



EFPSA Magazine

February 2021 | Issue 3

Let's talk about Values
Association

Psychology Portrait:
Zimbardo

Tribalism

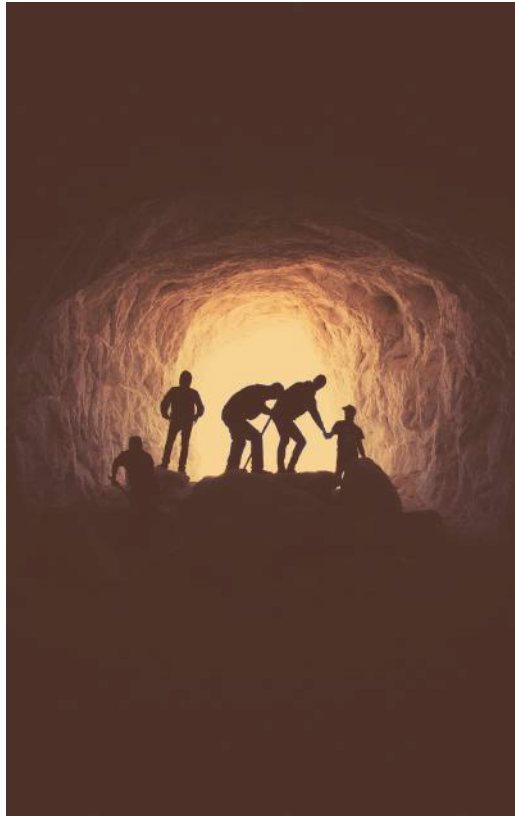
Creative Corner

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Dear EFPSAnauts and EFPSA friends!

Hello to all the lovely individuals reading this and thank you for being part of our awesome community!

The human is a social animal. We need each other for survival, from the complex societal organisation that maintains our access to food, heat and shelter, right down to the fundamental needs of our individual body and mind, our mental health and well-being, our sense of identity, belonging and a meaningful life. Alone, we are not whole and will wither like a plant without water. This is one of the most basic truisms of psychology.



Yet recent developments confronted us with this fact and made us feel it deeply and personally, like perhaps never before. Many of us had to experience solitude and its devastating effects. But with the suffering also comes, in the best case, a better understanding of oneself and a deepened appreciation for the transformative effects of social interaction and belonging to a group. A genuine smile from an acquaintance, a little chat with a friend, can change night into day!

EFPSA is proud to be able to provide this sense of community in these trying times. As past events have shown, and upcoming events will exemplify, we have successfully adapted to the sudden change of circumstances, allowing us to continue connecting in shared work, shared laughter and shared values. Instead of suffering, **our community has only grown stronger**, with new members, new projects and new ways of realising events. In this issue, we want to gather around the campfire, tell the myths of our tribe, initiate our new members, celebrate our community, share our thoughts and experiences and reflect on the importance and meaning of groups and collectives.

Leon Schuck
Proud Member of the Herd



Newcomers in the
Working Community

Designer

What made you decide to join EFPSA community mid-mandate?

It was a few weeks before the Joint EB&MR Meeting when Bojana visited our flat. Tobi thought about applying for the position of the Finance Officer. The only Psychologist in our flat without a position in EFPSA would have been me if it would not have been for the open call for a designer in the Marketing Office. Coincidentally my focus just moved from psychology to creative crafts like design and music. I wrote an outstanding application which got me the job without a doubt. Accompanied by the fact that I was the only applicant.

What is your first impression of the EFPSA community? What do you love about it and in what way can we still improve?

I was delighted to be taken into such a loving and accepting community. There is a feeling of connection that shines through every meeting I had so far, although I never met someone in person to this point. But it is important to view EFPSA not only as a group of loving people but also as an organisation. I have the feeling that for many people, myself included (sometimes), the thoughts regarding EFPSA stop as soon as one task is done and only begin again when you are forced to think about stuff in the next meeting.

Did the concept of community gain new meaning for you during the pandemic/isolation? If yes, in what way?

