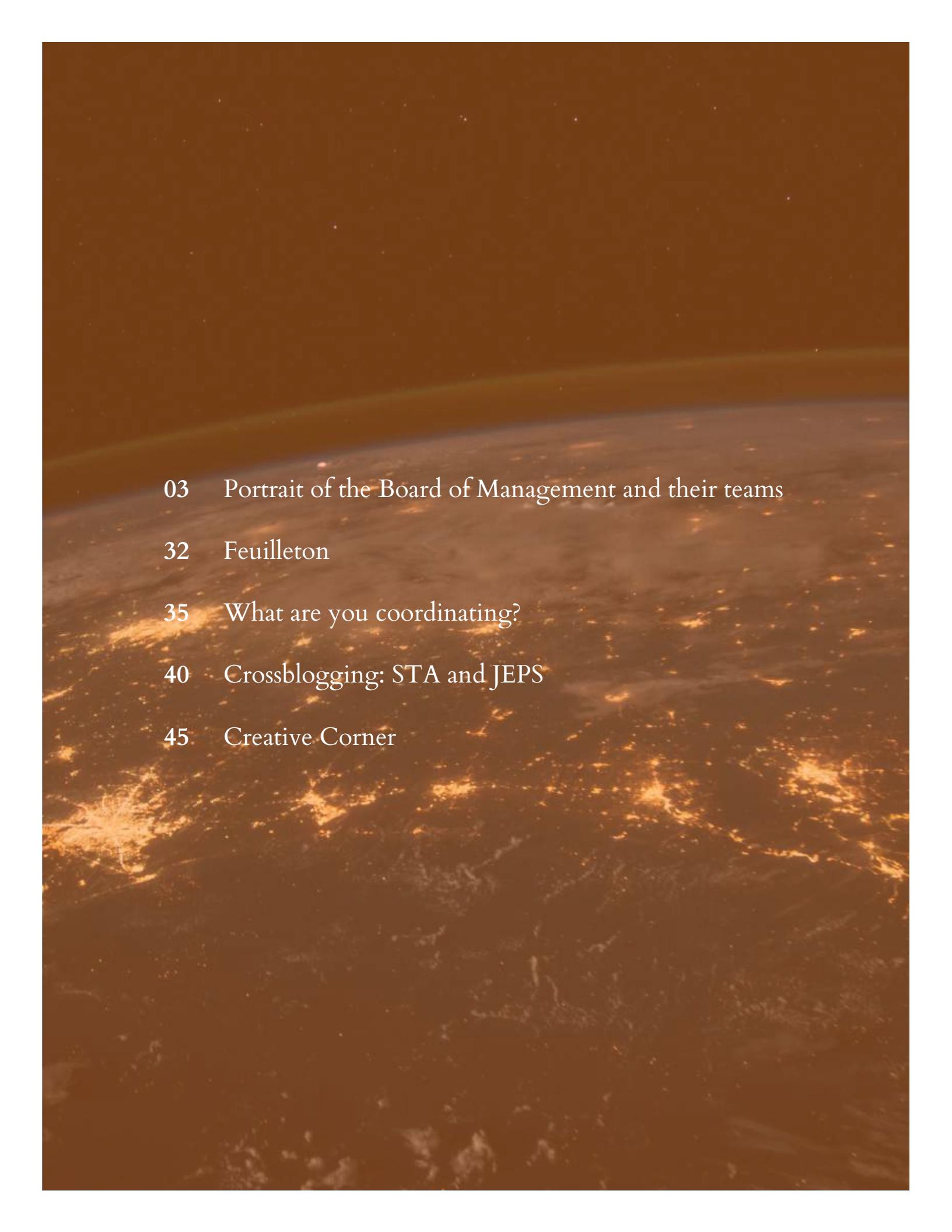


Portrait  
of the Board of Management and teams  
p. 3

Crossblogging  
STA & JEPS  
p. 40



Creative Corner  
p. 45

A dark, grainy background image showing an aerial view of a city at night. The city lights are reflected in a large body of water in the foreground, creating a symmetrical pattern of bright highlights. The overall atmosphere is moody and atmospheric.

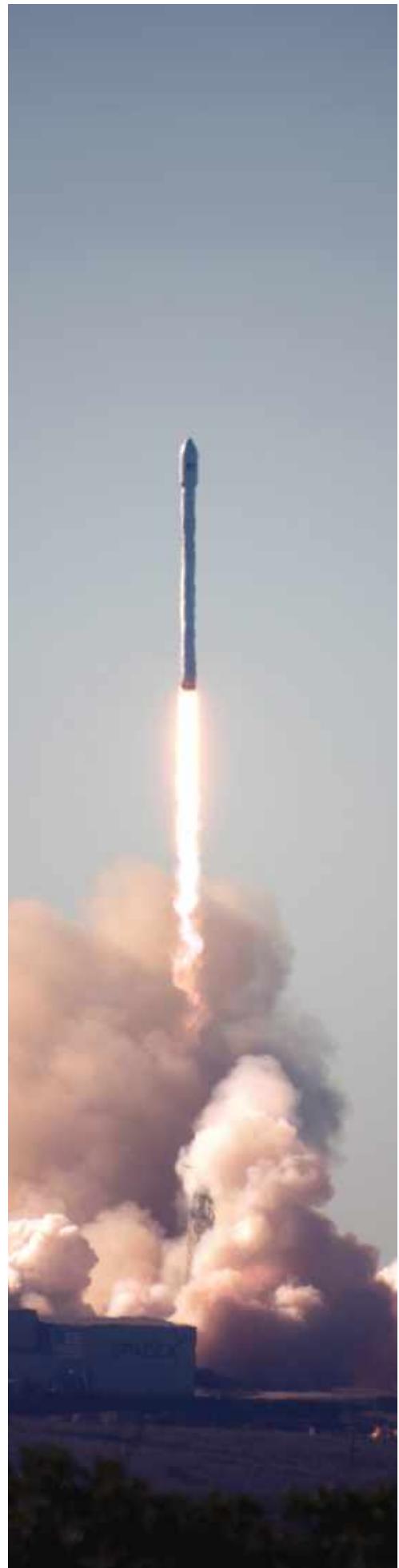
- 03 Portrait of the Board of Management and their teams
- 32 Feuilleton
- 35 What are you coordinating?
- 40 Crossblogging: STA and JEPS
- 45 Creative Corner

# Fellow EFPSAnauts and EFPSA friends!

In April we were able to witness the launch of the new EFPSA mandate. Precarious circumstances forced the pilots to isolate themselves in their private spacecraft and retreat from the gatherings on the planet's surface for an unforeseeable amount of time. With bravery and determination in the face of adversity, they have weathered the storm and secured the launch as a successful one in spite of everything. Communication between all vessels has been established, the teams have formed and begun working on their projects.

Meanwhile, a lot has happened on the planet and similarly in the minds of its inhabitants. Now that some time has passed and most of us have landed and joined society again, I am proud to present the first issue of the new EFPSA Magazine! In it, we will not only be touring the brightest sights of the EFPSA cosmos, but also exchange our thoughts, feelings and views. The Magazine aims to be a place for all of us to design and come together, be it for intellectual discussion, artistic creation or just some good fun and games. But enough with the words, I will show you. Buckle up, lean back, and I hope you will enjoy the ride!

Sincerely yours,  
Leon Schuck  
*Captain of Administrative Support and Publisher of this Magazine*





# Portrait of the Board of Management and their teams



## VITA BOGDANIĆ *President*

### **Home?**

Zagreb, Croatia.

### **Teams?**

The *Board of Management* that oversees the work of all Services and Offices that make up our organisation. The *External Relations Office* consists of the Policy team and the External Relations Coordinator.



The External Relations Coordinator maintains existing and develops new collaborations with both student and professional organisations, while the Policy team focuses on writing and publishing policies and position papers on important topics.

### **Current book?**

At the moment I am reading the book that was recommended to me by one of my professors. The name is *Women don't ask* and it is written by L. Babcock and S. Laschever. The book addresses the issue of the gender gap in negotiations and includes some really interesting research findings. I still did not finish reading it, but it got me curious about that specific field of negotiations literature, so I'm now writing a research proposal

about something similar.

### **Academic Interest?**

My master's programme is research-oriented, so at the moment I am conducting an experiment and writing several research proposals, some of them addressing the current pandemic situation. I would say three main fields interest me the most at the moment, one of them being the field of negotiations I mentioned. Another one focuses on the effects of framing in nudging distancing behavior during the pandemic, and recently I also got very interested in the field of entrepreneurship through a psychological perspective.

### **Staying sane during isolation?**

I try to give myself time every morning to do yoga and take at

least a few minutes in a day to meditate. I also try to keep my schedule as busy as I would if we were not in isolation, but leave some time to just relax, talk to my family or watch a movie.

#### **Lesson from this global crisis?**

I think the main lesson would be to appreciate the things we have. To look back and see how many things that we now miss and wish for, we took for granted. Whether it is hugging other people, being able to travel or being happy and healthy. This sudden change in the whole world gives us a chance to stop for a moment and be grateful.

#### **Your vision for the mandate?**

Like everything around us, this aspect of my vision also changed since the beginning of the mandate as we had to adapt to many things, so now I would say it would be: "Accept uncertainty and stay connected."

#### **Favourite aspect of EFPSA?**

The greatest thing about EFPSA is that it gives you a chance to learn and at the same time see the results of your work.

It is a step out of the comfort zone and an opportunity to master many skills, and at the same time a step towards connecting with people. People with similar interests but coming from all over Europe.

in 100 Objects (Neil MacGregor).

#### **Academic Interest?**

Nudging.

#### **Plans for summer?**

Seeing my boyfriend, we are're in a long- distance relationship.

## *External Relations Office*



## *MIRIAM PANNING*

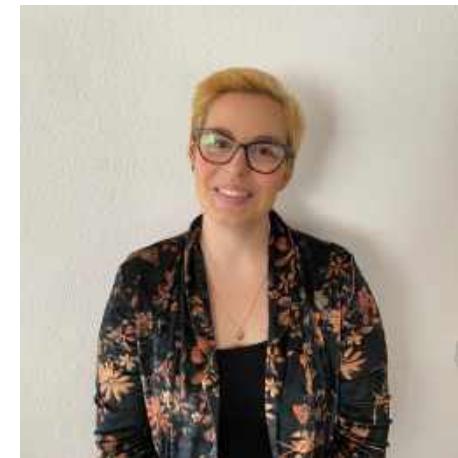
*Policy Coordinator*

#### **Home?**

Germany.

