



# InCognito

For your monthly study-related needs and feeds.

January 2015

Suggestions, feedback or comments? Let us know at [newsletter.cognito@gmail.com](mailto:newsletter.cognito@gmail.com).

## Enny van Beest in Berlin

With the start of this new year, the last part of my master programme has arrived. Doing this last part in Berlin, is an eye-opener for me in all possible ways. When I moved from my small country village with its 3500 inhabitants to Amsterdam, I thought it was pretty weird to live in such a big city. However, the moment I moved to Berlin, I noticed Amsterdam is just a cute little city as well, with small streets and cute houses. Here in Berlin, everything is big. The streets are broad and the buildings are huge. The number of cafes and clubs is impressive, as is the diversity of the people.

When I came here I was slightly disappointed to not live in Friedrichshain or Kreuzberg, which are said to be the areas of young people like us. Then I would always be able to party in the clubs that are on every corner of every street. Prenzlauer Berg on the oth-



Graffiti at the Mauerpark. Other picture: Enny (left) and Annike (right) doing Christmas shopping (after another night out...) at Alexanderplatz.

er hand, where I live, is the area of young parents and countless kids. Luckily the kids don't bother me too much, and it's nice to have the feeling of a neat neighbourhood when you're driving to your internship in the morning (because yes, that's in the end what I'm here for...). With the amazing U- and S-bahn networks that drive all night long in the weekend (take an example, Amsterdam!), and only sometimes strikes, you are in the area of street rock bands, black clothes, punks, and all kinds of people drinking beer on the street, in just the blink of an eye!

Although I expected to need some time to get used to a life here, I enjoyed it from the very moment I arrived. Being new in a place without knowing anyone, forces you to leave your comfort zone. As a reward, you get to know awesome people from a lot of dif-

ferent countries within a week, with different stories, different ideas and different tastes. Or you surprisingly find the exact opposite: people with different backgrounds that have surprisingly similar ideas! This resulted in quite an exhausting Erasmus time so far, in which I don't have that many nights at home. Instead my time is filled with parties, Christmas markets, concerts, drinking, cooking, dancing, cultural stuff etc. One of the most special experiences so far, was being here when the 25th anniversary of the 'Mauerfall' was celebrated. My roommate (almost 50) can remember it lively, and it's really interesting to hear about how a barrier created by political conflicts just recently influenced the lives of many people in Europe. Another special moment for me was celebrating new year's eve here, with two of my best friends from The Netherlands and a couple of new friends from here. These fun things combined with learning all new techniques and analyses at my internship at the group of John-Dylan Haynes at the Bernstein Center for Advanced Neuroimaging (BCAN), make my 'brains abroad' a really valuable experience. And at the few moments that I miss the cuteness of the Netherlands a bit, I have Annike here to join me on our quest to find the cosy places of Berlin!



## A Message From the Board

Beloved Cognito members,

Now that we've all finally digested our Christmas dinners and have come back to life after wild New Year's Eve parties, the serious life with STICS, internships and theses is about to start again. You may say this is a pity, but as Johan Crujff would say: "El-luk nadeel hep zun voordeel!" (every disadvantage has an upside as well), because this means the Cognito family is reunited! Therefore, we would like to welcome you all back for an-

other fantastic year with your fellow-Cognitians, with many interesting newsletters, an ice skating event, the Cognito weekend and much more! So, good luck with all the serious stuff, a lot of love, luck and fun in 2015 and above all, see you at the upcoming events!

A lot of love from your board,

Yvette, Nelson, Annemarie, Marthe & Diane

## AGENDA

### Drinks @ CREA

Every Tuesday, 21:00-late

### Cognito goes Ice Skating

16 January, 21:00, Jaap Eden baan (close to Science Park)

What would Dutch winter be without ice skating?! Regardless of whether it's freezing or not, we'll go ice skating with Cognito at the Jaap Eden baan (Radioweg 64, walking distance from the Science Park!) If you want to join, transfer 4 euros to the Cognito account (NL21ABNA0437862062) in advance, to make sure a ticket will be bought for you! Skates can be rented at the rink, for 6 euros a pair. Make sure to bring an ID card, because this will be asked as a deposit for renting skates.

### Sleeping Beauties: A Night on Psycholinguistics

19 January, 20:00-21:30, Spui25

In 'A History of Psycholinguistics' (2013), Pim Levelt awoke a number of psycholinguistic theories from their sleep, going back as far as the eighteenth century. He will speak about these 'sleeping beauties'. Anne Baker will respond and considers these theories from the perspective of sign languages. Though attending is free of charge, signing up is required.

Signing up can be done by e-mail: [spui25@uva.nl](mailto:spui25@uva.nl).

### SMART Cognitive Science: the Amsterdam Conference

25-28 March, Amsterdam

A conference highlighting the contributions from the humanities to cognitive science.

