



# InCognito

For your monthly study-related needs and feeds.

May 2015

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

## Femke de Boer in Finland



A photo collage of Finnish scenery by Femke herself.

'Why (for God's sake)?', was the question I've been hearing most of the time when I told people I would go to Finland (Turku) to do my internship. First of all, I've always been attracted to Scandinavia and its beautiful nature. Therefore I decided to live on the outskirts of the city, surrounded by trees, rocks, animals and the sea. Furthermore, I specifically wanted to go to Finland because my boyfriend is half Finnish, and I'd like to be able to talk to his family and understand their culture better. I think that I've got to know Finnish culture quite well already: I've been to the sauna and then jumped into the really cold sea, I've tried to drink just as much as the Finns do at parties where you should bring your own drinks (as alcohol is so expensive here) and I've been trying to learn Finnish. Learning Finnish was hard but fun and I've had my exam last week so I'm keeping my fingers crossed. Additionally, something I've really enjoyed here was the snow during the winter, even though - accord-

ing to the Finns - the -13° Celsius that I experienced was not a 'proper' winter (the Finns like to complain about the weather too).

If you are still in doubt whether you would like to do an internship abroad, some other reasons might convince you. One positive thing about doing your internship abroad is the fact that you're able to rearrange your life again because you get a fresh start. This made me able to begin with my old hobbies photography and volleyball, for which I no longer had time in the Netherlands. Furthermore, it's nice to get to know other cultures, also by speaking to a lot of other international students and it might make you appreciate your home country again. If you are afraid of becoming homesick (just as I did): it won't happen. The only time I felt really lonely here was the moment that I locked myself out of my apartment at 11 o'clock in the evening and had no idea what to do. Some little things that you might want to take into account when doing your internship abroad: try to find a big city,

Turku is fairly small so the amount of English activities here is limited (however, this could also be seen as an opportunity to learn the language). Plus: try to find a place where you can be registered/are seen as a student. My internship is at a centre which is a collaboration between the university and hospital and therefore I am not acknowledged as a student (Finns are very strict/inflexible), which makes life a little bit more expensive.

Still, I was lucky enough to find a great internship on the topic that I wanted: food & the brain. There was quite some uncertainty about what I was exactly going to do here, but I just decided to see what happens and everything turned out fine. I am now working at a lab with nice & inspiring people where I feed our participants pizza and scan them with a PET and MRI scanner, which is very exciting. So if you're still thinking about doing an internship abroad, but are not totally sure yet: just do it!

## AGENDA

### Drinks @ CREA

Every Tuesday, 21:00-late

### Cognito Weekend

15 May - 17 May, Groet

Cognito members who registered for the event will rent a farm/camp site near the beach (see emails and Facebook for details).

### ABC Lecture: Frans de Waal

26 May, 16:00-18:00, REC M.103

A world expert on primatology reviews expressions of empathy and fairness in animals.

### Workshop for scientists: How to finance your idea

28 May, 8:30-10:30, VU: De Boelelaan 1085, W&N building, room C-543

Workshop discussing various types of grants and funds, and what investors look for.

### ABC Colloquium: Christian Ruff

29 May, 11:00-12:00, Diamantbeurs 5.01

Studying human decision making with brain stimulation and neuroimaging.

### ABC Brain Day 2015

1 June, 11:00-17:00, De Brakke Grond

ABC members present research on topics ranging from models of decision-making, fMRI research on interpretive bias in fear and anxiety, and brain stimulation studies on feelings of 'awe' and 'wonder'

# Alumnus profile: Corinna Zennig

*What is your current occupation?*

I work as a consultant for Deloitte & Touche GmbH, consulting banks in data analytics.

*What do your daily activities consist of?*

That is highly project dependent.

On my last project I had to use SQL to track data in a big financial data warehouse of a German bank. If business users were missing data, I tracked the problems in the warehouse. I was also part of developing and testing the warehouse logic for new releases of the warehouse IT.

For my current project I do not use any programming. I design improvements for existing risk managing processes in the same bank. It is a highly conceptual task where my knowledge about IT processes helps a lot.

*How did you end up in your current job?*

I was looking for a job in business after breaking up with research. Deloitte employs a lot of former scientists. I found the job through searches for "data scientist" which is THE fashion term for a researcher in business.

*What do you like about it?*

I like the diversity of projects I can work on. The last project lasted a year. This one will go on for approximately the same amount of time. Enough time to get to know the subject, work myself in, and then get out before it gets too boring.

Moreover, I like the global flexibility. I could start working for the firm anywhere else in the world. It also comes along with working together with lots of international people, clients as well as coworkers, even on projects within my home base country (Germany).