#### **Book?**

I only listen to Audiobooks, because I'm so busy with my degree: The history of the world



## *SARA PAVLOVIĆ*

*Policy Team Member*

#### **Home?**

Slovenia, in a small town called Jesenice.

#### **Book?**

The end of Eddy (Edouard Louis). It is a story about a teenager, who knows he is different from others - he is gay. It is a nice insight into the life in a French small village.

### Academic interest?

I am very interested in former-Yugoslavian residents of Slovenia, their culture, how they are justifying not being able to be fully accepted into Slovenian and other societies, how they are raising their children etc.

### Plans for summer?

Travelling, if that would be possible. Otherwise eating ice cream and starting new projects!



## JAMES SANDERSON

*Policy Team Member*

### Home?

London, England.

### Book?

After exams: *Unspeakable* (John Bercow), his autobiography on his tenure as Speaker of the House of Commons.

### Academic interest?

How humans learn foreign languages.

### Plans for summer?

Having a good break from studying and catching up with sleep!



“

*Accept uncertainty  
and stay connected.*

*Vita*

”



## DEIANARA COUWET

### *Vice-President*

#### **Home?**

Belgium, Leuven.

#### **Teams?**

*Social Impact Initiative* aims to have a positive and significant impact on society via its wonderful campaigns.

*Study and Travel Abroad* aims to inform and help psychology

students with their adventures abroad.

*Training Office* aims to educate trainers and to educate others via its trainings.

#### **Current book?**

I am currently studying for my exams, but during the summer vacation, I would like to read a lot of books including the prequel of the Hunger Games trilogy 'The Ballad of Songbirds and Snakes' by Suzanne Collins about the young life of President Snow.

#### **Academic interest?**

Next year I will start my master in Clinical Psychology, then we will have to choose which courses about interventions we want to follow (we can only choose two out of the four

courses). In my last bachelor, we had an introductory course about these interventions and right now I am figuring out which ones I want to specialise in during my master! Right now I am leaning more towards family therapy and psychodynamic therapy.

#### **Staying sane during isolation?**

During this lockdown, I tried to stay busy all the time by having all kinds of meetings and during my breaks I will go play with my kitten and puppy and hug them a lot!

#### **Lesson from this global crisis?**

This global crisis has been extremely hard for me as I have lost someone very dear to me, not because of COVID-19, but because of mental health problems. I have learned to be

kind to myself and give myself some peace to deal with this loss and grieve. I have learned that it is okay to not be your best every day and that it is okay if some days you just cannot/do not want to do anything.

#### **Your vision for the mandate?**

I want to have good communication with my Services so I will be able to support them in the ways that they need and want me to.

#### **Anything else?**

My three Services have quite a few social media accounts on which they are sharing beautiful content. Make sure to follow them!

#### **Favourite aspect of EFPSA?**

What I love about EFPSA is that you can be completely yourself and people will not only accept you, but they will love you for the person that you are. I feel like I do not have to put up a mask when I am with my fellow EFPSAnauts and I can just be myself.

## *Study & Travel Abroad*



### **MEHMET ÇAĞLAR AKYİĞİT**

*STA Coordinator*

#### **Home?**

Mersin, Turkey.

#### **Book?**

I am reading "Coming Up for Air" by George Orwell. As John Carey from The Sunday Times says, this book is not only funny but also surprisingly realistic.

#### **Academic interest?**

As I am currently working with

Syrian refugee children, the issue of refugees and education attracts my attention academically.

#### **Plans for summer?**

As the STA coordinator, I hope that we may have the opportunity to travel a little this summer so that we can continue our work more effectively.



### **PIA NEŽA ŠORLI**

*STA Team Member*

#### **Home?**

Slovenia.

#### **Book?**

I like autobiographies of people with traumatic past (like drug abuse, war) or anything related to second world war or other historical events represented in

psychological/philosophical way.

#### Academic interest?

Anything related to clinical.

#### Plans for summer?

Seaside, and finally getting out of the house, of course.

## *Social Impact Initiative*



## KATRIN ČEŠČUT

*SII Coordinator*

#### Home?

In a small village in Slovenia, near the border of Italy.

#### Book?

A Dog's Purpose, a book describing life from a dog's perspective (it can be really funny, but also really sad).

#### Academic interest?

School counselling.

#### Plans for summer?

Hopefully being able to go somewhere for a week and fully recharge myself physically and mentally.



## FRUZSINA SZÉCSÉNYI

*BT Project Responsible*

#### Home?

I spent the first six years of my life in an amazing Hungarian city called Székesfehérvár. We moved to the capital city, Budapest when I and my

siblings went to elementary school.

#### Book?

I am currently reading an interesting novel called The Friend, written by Sigrid Nunez. The dynamic style of the writer and the story together make a moving combination of understanding friendship, grief, love, healing and the unique bond between a woman and the unwanted dog her friend left behind when he committed suicide.

#### Academic interest?

Existential psychotherapy.

#### Plans for summer?

Normally, I would say I am most looking forward to visiting some friends abroad but in this situation, my answer is to read all the books I have collected in the past 5 years but have not read yet.





## EZGI NUR ÇINAR

*SII Team Member*

### Home?

Adana, Turkey.

### Book?

The Emotionally Absent Mother. This book is about childhood traumas about the relationship with the mother (attachment, violence etc.).

### Academic interest?

I am interested in Trauma and Clinical Psychology in general.

### Plans for summer?

Go to the Netherlands and spend time with my boyfriend after 5 months.

# Training Office



## JOHANN BÖRNER

*Trainer's Community Responsible*

### Home?

Small village near Frankfurt, Germany.

### Book?

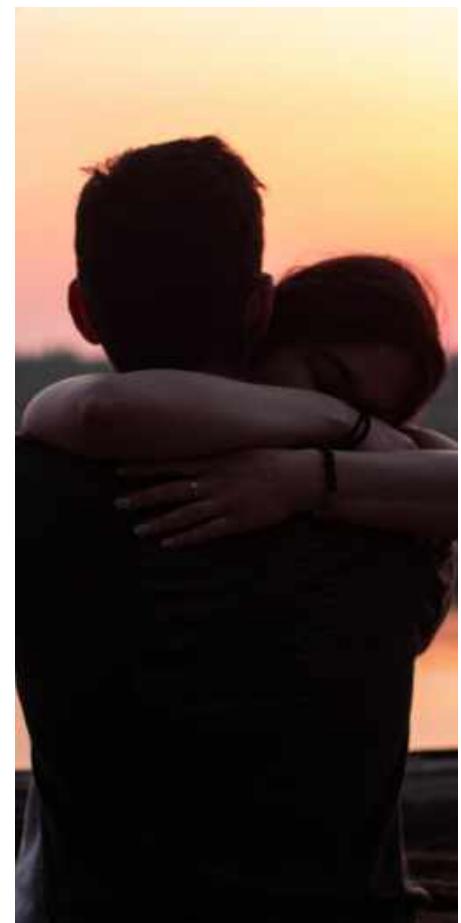
How To Change Your Mind - The New Science of Psychedelics by Michael Pollan; a book with stories of the changing view on psychedelics in western societies, current research and some reports of first-hand experiences with psychedelics.

### Academic interest?

The impact we as psychologists can have on people's work life, by looking at job stress or occupational health psychology.

### Plans for summer?

Working together with the rest of TO to hopefully work on many training events, starting the way with a new trainers' generation and getting people excited for EFPSA, while also wanting to meet some very important people who I have not seen in a very long time.





## ROBERT MEYKA

*Training Image Responsible*

### Home?

I was born and grew up in Berlin, Germany.

### Book?

Right now, and among others I'm reading *Atomic Habits: An easy and proven way to build good habits and break bad ones* by James Clear. The subtitle already tells a lot about the idea of the book; after years of blogging about his personal experiments about creating habits and discovering the mechanisms behind it, he wrote a book about the fundamentals of habits with scientific insights and the idea that even the tiniest changes in your habits can make a big difference.

### Academic interest?

I am enrolled in a seminar that partially discusses the psychology behind taxes and tax compliance and even though it may sound boring, especially in relation to regulations due to a pandemic and the compliance to these regulations I find this topic to be very interesting!

### Plans for the summer?

This summer I am looking forward to visiting my family in Germany again and hopefully going windsurfing at the Baltic Sea!



“

*I have learned that it is okay to not be your best every day and that it is okay if some days you just cannot/do not want to do anything.*

*Deianara* ”



## KATJA ZEMLJIČ *Secretary General*

### **Home?**

Maribor, Slovenia.

### **Teams?**

I am responsible for EFPSA office. We are behind the scene people - our tasks include taking care of the website (Lara - Web Support Coordinator) content reviewing the documents and posts (Sara and Kim - Content

Review Responsibles), analysing data from EFPSA (Marta - Dana Analyst Responsible), improving position descriptions and relationships in working community (Julie - Human Resources Responsible), and making this magazine (Leon - Administrative Support Responsible).

### **Current book?**

Currently, nothing because I do not have the time for a proper book. But I do read one poem per day from Sun and her flowers by Rupi Kaur. There are some love poems, poems about personality, relationships with people, etc.

### **Academic interest?**

I am interested in all the topics about social psychology and health psychology. Right now, I

am trying to find an interesting topic that connects both, so that I can make it the topic of my master's thesis.

### **Staying sane during isolation?**

Keeping productive by learning new languages and ukulele, also talking to friends as much as possible.

### **Lesson from this global crisis?**

We do not need so much. We do not need to go shopping every day, we do not need to work so much, there are so many things that are normal and routine that, in the end, are not so important. Friends, family, love, health, and support - this is what truly matters.

### **Your vision for the mandate?**

Communication is key! I would really like to focus on improving

internal communication (always being available, also monthly challenges for EFPSA working community) and widen our external communication.