For more information and sign-up, see:

<http://smartcs.humanities.uva.nl>

## Alumnus profile:

# Saskia van de Bilt

*What is your current occupation?*

I work as a consultant at Microsoft and joining an international young development program.

*How did you end up there?*

After my master neuroscience I decided to not stay in science and to do something else. But what can you say to companies? I'm a neuroscientist and I'm very good in pipetting?... I decided to have a look at different companies and to apply to traineeships or young development programs so that I can learn how it works in business. Eventually I went to a business course at Microsoft and I fell in love; with the people, the passion that they had and the active and dynamic environment. Also, the new world of work is something that fits me very well. I just applied to the program. They were looking for people with passion, regardless of their background. They say: we are interested in what you will bring to the company, not about your grades or your studies. After a few interviews, cognitive test and an assessment day, they hired me :)

*What do you like about it?*

I like the diversity. The diversity of people I work with; the companies I work for; hours when I work on a day; projects I can do. Every day is different and that's what I love the most about my job. I see a lot of companies and I work on different projects. Also, to be in a dy-

amic environment where change is the only constant factor gives me energy every day.

*What do you dislike about it?*

Sometimes it goes too fast. We do things without thinking it over. It's a fast world and we have to stay agile, but sometimes that means that we decide something without overthinking.

*What of the things you've learned at the MBCS do you still use regularly?*

To work with different kinds of people, people with different backgrounds or nationalities. Also some soft skills like presenting and writing. And of course the sense of curiosity, to always ask 'why?'

*Looking back, what would you've done differently in order to end up where you are now?*

In the beginning I had difficulties with understanding how it works in business. That's something I missed during my studies; just how it all works in the outside world. Some basic understandings of economics and business studies would have helped. In science it's mainly focused on the content, but not on how it works in daily life.

*Why did you decide not to stay in academia?*

I was not very happy while doing research. To be in the lab all day on your own, doing experiments and then



**Saskia van de Bilt**

Graduated: December 2011  
Track: Neuroscience

writing it down on your own, behind your computer. I just felt very lonely and the things I enjoyed the most were interacting with others during classes or giving presentations. I knew that science was not something I wanted to do for the rest of my life, so I decided to not do a PhD, because I knew that would bring me four unhappy years. I'd rather spend these four years exploring what else I can do and what kind of job would fit me better.

*What is your ultimate advice to the current students?*

If you are not sure of staying in science, like me, just follow some additional classes of economics or business studies. Since you have the chance to follow some more classes outside of science, you should really benefit from it. It's always a good thing to have a broad perspective instead of narrow down to neuroscience only :)

## BIRTHDAYS

**Jamie van Langelaar**  
3 January

**Steven Miletic**  
12 January

**Samuel Noorman**  
17 January

**Marceline Veen**  
19 January

**Yuhee Kim**  
**Sven van der Burg**  
23 January

**Bethany Isaacs**  
25 January

**Nelson Mooren**  
**Ana Vojvodic**  
29 January

## HOROSCOPE



### Aquarius

20 January – 18 February

As an Aquarius, you indulge in the life of the mind and are always busy thinking, often exploring and getting lost in eccentric ideas. This month, you will find some difficulty adjusting to the new pace of life after the holiday has ended. Your mental excursions will help you to deal with this difficulty by leading you through an inner world where the holiday has not ended yet and where you still have the freedoms of being on holiday. By exploiting your inventive imagination, you will see no problem showing up late to university in only your underwear and wrapped in a blanket, carrying a box of chocolates you picked up from Albert Heijn on the way. You'll enjoy these chocolates while watching movies on your laptop, blissfully ignorant of all the stares pointed sharply in your direction when you let loose a little fart here and there from underneath your soft, warm blanket. After a couple weeks, when the delusion fades, you will go on as if nothing happened, thinking to yourself convincingly that your holiday went by too quickly.

Lucky kitchenware: spork  
Lucky furniture: hammock  
Lucky vegetable: jelly bean sprout

# The Era of Self-Surveillance

Column by Lionel Newman.

With Christmas now over and a new year beginning, 'tis the season for making and breaking New Year's resolutions. For better or for worse, many people are turning to apps to help them reach personal goals. A growing number of apps and devices, such as the highly anticipated Apple Watch, allow users to measure and track their own activities, to an extent that would make even the NSA blush. You can now use your smartphone to track sleep patterns, poop patterns, exercise activities, food intake, financial transactions, mood level, ovulation cycle, and sexual encounters. Parents can even purchase disposable "smart diapers" that analyze baby urine and monitor hydration and infection, and "smart baby clothing" that monitors respiration and temperature.