*What do you dislike about it?*

Consulting can easily end in body leasing, where it feels more like being an employee for the client. I had to work hard to not get stuck in body leasing but being able to switch projects. The longer I stay within a project the harder it gets to leave, cause the client will want to keep your for your expertise. But at the end of the day, I am not their employee. Totally depends on where you end up within the consult-

ing firm.

*Did you feel prepared by the master, and do you still regularly use things you've learned during the master?*

I felt very prepared for my research life that I started immediately after the Master. I took the first semester with all mandatory courses and was left with pretty much doing only research for the remaining Master time. What you need as a researcher is doing research. Classes won't teach you much at that point in time anymore. That's how I felt and why I was very happy with my choice of doing a research master.

In the business world now, I am still utilizing my international experience and of course my data scientist skills.

*Why did you decide not to be a researcher?*

There are tons of reasons really. I didn't see a future in staying in research. Once you are done with your PhD, you do one or two post docs, and then if you can't get tenure as a professor anywhere (highly unlikely), you are stuck with travelling all your life or staying as a senior researcher in a lab never moving up.

Moreover, funding decreases rapidly. I worked for one of the best labs in sleep research and even that star of a professor was having troubles getting the money in, when 20 years back he didn't know what to do with all the funding. He actually told me so himself: If he was in my position, he would get out of research...

I also did not like to commit 100% of my time to it. I wanted to have a life besides doing research. But with the outdated way of publishing articles to survive (another huge minus point for me) you pretty much have to invest 24/7 + being at a very good lab + being outstanding at what you do. I did not have that much passion for my research to give up on everything else.

Now, somebody might say, well as a consultant you don't have a life either. That is wrong. I have experienced that it is altogether a question of attitude. Consultants stay long at work, cause they think that is expected of them. I do a 9 to 6 work day with normal weekends. Of course there are days with deadlines and I have had my midnight



**Name: Corinna Zennig**

Graduated from MBCS: August 2011  
Track: Cognitive Neuroscience

work share. But at the end of the day, work hours are in your mind. Productivity and setting priorities right is what determines your work hours. When you move up the latter in consultancy it might look differently again (manager and up), which is why I am looking for a new life plan already for when that time comes.

An article that sums it up perfectly is [an aspiring scientist's frustration with modern day academia: a resignation](#), on the website of Pascal Junod.

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

Nothing at all. I am a researcher at heart. I loved my studies, and I enjoyed the two years as a research assistant very much. But now I am earning twice as much money and I am having more time for things apart from work.

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

If you want to be successful with research, research has to be your life.

If that idea does not make you happy, then there are always other options out there! You can always take your data science and IT affinity to another (business) topic.

People used to proclaim astonished "but now you are doing something TOTALLY different! No Sleep research anymore!" That is not true. I digged deep in what my skills really are independent of content (sleep) and searched for those skills on job search pages.

Don't get stuck, be open minded for new paths.

*What are your next plans?*

Become self-employed. I am working on a business idea with a few friends.

The ultimate goal is flexible work times and locations. Taking my laptop, my brain and off I am to creativity and productivity. All the while doing something that means enough to me to spent hours of my life on it.



## BIRTHDAYS

**Miriam Maan**  
5 May

**Martine Cederhout**  
6 May

**Lea Himmer**  
7 May

**Mary-Jo Diepeveen**  
**Sebastian Speer**  
9 May

**Illy van Putten**  
15 May

**Ellen Carbo**  
21 May

**Kelsey Onderdijk**  
26 May

**Leonie Dühlmeier**  
31 May

## HOROSCOPE

**Gemini**

21 May – 21 June



As a Gemini, you love variety and excitement, but are a bit scatterbrained. A natural multi-tasker and social butterfly, your drifting nature leads you to many new places and situations where you easily adapt and make many new friends (most of whom you will never see again). This month you will travel to yet another place that is new and exciting. As you wander around the plane without shoes on, trying to be friends with anyone who makes eye contact, you will suddenly feel your stomach drop as the plane loses altitude. A flight attendant will run around frantically asking if anyone can land a plane. Even though you've never flown one before, you offer your help, because how often do you get to see the inside of a real airplane's control room during a flight? As you sit at the controls, you confidently push random buttons that feel right at the moment, while chatting casually with the flight attendant who stares with subdued horror at the ground approaching straight ahead. "So how has your day been so far? Do you like being a flight attendant?" When she gives no answer, you decide to pull a random lever. The plane pulls up away from the ground just in time, and the flight attendant is relieved when she realizes that the wheels have been deployed by one of the random buttons you've pushed. As the tires screech against the land and the plane settles down, you congratulate yourself on having a new story to tell to the next person you meet.

Lucky sea-creature: spiny lump sucker  
Lucky color: razzmatazz  
Lucky Shakespearean insult: "Thou puking beef-witted clack-dish!"