#### **Favourite aspect of EFPSA?**

What I like most about EFPSA are the people. You meet so many amazing friends, who encourage you to grow and improve yourself. Also, because we are all psychologists and aware of the importance of relationships in teams, it is great to see how quickly you can connect with people you have never met before.

#### **Plans for summer?**

Seaside, and finally getting out of the house, of course.



## **EFPSA Office**



### **SARA FELBER**

*Content Review Responsible*

#### **Home?**

Austrian countryside.

#### **Book?**

Only exam literature.

#### **Academic interest?**

Science communication, forensics and crime.

#### **Plans for summer?**

Being content in my hometown and not fleeing from it.



### **MKEYKU ONESMO KISANGA**

*Content Review Responsible*

#### **Home?**

Born and raised in Tanzania, found in the eastern part of Africa bearing many authentic and exotic fruits and animals.

#### **Book?**

Funny enough I am reading The girl with the dragon tattoo and the story is similar to James Bond played back then with a little bit of twist to spice it up.

#### **Academic interest?**

I have grown fond of the whole idea of hate speech and human rights since it is a crucial matter at this era seeing how technology is vastly taking over the world.

So, finding ways to employ freedom of speech without resulting to human rights is significant for me as I did an essay on bullying which also included cyberbullying. Also, I volunteer and deal with asylum seekers and refugees on a normal basis, so the human rights agenda is my main priority as it is only preached but not practised.

### **Plans for summer?**

My summer has already begun and I am hoping to help more in my field and also get a job as it is very difficult where I am now.



## **LARA DOLENC**

*Web Support Coordinator*

### **Home?**

Slovenia, in a small town near the capital called Menges.

### **Book?**

I cannot wait to get into the collection of Shakespeare's greatest works.

### **Academic interest?**

Performance psychology.

### **Plans for summer?**

To visit places in my own country that I have never been to before with my friends.



## **LEON SCHUCK**

*Administrative Support Responsible*

### **Home?**

I grew up in a small village in northern Germany, close to the North Sea.

### **Book?**

With all the time at home during the pandemic, I got

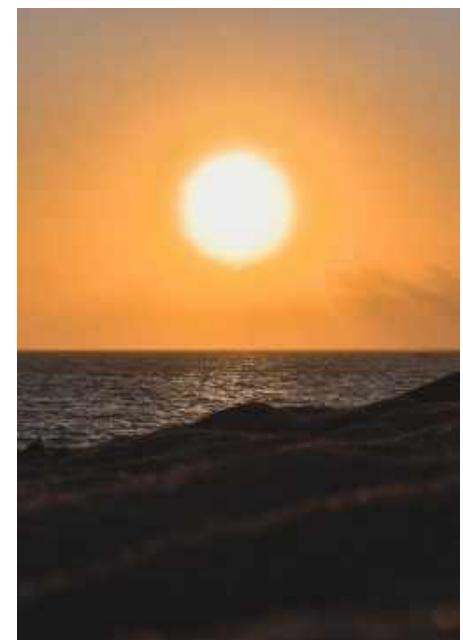
hooked on big fantasy books again. Right now, I am reading The Stormlight Archives by Brandon Sanderson. It depicts a world harried by apocalyptic storms that carry with them a magic of different realms and forgotten Gods.

### **Academic interest?**

I fell in love with Jung's teachings and I have recently developed a fascination with the psychology of Religion and developmental theories of culture and consciousness.

### **Plans for summer?**

I cannot wait to leave the city and feel free again, to follow the sun, visit the sea and reunite with my girlfriend Bojana.





## KATARINA MADUNIČ

### *Marketing Officer*

#### **Home?**

Ljubljana, Slovenia.

#### **Teams?**

Marketing Office is responsible for the promotion of EFPSA. We come up with a marketing strategy and we try our best to improve EFPSA's reputation with quality materials. We take care of EFPSA's main social

media pages and we help Services and OrgComs with managing their social media. We are the office that is super creative during our work. We design logos, posts, promotional materials and take photos and videos during EFPSA events.

#### **Current book?**

Right now, I am super busy with volunteering and studying for my exams, but during the summer, the first book that I would like to read is a book about acceptance and commitment therapy that one of our professors published this year. Besides that, I already have a list of must-read books for this summer.

#### **Academic interest?**

I am in the second year of Bachelor, so my interests are still

quite broad. But I do kind of lean towards clinical psychology and I love cognitive and neuropsychology as well.

#### **Staying sane during isolation?**

I am super busy and because of that I have no time to be bored. I chose to rather see this situation as an opportunity to invest time that I would spend on less important things, such as driving to the university, in myself. I started to create new habits and stick to them and each day I took some time for myself and for my family. With my busy lifestyle, I did not have much time for the small things that matter most and the whole situation made me realise that. During that time, I was elected to be the new Marketing Officer, which at the beginning pushed me again into the state

of having no time for anything, not even eating. But things are getting better again. I started to again take some time for people that are dear to me, myself and my habits.

### **Lesson from the global crisis?**

One of the most important lessons for me was to be able to stop and spend time with the people that I love, do things for which I did not have time before due to my busy lifestyle, and just invest in myself by creating new healthy habits and educating myself on different topics. When some people were getting depressed, I was getting happier because of all the things mentioned above. I feel blessed that I was not lonely during that period. I was spending my time with my family, talking a lot with my friends and even getting to know some new ones due to the new position in EFPSA. I feel that people should take a similar lesson in their daily lives: to stop and just enjoy the moment, take time for yourself and your beloved and to invest in yourselves. And remember that it is not bad as well to be busy as that can also

be one thing that keeps you sane in such weird situations like this one.

### **Your vision for the mandate?**

The best marketing is the marketing that cares. We genuinely care about our followers and about EFPSA. We know that EFPSA is an amazing organisation and we believe that it should be more widely known for that reason. We want to present it in the best kind of way, but also give our followers what they deserve and like. We want that each follower would find something that would intrigue him/her and that is why you can find so many useful things on our Social Media.

### **Anything else?**

I want to say that I am super grateful for my team. They are very amazing, fun, motivated and talented individuals and we make such a strong and cute team. Thank you, for being here with me.

### **Favourite aspect of EFPSA?**

What I love the most about EFPSA, are the people. There are so many interesting, highly

motivated people. Some of them are amazing to spend time with and have some deep conversations, and some of them become very dear to you and without even knowing when or why they suddenly turn into very good friends of yours.

## *Marketing Office*



**TEA  
JERMANIŠ**  
*Designer*

### **Home?**

In a really small town in Croatia, called Buzet (only around 6000 people live here).

### **Book?**

I started reading it, but I am hoping to find the time to continue and to finish reading it - The Selfish Gene by Richard Dawkins. It is the newest edition of Dawkins' book on evolution with a historic overview of how humans evolved. It is a more complex explanation of the evolution focusing on explaining the role of the genes and how they influence the behaviour of nowadays humans.

### **Academic interest?**

Currently, I am mainly interested in expanding my knowledge in organisational psychology and human resources, as I am trying to see if this is the path I want my career to develop. Besides that, I am always interested in cognitive psychology and recent findings in that area!

### **Plans for summer?**

It is hard to say as it seems like I am going to be stuck in Croatia which wasn't my original plan. At least I am close to the sea and I am looking forward to spending time with my friends

on the beach, maybe go camping somewhere and explore my region a bit more!

of archaic human species in the Stone Age up to the twenty-first century, focusing on Homo sapiens.



## **TJAŠA HAUPTMAN**

*Designer*

### **Home?**

I grew up in Slovenia, in a town called Trbovlje.

### **Book?**

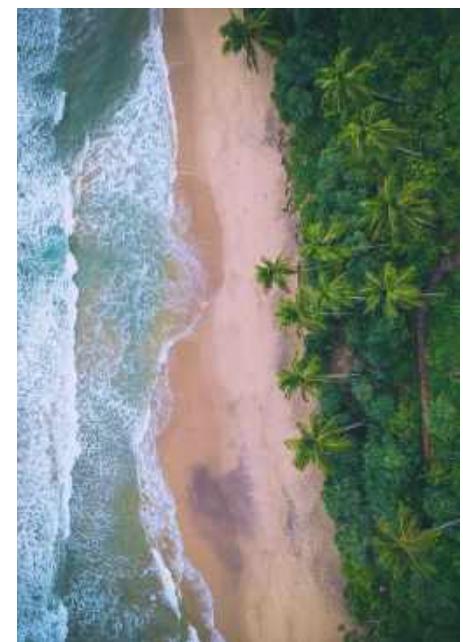
At the moment, I am reading two books. One is Kahneman's Thinking, fast and slow. In it, Kahneman takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think and make choices. I highly recommend it! The other one is Harari's Homo sapiens. The book surveys the history of humankind from the evolution

### **Academic interest?**

It's hard to say what currently interests me the most, but probably topics connected to HR and marketing (design, branding, social media and so on). That is what I am currently trying to gain more knowledge about and upgrade my knowledge.

### **Plans for summer?**

This summer I'm just waiting to go to the seaside and enjoy every moment of it. The sun, the sea, good food and a lot of peace.





# MARTINA MARIE (MARTIE) AQUILINA *MR Officer*

## Home?

Naxxar, Malta.

## Teams?

*Members Office* - This team works to oversee MOs activities, guide MRs with their duties in the mandate, and recruit new

members of EFPSA!

*Member Representatives* - This big network of 33 MRs (+ 3 Observers) hold legislative voting rights and work to bridge and promote their MOs and EFPSA to each other.

## Current book?

I am currently studying but before the exam season, I was reading Never Let Me Go by Kazuo Ishiguro. It is a beautiful English love story about hope, art, and humanity in a subtly dystopian society. Have tissues nearby!

## Academic interest?

I am very interested in how attachment affects the resilience of the human mind and I am thinking about looking into this next year in my bachelor's dissertation (fingers crossed!).

## Staying sane during isolation?

Humans are capable of many incredible things (both positive and negative) when we put our mind to it.

## Your vision for the mandate?

“Connect better to build together”.

## Anything else?

Shout out and big hugs to everyone reading this and those who are not! Please take time to take care of yourselves, be kind (every small deed makes a difference), and support each other.

