [laughs]. This was at the department of health education. I remember I was offered a PhD position there, but despite the fact that I could earn 1000 Guilders more in Maastricht, I decided to go to Nijmegen. Looking back, I'm really glad that I accepted the job here.

## What is your BSI-background?

I started my PhD here in 1997. Then I chronologically became a Postdoc, Assistant Professor, Associate Professor, and maybe, at some point I will become a Full

Professor! The strange thing is that all this happened here in Nijmegen at the BSI.

## And what about your experience abroad?

This is interesting from the perspective of a student; I always advise students to go abroad! Of course, I went to conferences and brief work visits, at the Columbia University Ohio for example. This is all really good, but I've never had a work visit that lasted longer than a couple of months. This of course has to do with the situation of my family: when I was defending my PhD, I already had two children. This makes you want to stay at home. So, my international perspective is more about going to conferences, and to inspire other people to go abroad [laughs]!

## What is the most memorable conference you attended?

My first conference was quite funny. It was a meeting in Tromsø, Norway: the most northern university in the world. Also independently of the conference, I was there for a whole two weeks [laughs]! However, at the meeting, there was a PhD-student of a Polish researcher presenting his work. But at some point his supervisor stood up and said something like: 'This research actually shows nothing!' [laughs]. And the PhD-student was like: 'Huh, what's this?!' It was a small conference, so it was really funny.

Another time, at a meeting of the European Social Cognition Network, we had a meeting in Poland and I was given a full castle, with four-stories and a panoramaroom. So I actually organized all kinds of tours there [laughs]! I also knew that the keynote speaker at that conference wasn't that happy: 'Why didn't I receive a castle?!'

However, these are only anecdotes of course. In general, the nice thing about conferences is that they confer discussions that are really on-topic. These conferences are usually very important because you get to know people very well, which facilitates collaboration later on. It's also nice to see a discussion between two researchers that disagree. I can still remember a clash between Norbert Schwarz and Ross Fazio during a conference regarding attitudes. You should really visit one of Norbert Schwarz's; there's always a heavy discussion going on [laughs]! This also happens when you talk about p-hacking during a conference.

## Do you have any tips for students that want to go abroad?

As a Research Master coordinator, I would advise to restrict your stay to 2-3 months, and use Nijmegen as your base. Make use of the network of the people you work with, and especially, talk with your supervisor. All people at the BSI have fantastic international networks. Think about who is the most relevant person to visit, as your stay should align with the research topic. It will be an enriching experience.

**“I was given a full castle, with four-stories, and a panoramaroom.”**

Furthermore, you don't need to travel long distances; going to another 'close' university, such as Cologne can be great as well. It's only 1,5 hours by car, but there's a completely different group of researchers working there. In the past, students also went to Princeton and Cambridge, but I don't think that there's one place in particular that's the best. So really, the sky is the limit. Though, when you travel within Europe, it's often easier to get funding.

#### **Relatedly, what is your favourite holiday destination?**

Ah, Thailand! That was the best holiday ever I guess. It was three years ago. Perfect food, great environment, pleasant people - all happy - and amazing things to see. Actually, I'm planning to go back there ... but I'm not sure I fully agree with Thailand now [laughs]. Because, before we had kids I also went to Nepal and Peru, and actually I think I like Nepal even better. Walking through the mountains, hiking, sleeping in the lodges and getting up, having these great views and pleasant people all around, nice other travelers to talk to. Yeah, it's a completely relaxed atmosphere. It's a pity that this earthquake is damaging all these amazing temples. When I think about that, I prefer Nepal to Thailand [laughs], but that was long ago, so I'm not sure if it's still as nice now. For example, I spotted on Google maps that the narrow mountain pass we treaded then, is currently a road [laughs].

#### **What are the goals you want to achieve as a Research Master coordinator?**

Internationalization. This has always been an important aspect. I think that this year, we have 5-6 people from abroad, without counting the Germans [laughs]. And next year is getting even better: we have people from Mexico, Indonesia, two from China and 'real' Germans [laughs], two from England, and one from Belgium. That's good, then you have different backgrounds and more cultures together, which is really enriching for discussions. As long as they are motivated of course!

Another goal has to do with introducing the minor in couples. To make people feel at home at the Research Master. This is something we should facilitate: a nice atmosphere, which makes it easier to do a lot of work. It's already good, but we want to keep that, as in the past we had problems regarding competition. That's understandable, as there are a limited amount of PhD positions, but in the end, we all have a great degree. We should work as a team, to become stronger as a Research Master. We'd also like to link the students to teachers more, for example with Maizena events, as usually it's always the same people that show up. I think it's a strength of the Master programme that students can easily step into the office of the lecturers.

A third goal, though I'm not sure if it's really a general goal, is that we are reorganizing statistics. I learned that R is evaluated positively, which is good, so we'll definitely stick to R. But I'm not sure whether we want to have R as a specific course, it can also be included in Statistics I. We might reconsider other statistical courses, whether they're obligatory or not.

Fourth, is that somehow, the number of educational scientists within the Research Master is going down. It's a main goal to understand why exactly. This might be due to statistics [laughs]. We'll consider this, because within the BSI, it's really psychology and educational science working together. And if we only have psychology students, it's out of balance.

A related goal is to get more communication scientists on board, as they're also a part of the BSI. This is good for multidisciplinary reasons. What I would like to do, even though I did not prepare this, is to somehow facilitate multidisciplinary research within the BSI. Something which really crosses the boundaries within different programmes. This is what makes our Research Master unique: collaboration! If you collaborate, coming from different backgrounds, you usually come up with new ideas.