## FOOD FOR THOUGHT: CHINESE DUMPLINGS

Chinese recipe by Yangyang Xu. Dumplings are the special food that Chinese families make during the Spring Festival (Chinese New Year) and it requires team work. So, if you have friends over and want to make some exotic food together, dumplings may be a good choice.

**Ingredients (makes 24-36)**  
*all purpose flour (240 grams)*  
*water*  
*salt*

*4 tbsp. soy sauce*  
*1 tbsp. shaoxing wine (or beer)*  
*1-2 carrots*  
*500 gr. cabbage*  
*500 gr. ground pork*

### Procedure

*Dumpling skin.* Make the dough by slowly mixing water in with the flour. The dough should have the consistency of bread dough. When the dough is smooth, make little balls of it and use the beer or wine

bottle to make them flat and round.  
*Filling.* Chop the vegetables and mix them all together. Add some salt (to taste). Chop the ground por, add some shaoxing wine (or beer) to get rid of the meat taste, then add some soy sauce, a little bit of salt. Mix the pork and the vegetables. If you want to have smooth filling, make sure to mix the filling until it looks like paste.

*Then, the wrapping.* Ahem... Just place some filling in the middle of the dumpling skin. And you can wrap it the way you like, just make sure pinch the wrapper, fold it and the filling won't leak out.

The last step is to steam the dumplings and fry them. For steaming you can use a steaming basket or a sieve over a pot of boiling water. Then tada;) Ready to serve!

Photo is in the public domain, retrieved from [pixabay.com](http://pixabay.com).



### Advertisement



## BOOK REVIEW: THE NUMBER SENSE

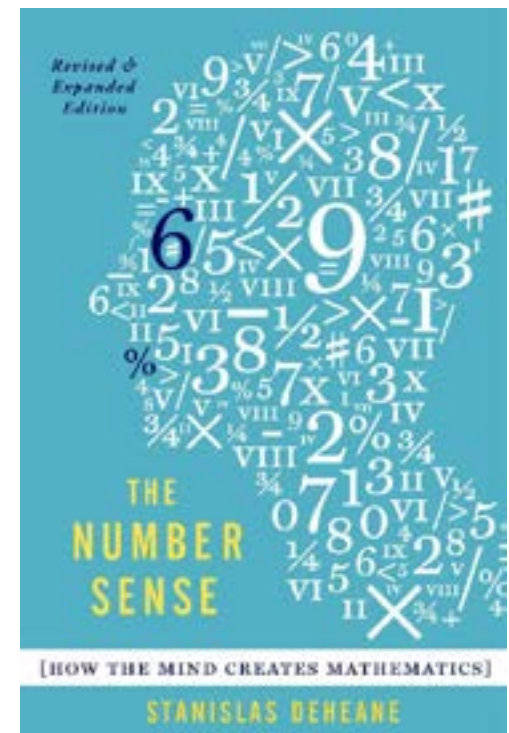
Review by Artoghrl Alishbayli.

Stanislas Dehaene (2011). *The Number Sense: How the Mind Creates Mathematics*. New York: Oxford University Press.

Are numbers cultural inventions or are there deeper, biological roots for numbers and mathematics? Stanislas Dehaene, mathematician turned neuroscientist, explores this question and gives an overall account of a relatively young field of mathematical cognition in engaging nine chapters of his book, *The Number Sense*.

It might not be too flattering for us to accept that animals like rats or pigeons have comparable arithmetic abilities as one-year old humans do, but if you mute the voice of the elitist intellectual in your head for a second, it is easy to realize the evolutionary advantage of having a number sense that allows the animal to roughly estimate and compare the number of cherries in one tree compared to another one. The question that is still a matter of debate in the

field is how abstract this number sense is. Dehaene and many others in the field think that perception of numerosity- how numerous something is- can be explained by unique mechanisms in the brains. He argues that this very ability, along with the development and usage of symbols favored the emergence of mathematics in human cultures. Drawing from animal research, philosophy, cultural artefacts, numerous instances of arithmetic and mathematic genius, and clinical studies, Dehaene answers a wide range of questions, such as what is a number, how do brains process numbers, and how did mathematics originate from biological sense of number. Interestingly, he also touches upon the issue of mathematical education in early years of school and hopes that findings from this field are applied in order to reform the current curriculum in such a way as to make numbers and operations on them more intuitive and easy to learn.



# 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!

And the winner of last month's puzzle is Marjolein Boots! We will be in touch with you about your prize: *Generic - The Unbranding of Modern Medicine*.

Because summer is approaching we can't help but to think of all the free time you will have (hopefully). So, we want to provide you with something to do over the summer, and what better way than by giving away another book? This month's prize will be the psychology classic *The Man Who Mistook His Wife for a Hat*, by Oliver Sacks.