## Favourite aspect of EFPSA?

EFPSA is full of amazingly hard-working people - you all motivate me to motivate myself and others! Call me cheesy but I am in love with the EFPSA

Spirit and the sheer energy that one finds in this community! The amount of professionalism that is balanced with friendship and respect are also aspects of EFPSA that I deeply admire.

## *Member Representatives*



### **EVA LORINCOVÁ** *MR Slovakia*

#### **Home?**

Slovakia.

#### **Book?**

My notes on counselling, I have an exam soon.

#### **Academic interest?**

Dark Triad.

#### **Plans for summer?**

We will see, I do not have any expectations.



### **ALEXANDER SPRIET**

*Observer MR Belgium*

#### **Home?**

Wingene (more rural area) and Bruges (Belgium).

#### **Book?**

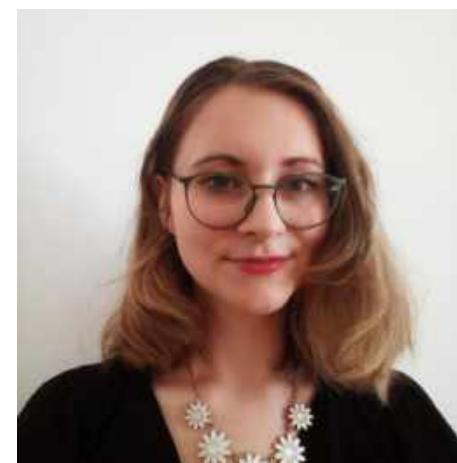
European Union: How does it work?

#### **Academic interest?**

Work engagement, positive psychology, psychological safety and team research.

#### **Plans for summer?**

Enjoying life again.



### **DARLENE ALICIA HÖRLE**

*MR Austria*

#### **Home?**

I grew up in Duisburg, Germany.

#### **Book?**

At the moment I read The future is female by Scarlett Curtis and it is a collection of reports from women who talk about their experiences with feminism, what they think about it and in some cases how they became a feminist.

#### **Academic interest?**

Since I want to apply for this year's RSS I am currently very interested in the topics of the different projects. I think the project of Agata Rudnik "Is it

really the end - creating space and support for dying patient's loved ones" sounds very interesting.

### Plans for summer?

I am really looking forward to seeing my family again after we have not seen each other for a long time due to the Covid-19 situation. I am also looking forward to having a lot of iced cappuccinos, raspberry cocktails and maybe to get to know some cool and interesting people during the RSS.



## HEIDI IIK

*MR Finland*

### Home?

I grew up in Vantaa, Southern Finland.

### Book?

Currently I am reading a book called *Asfalttivolga etelään* (free translation: Asphalt Volga to the South), written by Finnish author/journalist Emma Vepsä. In the book she tells how she hitchhiked from Moscow to Afghanistan in the middle of winter.

### Academic interest?

I have been writing an essay about supporting people's strengths, so I got interested in positive psychology perspective on well-being.

### Plans for summer?

I am looking forward to spending time with my sister at my family's summer cottage.



## NINNI AHLIN

*MR Sweden*

### Home?

Stockholm, Sweden.

### Book?

I am really hooked by a book called; *Culture & Psychology* by Matsumoto and Juang. I like it a lot because it unwraps some of the mysteries around human interaction in a clear, objective, non-ethnocentric way.

### Academic interest?

I am excited about digging deeper into human interaction, collaboration and community. The challenges & opportunities I can sense are fascinating!

### Plans for summer

I am really looking forward to just hanging out in the park or garden, eating ice cream, cycling and reading books.





## BOJANA VUJOVIĆ *Events Officer*

### Home?

Belgrade, Serbia.

### Teams?

Did you know that the Events Office is the smallest Office in EFPSA!? It consists of Events Coordinator (Nera), Training Events Coordinator (Tessa) and Events Officer (me). The three of us are currently working on

making the most out of EFPSA events in these times when all events are being brought under question of being cancelled/postponed/adjusted due to the measures imposed by the ongoing pandemic. We assist our events' Organising Committees from the beginning of their journeys towards hosting an EFPSA event all until the completion of post-event tasks. We make sure that the collaboration & communication between OrgComs and EFPSA runs smoothly and that all EFPSA events are held in line with EFPSA standards. Our goal is to have everyone involved in the event organising process know what they should do and how to do it, in order to have a pleasant experience while working on bringing psychology students together!

### Current book?

I wish I had more time to read and actually finish the books I start! Lately I have been reading Mythos, a mythology book about greek gods and goddesses by Stephen Fry, but with EFPSA meetings and duties in BM together with a multitude of exams in my last year of bachelors and a research programme that I am taking part in, for me it is extremely hard to find time to read a non-academic book. I always feel like I should be doing something that is more on the productive side than to allow myself to dive deep into fantasy, as I am prone to losing myself in what I commit to. Although I very much miss my times in worlds other than the one I am currently living in.

### Academic interest?

The idea of finishing my bachelor's degree is currently the most inspiring one in the field of academics! Jokes aside, I would like to dive deeper into the field of consciousness, especially from the neuroscientific perspective, as I am very interested to explore what sparks the essence of life in all of us both universally and individually. I am also fond of depth psychology and Jungian approaches to the subconscious mind, which is the reason why one of my hobbies is doing Tarot readings.

### Staying sane during isolation?

During these unprecedented times I have come to realise the importance of being satisfied with spending time alone, which initially was quite a difficult task for me as a highly sociable person always looking forward to group gatherings, travelling and Events! I have learnt how to be my own best friend and how to manage my daily activities so that I can go to sleep satisfied with what I have accomplished while looking forward to what the next day

may bring. EFPSA has been a huge part of my quarantine time, as well as netflix party sessions and multiplayer online gaming with my boyfriend, which have all greatly and positively contributed to my general wellbeing!

## Events Office



### IVANA NERA MARKULIN

Events Coordinator

#### Home?

A small town in Croatia, but moved around a lot.

#### Book?

Becoming by Michelle Obama (an autobiography about her life before, at and after the White House), We Need To Talk About Kevin by Lionel Shriver (a mother's tale about raising a son who ends up murdering students at his high school).

#### Academic interest?

Legal Psychology.

#### Plans for summer?

Definitely swimming.

Bojana



## ANA KRALJEVIĆ *Academic Affairs Officer*

### **Home?**

Currently living in Zagreb Croatia, born in Široki Brijeg, BiH.

### **Teams?**

The AAO is a new position so this year I am looking forward to seeing how it can be further developed. I oversee the work of

2 amazing teams: Journal of European Psychology Students (JEPS) and EFPSA research programme. Both services are the most scientifically inclined in EFPSA and consist of super cool people who love research.

JEPS has two coordinators one senior, one junior, and 6 team members and the whole team is responsible for publishing, maintaining and promoting the Journal of European Psychology Students - a registered, indexed, peer-reviewed and open-access scientific journal. The RP team has three members, the coordinator, research responsible and a team member and these three superstars facilitate and ensure the completion of the research projects established during the Research Summer School (RSS).

### **Current book?**

Reading books from my favourite author Irvin Yalom, always helps me through a crisis, so when corona started and then an earthquake in Zagreb and a couple of other minor world apocalypses, I picked up When Nietzsche wept (for like the 3rd time). Spoiler alert: it is amazing! A story about the friendship between Nietzsche and Breuer and the development of something we like to call “talk therapy”. Such a complex topic is derived through an easily readable dialogue, very typical to Yalom, so I would definitely call it a must-read. After my exams I look forward to reading Sapiens by Yuval Noah Harari.

### **Academic interest?**

Ever since my first year I have been in love with cognitive

science and neuropsychology, naturally, throughout the years at university we discover new fields, for me I had an instant connection with health psychology. Being in love with both these fields I am looking for different ways that they both can be combined so in the past years research in cognitive rehabilitation has been my primary interest and also my possible master thesis. On the other hand, by doing a lot of voluntary work in mental health projects I became drawn to the necessity of properly communicating with the media and policymakers. I am very passionate about translating research findings into a language that could be useful for many different people, not only us as researchers. So, to wrap it all up I have a lot of interests and hopefully when I grow up things will not change.

#### **Staying sane during isolation?**

I spent a lot of time in my garden! I planted lettuce, potatoes, tomatoes, carrots, strawberries, peas, raspberries... After I planted all of this, I watered them, then I took care

of them, and also sang a few songs for them. So, I would say that I had an amazing time during quarantine, I also hung out with my dog and my ducks.

#### **Lesson from this global crisis?**

I do not think it is too profound of a lesson, If we as a species could change in two months then some psychologists would be left with no jobs. I have learnt to take a little step back and in the words of Harari "gaze grass". I learnt not to be too worried about what is to come next either professionally or personally, rather just chill a little and be prepared for whatever the universe throws at us.

#### **Your vision for the mandate?**

For me, it is most important that we elevate the visibility of our two academic services, both to people within EFPSA and to other psychology students. I want to work in creating more academic partnerships, and other research-related collaborations. I also look forward to exploring what my position is yet to be developed into.

#### **Anything else?**

Plant flowers, tomatoes and peppermint, it is really cool to eat something you have planted.

#### **Favourite aspect of EFPSA?**

Before I was in BM, what I liked most was hanging out with all my friends and travelling, working in a team that values your opinion, listening to cool lectures and just discovering all the different types of professional opportunities EFPSA can introduce you with. Now with BM to all of this I can add becoming a very organised person. I no longer stress out on tasks I did not complete (well, maybe just sometimes) because I organise my responsibilities very thoroughly. And most of all I love that I get to network all the time (this is my favourite activity) and be aware of the potential of EFPSA.

“

*I have learnt to take a little step back and “gaze grass”.*

*Ana* ”

# EFPSA Research Programme



## MARIJA TANESKA

*Research Programme Coordinator*

### Home?

North Macedonia, in the city Ohrid, by Ohrid Lake, the oldest lake in Europe.

### Book?

Daniel Kahneman: Thinking, Fast and Slow.

### Academic interest?

Dementia research, improving the quality of life of people who live with dementia and their caregivers.

### Plans for summer?

Spending it in my hometown. I have not been there for two summers and it is the best place to spend during the warm days.

publishing came to be!

### Academic interest?

Figuring out how anything methodological works in psychology - from stats to writing and everything in between.