Something else, another main goal, is to train staff members to use mixed-modeling. There are already students doing it. It is clear that this way of analysis is superior. It will be the future. We can't put our heads in the sand [laughs]. We should get updated. It's awkward though, to attend the same courses as the students. So, we will probably have a separate course, a 'safe' course, for staff members.

A final thing, which I would like to do, is to market the Research Master more. Preferably more internationally; we should be well known. Now we have a great momentum, as we are a top-rated programme, and you already see that students from all over the world somehow see that. But, we should make use of this even better. For example, we already improved our website. Yeah, there's a video of me [laughs]! No, actually, the website itself has already been improved in terms of content. There's actually a new video, without me: an animation [laughs]. We should also make use of alumni to talk about our Research Master. What is the perfect timing to provide information about our Research Master to students? We would like to increase the amount of students roughly to 50.

#### **Why are you the ideal Research Master coordinator?**

I don't know, ask Toon, he asked me [laughs]! But personally, I really, really like the Research Master a lot. I'm a big fan of the whole programme, it's important. I'm always thinking about how we can improve it, as I've been involved with the Master from the start. A lot of parts of the Master are already very fluent, at least for me [laughs]. I'm really involved, and I care about it deeply. The aspect of being a coordinator is also something which I think is interesting. To work together with staff members in changing the programme if necessary. Although it costs

**“...the message of the programme is the message of the future!”**

a lot of time, I also enjoy the interviews with the new students. It's nice to talk about it with them, and learn from them, whether they're suitable or not. It's relatively easy for me. I also look forward to introducing the students to the Research Master, for example in the introduction with Maizena. It's inspiring to see these new students starting, while two years later they say goodbye. I think the success of the Research Master is also in terms of the jobs they get. The challenge of being a top-rated programme is that you have to stay there. So, it's not really the easiest time to step in [laughs]!

**What should students look out for in the future?**

More and more, analyses concern 'big' data. We should include something like that in our programme. Our programme itself is relatively up-to-date, so the message of the programme is the message of the future! If not, then we should adopt the programme. It's important to keep up.

**Fun question: excluding research, do you have any other talents?**

Yeah [laughs]! Last year I was a goalkeeper at the Radboud Sports ... but I was a victim [laughs]. Our team was quite good, and we were in the finals. I was defending the goal, but someone took a very hard shot. As it went too fast, I could only return the ball with my head, but because I didn't wear my sports glasses, my glasses were broken in seven pieces! Actually, every Saturday I play soccer with 'old' people, that I consider old at least, 40-plussers. It's really fun. I mean, at the Radboud Sports there are students playing that can really run fast. I cannot do that! So, on Saturday with these old people, I'm one of the fastest [laughs]!

Well, other talents, I've played piano. I definitely do not have talent for that, but I've had lessons for 12-14 years, but even with these number of years, I'm still lousy. But I love it [laughs]!

**And the last one: what is your favourite drink?**

Beer. Bock beer. In summertime however, it's Lentebock [laughs]! Also, with Ap, Johan, Ad, and Harm, we have a wine-evening several times a year. I wouldn't say I'm very knowledgeable about that, but sometimes we really have good wines, exceptionally good wines. But usually it's beer and coffee. Water? No, there's water in both coffee and beer!



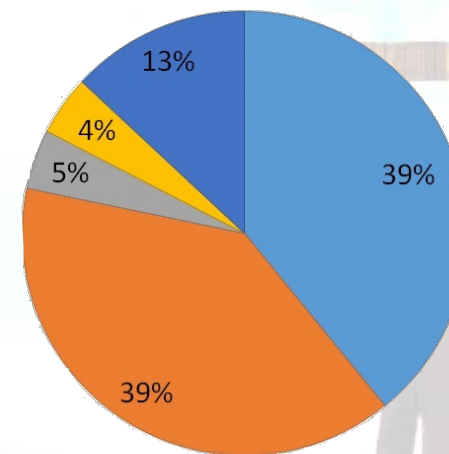
# Standing at the Crossroads

## Where do we go from here?

So far we have learned about where our RMBS students have come from and places that they have visited during the study, but where will our RMBS students go after graduation?

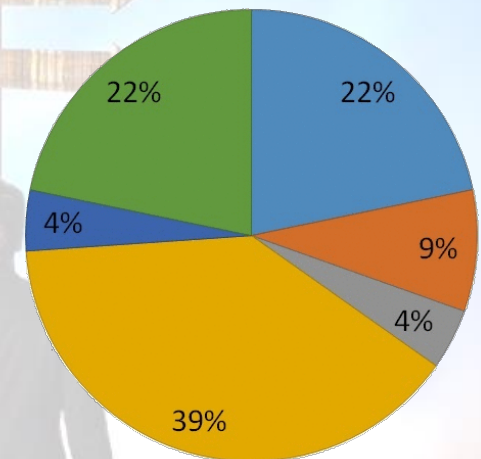
As the graduation date of our second-years draws near, we set out to find out what their plans were for beyond the master. We asked them about their primary plan, as well as their back-up plan. The results (N=23) can be found below.

**Plan A**



- Different master
- PhD
- Clinical field
- Gap year
- Other

**Plan B**



- Research assistant
- Clinical field
- Gap year
- No plan B needed
- Being Batman
- No plan B

A vibrant sunset scene over a body of water. The sun is low on the horizon, casting a bright, shimmering reflection on the water's surface. The sky is filled with warm, golden-orange light, and a few wispy clouds are visible. In the background, a dark silhouette of a mountain range is visible against the bright sky. The overall mood is peaceful and serene.

*Enjoy the summer!*