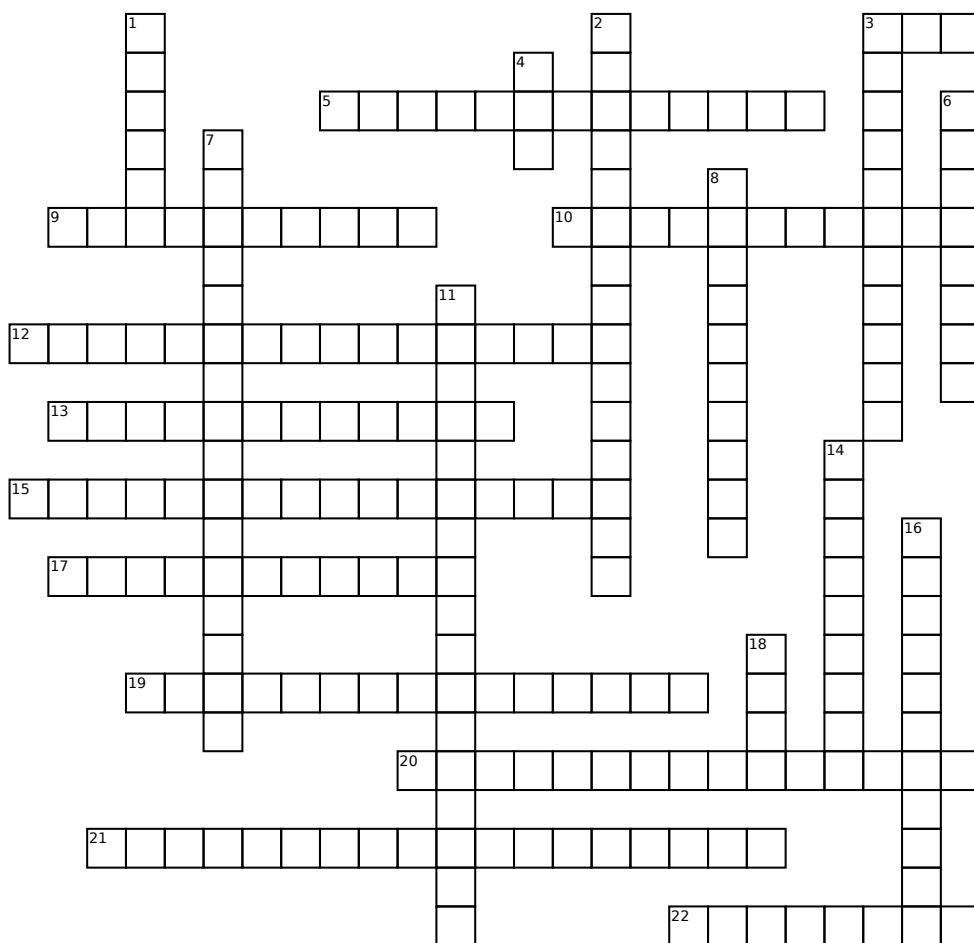
Good luck!

## Across

3. Ethylene glycol or Malange airport? (3)  
 5. I broke up with that date (10,3)  
 9. Treatment of excessive spinal fluid in rural areas (5,5)  
 10. Visual traveling (3,8)  
 12. A dignified labyrinth would be an advantage (8,4,4)  
 13. Hitting hard on the number of citations (6,6)  
 15. A device for brain-to-brain communication (16)  
 17. A smudge of proteins that won't be found in the east (7,4)  
 19. By studying arrangements, you can read minds (7,8)  
 20. A panel that judges your interpersonal skills (6,9)  
 21. Sharing comes natural (6,12)  
 22. This coloured dot of sadness is located deep within the brain (4,4)

## Down

1. Island of emotions (6)  
 2. Who's to blame for enjoying Mambo No 5 and the Spice Girls? (6,9)  
 3. I remember that date early in May(8,3)  
 4. Perhaps this month (3)  
 6. Almonds are scary (8)  
 7. The power of the brain lies in its connections (8,8)  
 8. Experts rely on their own heads to advise others (5,5)  
 11. Part of the brain behind the corporation (11,6)  
 14. The price of this holiday is 5 for Greeks (9)  
 16. This day in May I want 5 kinds of sauce with my fries (5,2,4)  
 18. The programme director won't hurt you (4)



Answers to last month's puzzle:

**Across:** 1. Working memory, 4. Tesla minor, 5. Easter, 7. Kingsday, 9. Snare proteins, 12. White matter, 14. Hayfever, 16. Cell culture, 17. April showers, 18. Mood swings, 19. Brain stem, 20. Good Friday, 21. Theory of Mind, 22. Palm Sunday.

**Down:** 2. On-off center cells, 3. T-maze, 6. April fool, 8. Growth factor, 10. Nerve fiber, 11. Board, 13. Reaction time, 15. Depression.