There are bound to be consequences for this "Quantified Self" movement, as people all over

the world are continuously collecting data on their activities. In July 2013, a man in the U.S. was convicted of vehicular manslaughter when he killed a pedestrian while cycling at high speed downhill; data on a running and cycling app showing his speed was used against him as evidence in court. In an upcoming court case in Canada, a woman is filing for compensation after being injured on the job, and she is using data from a fitness app to show that her activity levels have been lower than normal after the injury. All this data lying around can be used not only by courts for evidence, but also by companies for employee monitoring. Implemented through corporate wellness programs, devices like the ProGlove can monitor exactly how an employee is injured or under what conditions workers are most productive.

Meetup.com now has Quantified Self groups in 121 cities around the world, with Amsterdam having the sixth largest member base. Research

and development firms have emerged, and the Quantified Self Institute is located nearby in Groningen. As the movement grows, it is important to understand the benefits and dangers of these self-monitoring tools. They shed light on patterns that would otherwise have not been detected, analyzed, or shared, and the potential for improving health care cannot be ignored. But by reducing our behaviors to digital data in order to improve them, we may come to rely on external sensors instead of paying attention to our own feelings within our bodies and environment. Moreover, we may find out that our interest in self-improvement can turn into obsession. Obsessions can be easily exploited by the dealers who have something to gain. The New Year's resolutions of 2016 might just be to relax, stop being so self-critical, and break the addiction to self-monitoring apps.

## FOOD FOR THOUGHT: SARMA

Croatian recipe by Josipa Alilovic.

Sarma is part of the traditional cuisine of many Central European countries, including Croatia's. It's customary to serve it for Christmas and New Year's and it's often made in enormous quantities and eaten over the course of several days. Many say it tastes best the day after it was made. It is easy to make, but it takes years of practice to master the arts of making sarma!

### Ingredients

1 kilogram of mince meat.  
200 gr of finely diced speck (bacon)  
4 cloves garlic (peeled and crushed)  
1/2 bunch roughly chopped parsley leaves  
3 tbs soda water or a pinch of bicarbonate soda  
1 cup uncooked rice  
1.5 tbsp vegetable stock powder  
1 tbsp hot paprika (optional)  
1 tbsp sweet paprika (optional)  
2 tbs breadcrumbs (optional)  
Salt & pepper to taste  
1 egg  
1 tbsp olive oil

### For the sauce:

2 onions  
3 tbsp extra virgin olive oil  
100 gr diced smoked speck (pancetta) or smoked bones  
1/2 bunch chopped parsley  
2 carrots diced (small)  
400 g passata  
1/2 kilo shredded sauerkraut  
salt & pepper

### Procedure

Take a pickled cabbage head and wash each leaf thoroughly. Remove the thick part of the stem without tearing the leaves. Take a large mixing bowl, and combine the above ingredients.



Photo by Goran Andjelic, licensed under the GNU Free Documentation License.

**Rolling.** Take approximately 3 tablespoons of minced meat, and gently combine in the palm of your hand. Do not roll or compress as this will make them too dense when you eat them. Place the meat on the edge of the cabbage leaf and roll away from you. Then tuck in the sides of the leaf gently into the meat. There should be no exposed meat, if there is you need to take some meat out.

**Sauce.** Heat some extra virgin olive oil in a shallow saucepan on low-med heat, add the 2 diced onions and cook until transparent. Then add the 2 diced carrots, diced speck and parsley. Continue to fry on low-med heat until carrots start to soften. Add the shredded sauerkraut

and create a layer on the bottom of the saucepan. Now pack the sarma into the saucepan. They should be packed close together. Now pour in boiling water so that it just covers the sarma. Add the passata and a pinch of salt and pepper. Every 15 minutes give the saucepan a shake.

The sarma should simmer for 2-2 1/2 hours. The way to test if its ready is to take one out and try it. The cabbage should have softened.

**Tip.** Never mix with a spoon as you will break the sarma.

# Words inCognito: cryptic crossword

A cryptic crossword is somewhat like a normal crossword puzzle, except all clues are riddles in themselves. An example of a typical cryptic crossword clue is "Disguised as a newsletter," which would be 'in cognito', the title of this newsletter and a synonym for 'disguised'. Good luck on this MBCS-themed brain teaser!

This month we have a new addition to our puzzle and it requires your participation and a prize! Send in the answers for this month's puzzle to [newsletter.cognito@gmail.com](mailto:newsletter.cognito@gmail.com) and you will have a chance at winning two cinema tickets.

Readers with a paper version can send in a picture of the finished puzzle, readers with a digital version can send the list of words with corresponding numbers. Only complete entries will be taken into account. The tickets go to a single winner.

Good luck and may the words be ever in your favour.