# JEPS



## LEONHARD VOLZ

*JEPS Coordinator*

### Home?

In an ordinary town in an ordinary region of Southern Germany.

### Book?

The Scientific Journal - Authorship and the Politics of Knowledge in the Nineteenth Century, a great account of how the weird world of scientific

### Plans for summer?

Maybe not being locked in at home, anymore.



## PATRICK SMELA

*Junior Coordinator*

### Home?

I was born and raised in Hannover, Germany.

### Book?

Currently reading a book about computer science, but I would like to go back to some fantasy

or some novel soon.

### Plans for summer?

At the moment I am involved in a lot of machine learning and methodology. I am very interested in the dilemma of how you apply basic research and translate rather basic findings into something practically meaningful. Lots of hierarchical modelling and cognitive modelling.

### Plans for summer?

Travelling again. Currently northern Scandinavia is on top of my bucket list.



**ANNA  
KÖSTLER**  
*JEPS Team Member*

### Home?

Vienna, Austria.

### Book?

I am reading the biography of Alexander von Humboldt and Max Frisch's *Homo Faber*.

### Academic interest?

Currently it is sleep research from a neuroscientific and mental health perspective.

### Plans for summer?

Sailing!

Haruki Murakami - for my soul, and *The Language Instinct* by Steven Pinker - for my psychology loving self.

### Academic interest?

Academically, I have been mainly interested in cognitive psychology as well as AI & psychology, however lately I have also been reading about the therapeutic potential of psychedelic drugs.

### Plans for summer?

I will probably work a lot this summer, so I am looking forward to hiking trips on the weekends. I am also looking forward to honey harvesting season!



**ANA  
LUBEJ**  
*JEPS Team Member*

### Home?

I grew up in a small town, close to the second biggest city in Slovenia, Maribor.

### Book?

I am currently reading two books, *A Wild Sheep Chase* by





## LEONHARD SCHRAMM

*JEPS Team Member*

### Home?

I grew up in the old Roman city of Augsburg in Bavaria, the state of the Oktoberfest in Germany.

### Book?

At the moment, I am reading A history of Western Philosophy by Bertrand Russell. It explains different philosophical theories, introduces their authors and describes the historical contexts of their emergence.

### Academic interest?

Academically I am mostly interested in all kind of meta-science. In psychology this mainly refers to the replication crisis and up-following discussions about possible

solutions like Open Science or statistical paradigm shift.

### Plans for summer?

In this summer I am looking forward to having enough spare time to read good books, watch films and play sports.

Yuval Noah Harari's Sapiens.

### Academic interest?

Academically I am interested in neuropsychology and neuroscience, more specifically gender and sexuality, but also colour perception and synesthesia.



## MARY-ANN KUBRE

*JEPS Team Member*

### Home?

Grew up in tiny Estonia!

### Book?

I am currently reading Jenny Odell's How to Do Nothing: Resisting the Attention Economy. In short, it is about modern marketing approaches, capitalism and (re-)defining productivity. And I am looking forward to (finally) reading

### Plans for summer?

I am looking forward to nice warm days, enjoying my time off and hopefully I will be preparing for my thesis!



## CEREN YÜKSEK

*JEPS Team Member*

### Home?

Cyprus.

### Book?

Currently I am reading When

Panic Attacks by David Burns. It is a kind of handbook for CBT therapies as I want to gain more insight about the structure and the homeworks which is being used in CBT technique.

### **Plans for summer?**

My academic interest mostly involves anything related to cognitive psychology, specifically memory and attention. Additionally, I am greatly intrigued with learning and reading about psychopathologies. Therefore, I am also interested in neuropsychology!



**ECE  
YÜKSEL**  
*JEPS Team Member*

### **Home?**

The capital of Turkey, Ankara.

### **Book?**

I am reading The Handmaid's Tale at the moment, which is a dystopian novel-my favourite genre! "In an era of declining birth rates due to increasing infertility caused by environmental pollution and radiation, the handmaids are forcibly assigned to produce children for the ruling class of men." This novel was adapted for a TV series so, I know what to see next when I am done.

### **Academic interest?**

Having a passion towards design, I enrolled in the university as an Architecture student, later started my double major in Psychology to discover the relationship between people and space. I am interested in environmental psychology, affordances, place attachment, human behaviour and design.

### **Plans for summer?**

I really cannot wait to swim in the sea - hopefully.

*“Plant flowers,  
tomatoes  
and peppermint.”*





## HECTOR RODRÍGUEZ GINÉS

### *Finance Officer*

#### **Home?**

Madrid, Spain.

#### **Teams?**

The Finance Office is responsible for managing EFPSA's economy by wisely using the budget that we have while finding new opportunities to expand it. Within the office,

the Grants Team is in charge of establishing financial agreements with other European organisations, usually with a bigger reach than ours, in order to obtain funding for our campaigns, activities and meetings, as well as for other operational expenses that the services/offices might have. The Partnerships Team aims to establish collaborations (economic and academic) with companies that share common interests with EFPSA.

#### **Book?**

The next book in my list is *Sapiens: A Brief History of Humankind*. It narrates the history of human evolution from the Stone Age until the 21st century, covering several fields of development. I am interested in this book because I believe

that the best way to understand our species is to learn about our history.

#### **Academic interest?**

I am very interested in neuropsychology. Although I am not attracted to a particular line of work in this field, the idea of understanding the functioning of the mind amazes me.

#### **Staying sane during isolation?**

I find it crucial to have specific objectives and projects to invest myself into. Having a routine always helps, because the more I put my energy into achieving my goals and fulfilling this routine, the less I worry about uncertainty and external anxiety. Openly sharing my feelings and worries also helps me out quite a bit, for I realise that I am not the

only one that can feel frustrated and insecure and therefore I can collaborate with others to find solutions to our issues.

This crisis has aided in reminding myself that we are just another piece of the huge puzzle of nature and that we need to always have in mind our role into this puzzle in order to succeed as a species. It also helped me reflect on the importance of several things in life, that we often take for granted (even as simple as a hug), and to properly appreciate the fact that “human beings are social creatures by nature”.

#### **Your vision for the mandate?**

With strong communication and support from the people around you, there is little that cannot be solved.

#### **Favourite aspect of EFPSA?**

EFPSA is the place to push your limits, overcome your fears, and evolve in every possible way. Everyone purely understands the power of building together, and therefore this is the place to have unbiased, genuine interpersonal relations.

## *Finance Office*



### **RÉKA GULYÁS**

*Grants Team Member*

#### **Home?**

Hungary, small village named Kiskunlacháza, near Budapest.

#### **Book?**

Sharks from Lesbos (Duncan Shelley), a really exciting crime-story with beautiful but extremely dangerous CIA-spies, high-tech spy equipment and rich villains.

#### **Academic interest?**

Perfectionism and basically everything which is connected

to it (e.g. mental wellbeing, its effects on achievements in work or on workplace culture; its connection with coping, etc.).

#### **Plans for summer?**

Meeting my boyfriend and my friends again and spending some time together, maybe at the lake Balaton. It would be so great to enjoy the sunshine, to eat ice-cream or the traditional Hungarian dish called “lángos”, to drink wine and watch the sunset and just to enjoy each other's company after the quarantine.



### **DORA MIHIĆ**

*Team Member*

#### **Home?**

Small town in Eastern Croatia called Našice.

### **Book?**

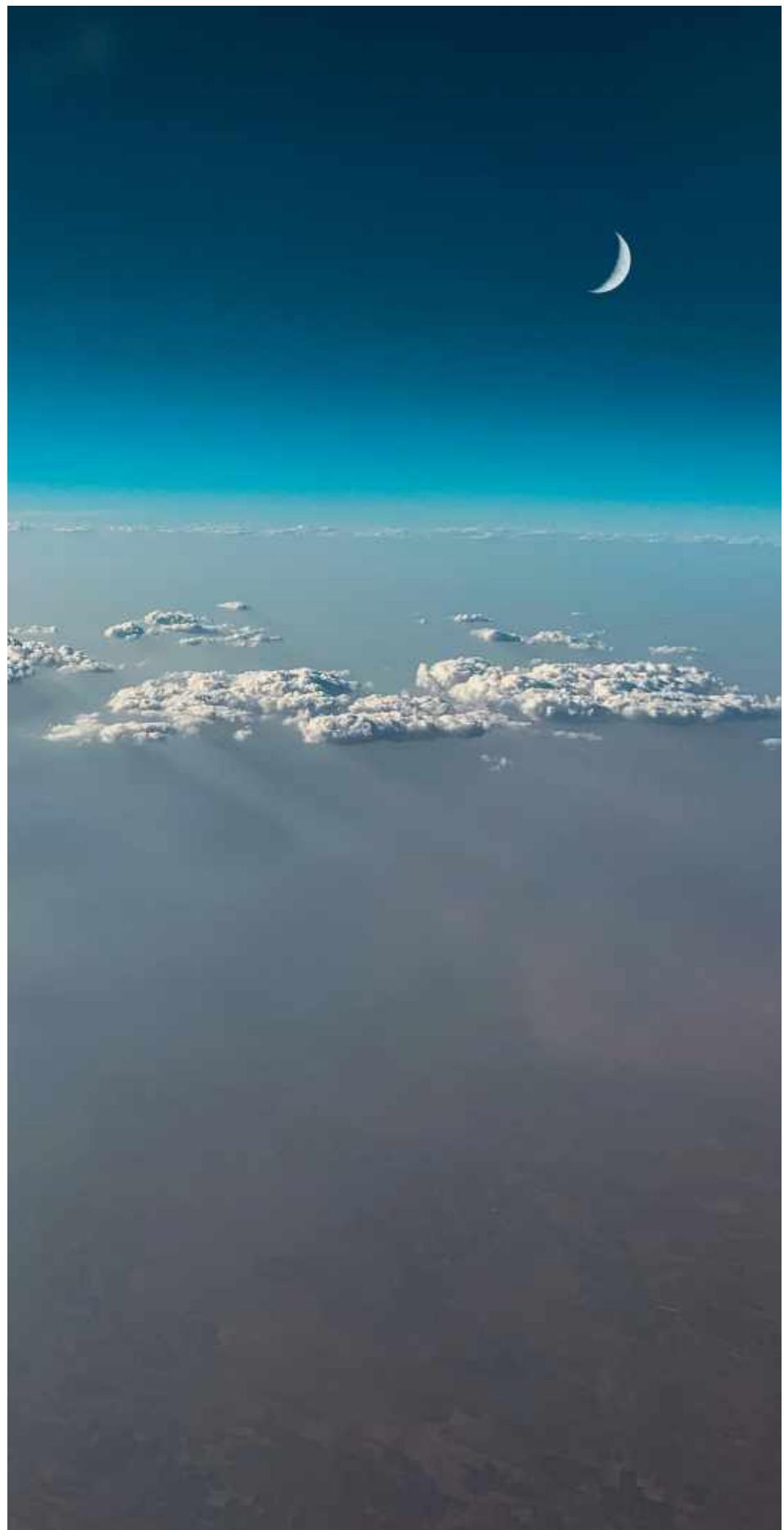
Shakespeare's Sonnets (book consisting of 154 poems that William Shakespeare wrote on a variety of themes).

### **Academic interest?**

Psychology of personality and I am currently reading some articles about emotion and personality.

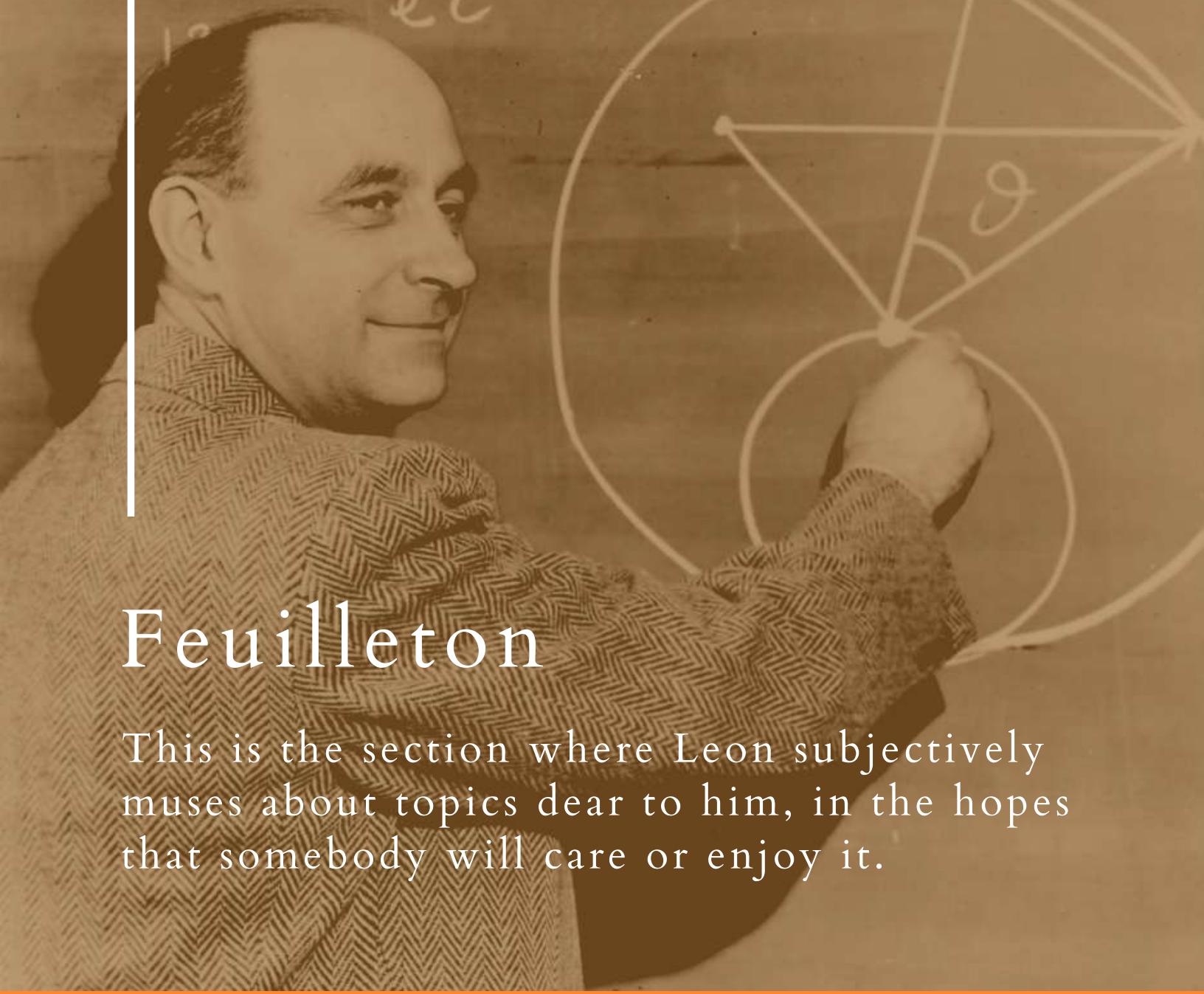
### **Plans for summer?**

Hopefully, seeing all my friends. Some of them go to college in different countries so I only get to see them around Easter and in the summer. Since this Easter we could not meet, I am really looking forward to our reunion.



$$-\frac{\hbar}{i} \frac{\partial}{\partial t} = \frac{p^2}{2m} + \frac{Ze^2}{r}$$

$$\alpha = \frac{\hbar^2}{e c}$$



## Feuilleton

This is the section where Leon subjectively muses about topics dear to him, in the hopes that somebody will care or enjoy it.



## LEON SCHUCK

### Reasons to read (big fantasy books)

I have always intuitively felt that I should read more books. But why? Is it not more efficient to listen to podcasts or audiobooks, allowing you to get other things done in the same time? Does the visual dimension of videos and movies not increase informational density and accessibility?

I have thought about this and found some very good reasons why you should read (big fantasy books).

**It trains your imagination**, as it transports you through worlds of your own creation. While the words you are reading are the seed of these worlds, your mind is the environment they grow in. And just as in gardening, the better you care for this environment, the bigger and tastier the fruit. It will not take long before you get picked up and carried along by this positive feedback loop.

**It rebuilds your attention** after it has been quite effectively worn down by smartphones, the internet and digital media. When reading a book, the reward you seek is hours of concentration away, not minutes of entertainment. In that way, a book is much more candid about the nature of life. Welcome to positive feedback loop number two.

**It slows down the world.** The fundamental difference between books and digital media like audio and video is that the first is active. You decide the pace in which the story is moving along and more importantly, it does not if you do not make it. This not only frees you of the stress of following the external dictator of pace but also equips you with the feeling of captainship, of efficacy, of holding the reins. You are not obsessively following the program in fear of missing something, you cannot just passively give yourself to the god of entertainment. Instead, you are the hero of your own adventure, whose active participation in its trials and hardships infuses his experiences with meaning.

**You become mindful of the journey.** Our world is increasingly interested in destinations. We want the outcome, the fruit, as fast as possible, hoping, in our quest for ever more efficiency, to get rid of the journey entirely. But life cannot be rushed, and its destination is and will remain death. Books exemplify that it is the journey that counts. They instil in us the knowledge that we cannot have everything right now, but that we are in exactly the right place to get it. We do not have to worry or wonder, we just have to start walking. Books remind us to smell the flowers and listen to the birds on the way.

**It makes the world more interesting.** While reading you take on different perspectives, literally seeing the world with different eyes. The more of these perspectives you collect, the more you become aware of how your reality is only one of many possible ones. The real world itself starts to seem more intriguing and fantastical, as you notice things you have never before. You see it then, in a new light, more like a child, less confined by presuppositions and expectancies constructed by prolonged monotonous existence in it.

**It teaches you about yourself and our society.** You will be confronted with fictional worlds and cultures, crafted from a combination of values, traditions, language patterns, clothing styles, architectures, religions etc. As the author paints a picture with these, you will get a sense for how these building blocks interact and relate with each other and what their consequences are. Travelling through these worlds and looking around, you will notice figments of your own mind. From these you can learn about yourself and your relation to the world and its contents. From the events in the story you can study the archetypes of the human psyche and use them to reflect on yourself, as an individual, and the collective you are a part of.

Taken together, these benefits can help you accurately perceive and make sense of the world. In our increasingly fast and complex world, where we get our opinions, values and facts from the media, friends and other actors that do not really know anything themselves, we need people that are able to stop, question, look around and perceive patterns borne from their integrated, idiosyncratic perspective, without taking them as absolute truth. And if a fantasy book could help with that, now, would that not be great?

# What are you coordinating?



## MARIJA TANESKA

*Research Programme Coordinator*

I am the coordinator of the **Research Programme** team and there are three of us: me, Vladimir Maksimovikj as Research Responsible and Teodora Ghitescu as Research Responsible.

At the moment we are working hard on adapting the Researcher Summer School for online realization together with the Croatian OrgCom. This year's topic is: "Occupational & Health Psychology: Fostering a Healthier Workplace in and out of the pandemic" and we are very excited to have researches related to the COVID-19 pandemic as well. The online RSS will have everything that the in-person RSS would: workshops, trainings, presentations, working sessions and, of course, social programme! Stay tuned!

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**The Social Impact Initiative** is formed by one Coordinator, 3 Project Responsibles and 4 Team Members. As you might have concluded, we have three projects in our main focus.

The biggest one is Mind the Mind - to Combat the Stigma of Mental Disorders, where volunteers throughout Europe deliver workshops on this topic.

The second one is Better Together, a cycle of workshops, which tackle the topics of discrimination, religion, poverty, etc. Both campaigns are focusing on actual physical workshops but are at the same time informing a wider public through their social media.

On the other hand, our third campaign, Organised Acts of Kindness, is happening exclusively online and it inspires and invites people to do some kind acts. Besides that, we are also planning to launch a campaign about coronavirus very soon. Our team is amazing, already making an impact, and I could not be prouder! We also like to think of ourselves as the dandelion clocks. Raising awareness, lowering stigmatization and discrimination are our seeds, blown in the sky and spread throughout Europe by the strong wind of our willing volunteers. Wherever they stop, they grow and spread even further. This is the Impact we are making, and this is what I am coordinating.