**Across**

- 3. Depressed by synesthesia (4,6)
- 4. Study pace at the Science Park (4,6)
- 7. The former secretary has a membrane around her brain (3)
- 9. Inflammable employments (9)
- 11. It's defect because we're out of money (5)
- 12. Winter has icy teeth (9)
- 15. The projection has to overcome an obstacle (4,7)
- 16. Losing consciousness becomes less distinct (8)
- 17. The buzzer is located at the back side (6,4)
- 19. Being pushed by family members (5,8)
- 20. Physical shape after being in prison (4,4)
- 21. After we've all finished the programme we will be geniuses in this game (10)

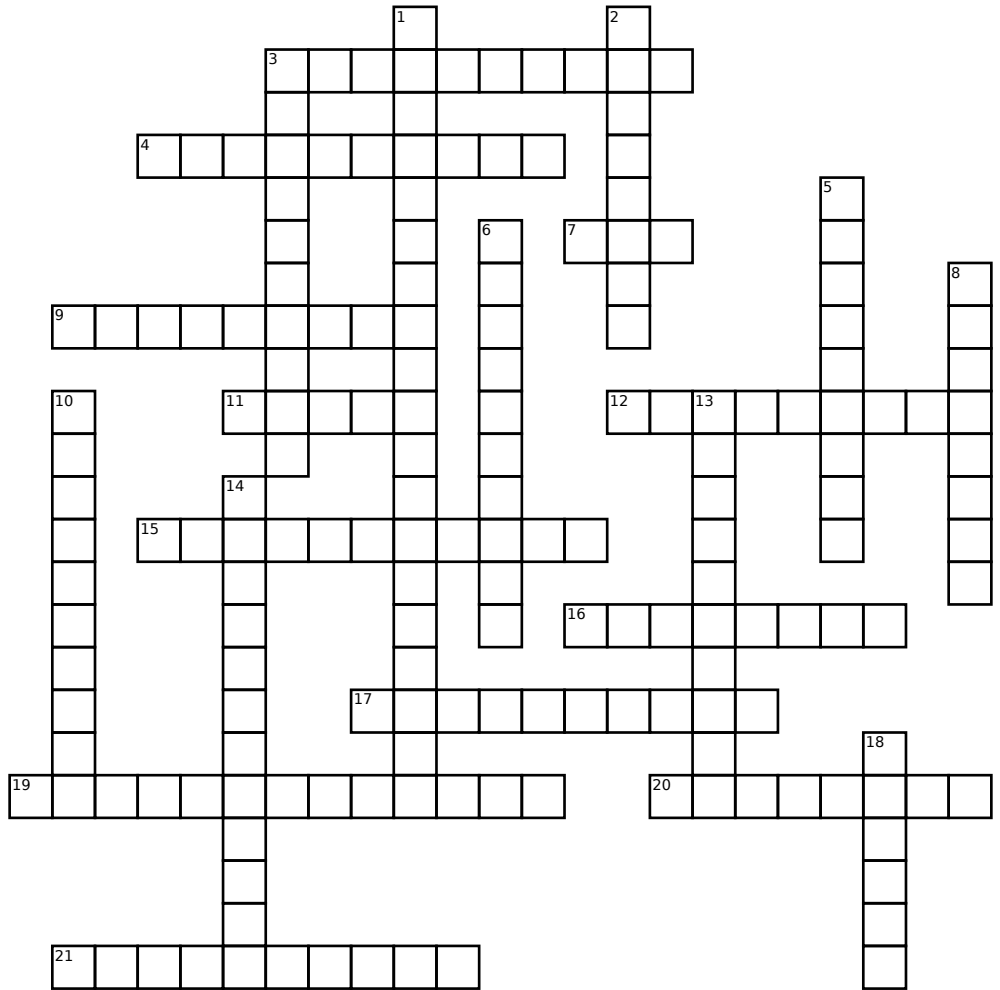
**Down**

- 1. The quality of pictures in 2015 (3,5,11)
- 2. The king of mammals terrorises in groups (8)
- 3. Panel that is used for dark activities (10)
- 5. To eat your soup from with special powers (9)
- 6. You don't have to pay for your testament (4,4)
- 8. A blizzard in your head will bring up good ideas (10)
- 10. Cold gem (3,6)
- 13. Unease by what I'm seeing (5,5)
- 14. Rude reply (4,8)
- 18. Bark of the brain (6)

Answers to last month's puzzle:

Across. 2. gingerbread; 4. christmas crackers; 5. boxing day; 6. snowman; 7. advent; 10. white christmas; 13. snow globe; 14. elf; 16. peppernoten; 18. spirit.

Down. 1. christmas stockings; 3. jingle bells; 8. presents; 9. bitter cold; 11. evergreen; 12. silent night; 15. surprise; 17. eggnog.



## COMIC: WHAT IS PSYCHOPATHOLOGY?

By Marco Heuvelman