## KATRIN ČEŠČUT

*Social Impact Initiative  
Coordinator*



## VERONIKA KOCMANOVÁ

*Member and Observer  
Coordinator*

Although we are one of the smallest EFPSA Offices, Daniel (MO Team Member), Martie (MR Officer) and I are coordinating the biggest team of **EFPSA Representatives**. It includes Member Representatives (MRs), Observer Member Representatives (OMRs) and Vice-Member Representatives (Vice MRs) which means more than 60 members in total.

Taking a holistic point of view, the MO is responsible for managing activities relating to Member and Observer Organisations, establishing a strong connection between Member Organisations and EFPSA and collaborating with other EFPSA teams and services. It might seem to be quite challenging. However, my Office has managed to connect our work tasks with creativity while having lots of fun every time we meet.

Our goals are to establish a relationship with new student organisations that have not joined EFPSA yet; to support Observer Member Organisation to apply for the full membership by the Congress, to encourage MRs and Vice MRs to connect EFPSA with their MOs as much as possible. Last but not least, we want to create a friendly atmosphere within our team members, get to know each other more, and get inspiration from our MOs. The last month has been quite busy for us regarding many meetings at the beginning of our mandate. Now, we cannot be more excited about the upcoming months, about working at our projects and achieving our goals altogether!

Observer Organisations are Ghent in Belgium, France and Italy. We would like to reach out for Russia, Ukraine, Latvia, and Bulgaria this year. If there is any chance that you might be in touch with friends or have contact with students in these countries, we would really appreciate it.



## BOJANA VUJOVIĆ

*Events Officer*

As Events Officer, my purpose is mainly to oversee, guide and support the organisational process of all **EFPSA events and the teams involved**. However, I also have OrgComs that I am directly responsible for and those are the Joint EB&MR Meeting OrgCom and the next year's Congress OrgCom!

As you probably already know, the 35th EFPSA Congress will be taking place in the Netherlands and currently, we are discussing our options for how to proceed with the event's organisation now that the pandemic restrictions are still in place and that nobody knows for how long these restrictions are going to stick around!

The Joint EB&MR Meeting is being planned for the end of October in Malta and the predictions for this event taking place then & there

are actually quite optimistic! Other than that, Events Office is frequently meeting to discuss burning topics for our event organizing practices and we are currently working on organizing the next Working Community Online Hangout!

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The Events Office is, as always, preparing many events for our community and everyone interested! As the Events Coordinator, I am currently working with the OrgCom of the Research Summer School and the RP Team to bring EFPSA's first-ever online event to you all. We believe we have found a way around the restrictions imposed on all of us by the unforeseen circumstances of COVID-19 and are very confident EFPSA's first online event will be productive, fun and memorable for all of those involved. Apart from the RSS, I am also overseeing the organisation of the Conference '21 and the Congress '22 and can very (very!) happily say we have received applicants for both of those!

Furthermore, the Events Office is always working hard together to bring you events of high quality and, of course, we make sure to set

time for our social meetings because we believe teamwork and genuine connection between colleagues lead to success (and, even more importantly, lifelong friendships).



## IVANA NERA MARKULIN

*Events Coordinator*



## TEREZA BRLEK ČUFER

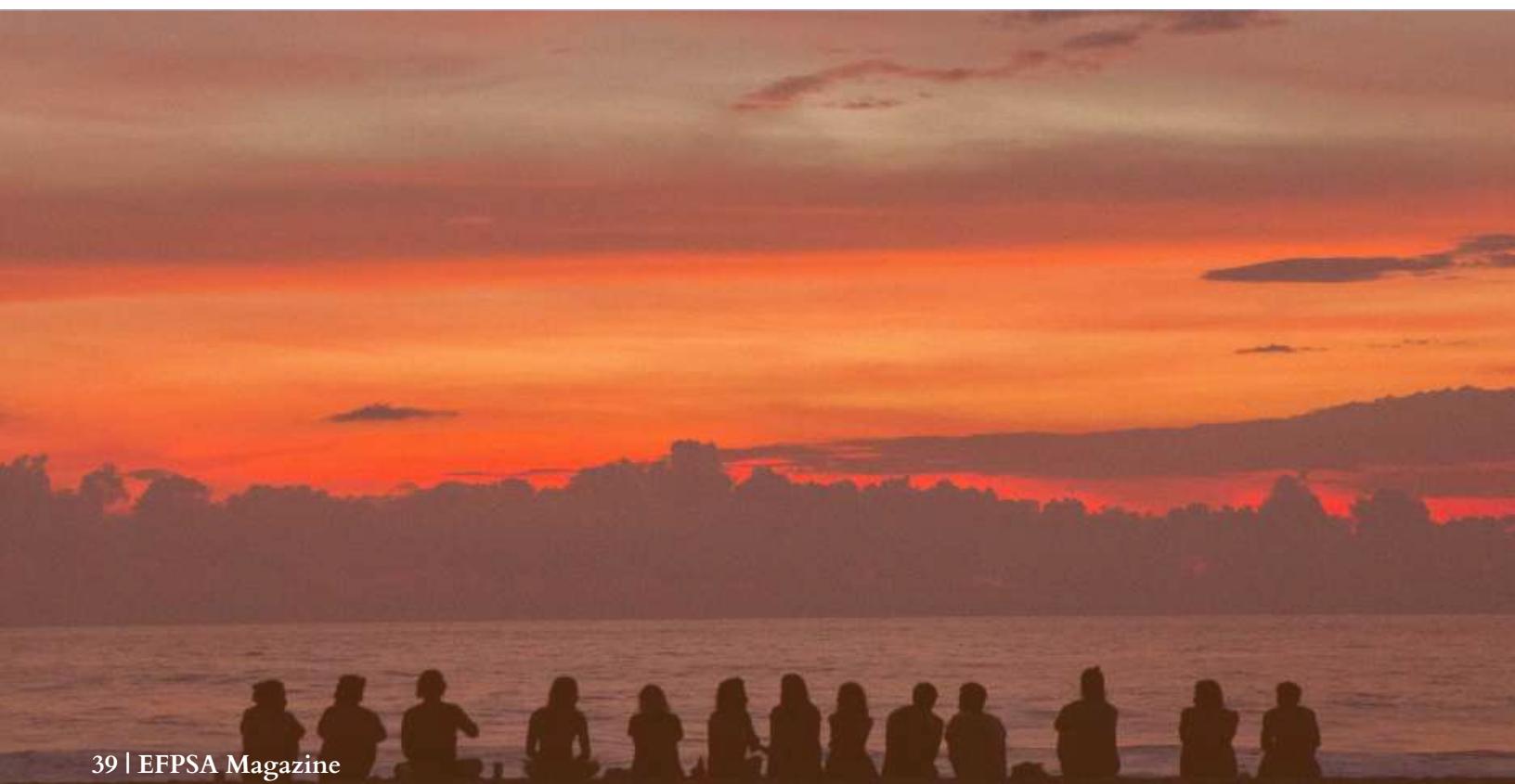
*Training Events Coordinator*

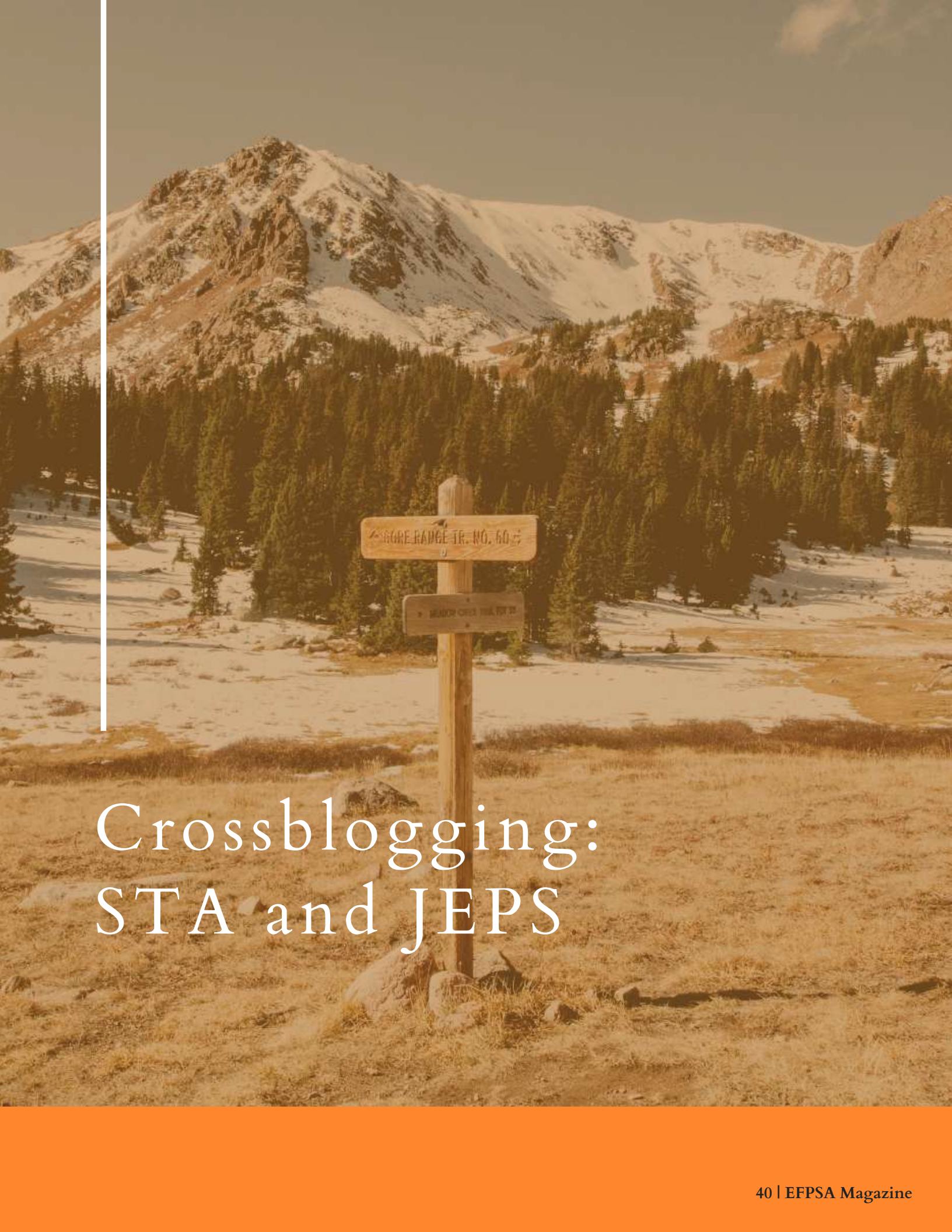
As **Training Events** Coordinator, I have the pleasure of collaborating with an amazing Training Office, especially with the Training Events Responsible!

We have been discussing the probability of events happening in this year and have hoped hard that it will be possible to have Train the Trainers Summer School during summer. However, most probably we will have to postpone this event to a better time, when the COVID-19 situation hopefully gets better. Nonetheless, we do not want to give up on our events and are trying to find the best possible solution to bring as many of them to you as possible!

Speaking of that, we are thinking of hosting some Training events online, but things are still not decided, so unfortunately, I cannot give you any certain information yet. We are working on organizing EFPSA Academy together with an amazing OrgCom that is doing a really good job handling the uncertainty that we are all faced with!

We can still happily say that the pandemic cannot get us down and we are going to start working on reviving some events that have not happened for a while. Hmm, I will not tell you which ones just yet... But you can guess!



A scenic mountain landscape featuring a range of snow-capped peaks in the background. In the middle ground, a dense forest of evergreen trees is visible. In the foreground, a wooden post holds two rectangular trail signs. The top sign reads "GOURE RANGE TR. NO. 60" and the bottom sign reads "MILLER CREEK TRAIL 22".

# Crossblogging: STA and JEPS



# My Exchange Experience in one of the World's Happiest Countries!

My name is **Mary O'Connor**, I am 20 years old and currently going into my final year of BSc. in Psychology at the University of Limerick, Ireland. I began my exchange at the start of January at the **University of Bergen, Norway**.

I was always looking forward to studying abroad, mostly because of the positive experiences I had with EFPSA. Meeting even more international students from all different cultures and backgrounds was something very exciting and I had high expectations. Little did I know those **expectations would be exceeded tenfolds!**

The university had a very comprehensive welcome program and the faculty of psychology organised parties for us to meet other students from our discipline. The courses I took were Quantitative Analysis, Behaviour Health & Nutrition, Global Challenges of Energy & Climate, and Love & Close Relationships (I know right?!). The semester is scheduled quite differently here than back home in Ireland. QA was 5 credits and from Jan-Feb, BHN and GCEC were January-April and 10 credits each, while LCR takes place from May-June. I enjoyed this layout because I was **able to concentrate more on the course I was currently taking** and did not have to spread myself so thin over five courses consecutively like in Ireland.

**The social aspect of the exchange is**, as you probably guessed, **a huge contribution** to the attraction of studying abroad. I made most of my friends from our accommodation, and I think it is unique here that there is an accommodation particularly known for international students. They even organised specific events/parties here in the “Klubb” so we did not have to go into the city that much (as this is very expensive). This reminds me to mention – Norway is very, very expensive. I knew this before coming, but I was still surprised at the cost of food in particular. I would advise anyone thinking of coming here to **consider the financial aspect carefully**.

Above everything else, **my absolute favourite part** of this exchange...

**Interested in reading more?**

Then head over to the **STA Blog** where you can read the full post and many others like it!

<https://more.efpsa.org/studytravelabroad/>





# Reading List

## Editor's Picks: Summer Reading List

Your semester has ended and you are already bored by how much time the holidays freed up? Do you want to dive deeper into issues around psychological science, but did not know where to start?

For the next weeks, we are going to be sharing our **JEPS editors' recommendations for your summer readings & listenings** on different psychological topics. These will include all sorts of media, from newspaper articles or podcasts to journal articles we thought you should definitely read.

We will be continuously updating this list over the summer and have decided to group our suggestions broadly by topic. These topics are (in order of publishing):

- **Open Science:** Have you heard about the replicability crisis and other issues psychology is currently facing? Are you interested in learning about Open Science, the movement that seeks to tackle these problems?
- **Philosophy of Psychology:** The following recommendations will try to introduce you to more philosophical accounts related to psychology. As a subfield of philosophy of science, the philosophy of psychology examines why and how we study psychology. We collected a couple of resources which are interesting introductions, some around Open Science, some on the the logic of empirical psychological research, and others around the culture of research more broadly.

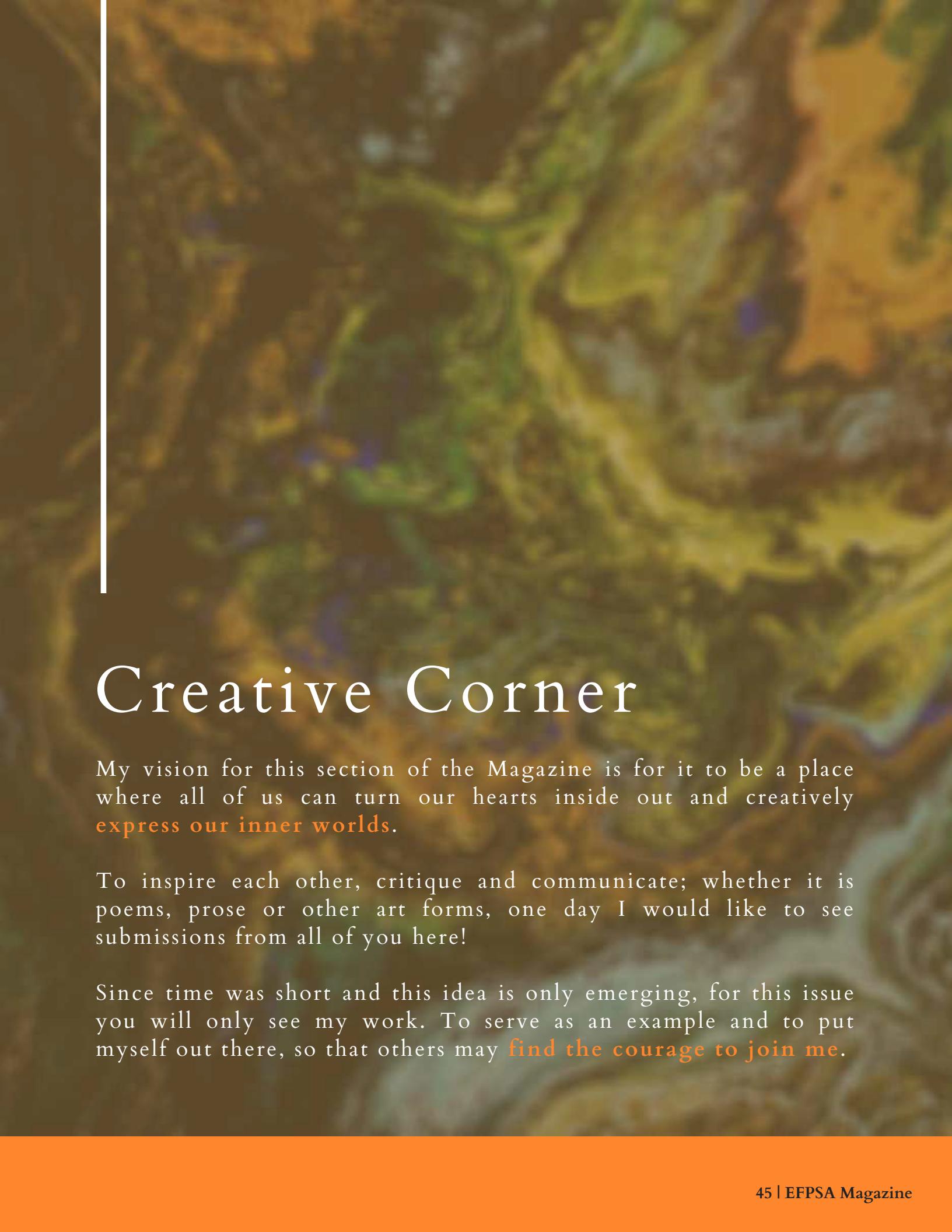
- **Statistics:** We know that statistics can be a very rough topic almost to everyone, but we have included some recommendations that will help you to overcome that feeling, even enjoying the content these different resources offer. Whether you want to read about the beginnings of statistics in psychology, about new paradigms or just want to complete a course to improve your skills, these recommendations will help you to have a very fun and statistical summer.
- **Why do we do what we do?** Have you ever wondered why we behave the way we do? Why do we choose to eat an apple instead of a chocolate bar – or the other way around? Why do we snooze the alarm, even though we know we are getting late to class? Why do we have goals and work towards them?
- **Motivate yourself for the next academic year!** For the last post in the series, we thought it would be good to recommend you tools to motivate yourself for the newly-started school year. We know it can be a tough task to get into the routine again, so these recommendations seek to boost your motivation by offering psychological-related content. Let us's be excited about the new academic year!

### Has something spiked your curiosity?

Check out the **JEPS Bulletin** to find an amazing collection of books, podcasts, articles and videos covering these topics – as well as everything else an academic's heart desires!

<https://blog.efpsa.org/2019/08/03/editors-picks-summer-reading-list/>





# Creative Corner

My vision for this section of the Magazine is for it to be a place where all of us can turn our hearts inside out and creatively **express our inner worlds**.

To inspire each other, critique and communicate; whether it is poems, prose or other art forms, one day I would like to see submissions from all of you here!

Since time was short and this idea is only emerging, for this issue you will only see my work. To serve as an example and to put myself out there, so that others may **find the courage to join me**.

# Storm Outside Garden Walls

Stoned and alone in my paradise

That's how it made me feel

But I ate from the tree

And I know death is throwing the dice

Then, as always, with time the high dies

My mind no longer free

No more time just to be

But to worry, how will we survive?

Who am I, in light of the world's plight?

Is it calling for me?

Am I here just to see?

Or to stand up and join in the fight?

Then, before I could make up my mind

On our shared odyssey

Calmness spreads on the sea

Have we left all the terror behind?

No. I know it's still there, out of sight

I'm sure others agree

And this knowledge is key

But let's not open that door tonight.