I always loved to be around people. In fact, I feel like I have never really been alone my entire life. Now, after two or three lockdowns I learned to embrace the time I have for myself. Because even when I live with people I love, I get stuck in thinking in terms of a group sometimes. I try to coordinate my feelings with the feelings of my flatmates. So when I was alone in the flat for a few days I felt at ease only caring for my own well-being for a change.

How much of one's identity should be attached to groups? What is your take on the problem of remaining a free-thinking individual, while also benefiting from groups, communities, organisations, states and other collectives?

You should always identify with yourself first before you identify with a group. That is as true for communities as it is for states or relationships. I think it is healthy to keep in mind, that we are part of so many groups and we should not fail to acknowledge each one of them from time to time. That way we can balance our identity. It is hard to stand on only one leg for a long time.



Maximilian Pultz

24 Years

Germany/Austria



Grants Responsible

Tell us a bit about yourself.

I am a second year undergraduate Psychology student at the University of Maribor. In addition to my studies, I dedicate a lot of time to our Maribor Psychological Student's Association, where I became the newly elected president, and before that, I was a Finance Officer. I also spend some time working in a family company and I am also very active in Rotaract, where I organise many different events. I enjoy travelling, music festivals, series, PlayStation and time with family and friends. I am crazy about psychology, politics, economics, urbanisation, traffic, the automotive industry, IT and much more.

Uroš Novič

21 Years

Slovenia, University of Maribor

What made you decide to join the EFPSA community mid-mandate?

I thought it was a great opportunity, as I really wanted to be part of the EFPSA Working Community. Given that I have been very internationally involved in various organisations so far, this also seemed like a kind of logical decision to me. At the same time, I was setting up a Grants Team in our Association as a Finance Officer, and I thought it would be great to gain additional knowledge about Grants at the European level.

Do you already feel a part of the community, after this short amount of time?

Yes, I do, and I love it! Even after the first breaks between EB&MR in the breakout rooms, I felt very accepted. Relatedness grew with each meeting, I loved speed dating organised by the Board and the New Years event organised by Band Aid project. Both my Finance Office as well as the Grants Team are amazing and very warm and supportive, for which I am very grateful to all my colleagues! EFPSA is an amazing community and I am happy and proud to be a part of it!

Why is community important?

It is a sense that people in the group are committed to one another with a common expectation that their needs will be fulfilled by engagement and cooperation. Being part of a group will help us feel like we are part of something larger than ourselves. Communities bring together like-minded people with common characteristics and mutual interests. Being a part of a community can make us feel as though we are a part of something greater than ourselves.

2020

Recent Highlights

Have you missed any of these?

EB&MR

It was 31st October 2020, and it was the first day of our Virtual Executive Board and Member Representatives Meeting. We, as the Board, were anxiously waiting for EFPSA nauts to join the Zoom call for the Opening Ceremony – we were all a bit worried how the Working Community would respond to this unprecedented event. Vita opened the Opening Ceremony, where each Board member presented what their teams have been up to in the first half of the mandate, then we also heard from our partners – EDSA and EPSA. After that, we continued with the General Assembly, where we approved changes to our Statutes and Internal Regulations, approved changes to the General Assembly, and elected the new Finance Officer – Tobias Laenser. Usually, on Halloween evening the whole Working Community would dress up and we would party together, but this year we still wanted to encourage you to show us your costumes on our discord channel.

In the next few days, when the ice was broken and the majority of the event was going according to plan, we still managed to have good online sessions. We had a workshop on Online Exchanges, by Jelena Jašović from STA and a workshop about GDPR and Content Review in EFPSA from Marta Grubačević (DAR) and Sara Felber and Kimberly Kisanga (CRR's). Among the obligatory sessions were Strategic planning where everybody could contribute and present their ideas for the future of EFPSA, and the Making Big Decisions Together Brainstorm Session, where the Working Community discussed EFPSA Slogan, the inclusion of Member Organisations, internal collaborations and the pandemic situation and effect of it on motivation on Working Community. On the 6th of November, it was time for our Online Vernissage that took place on Facebook where each team presented their work and the goals that they have for the rest of the mandate. During the week of EB&MR we also had training on topics of mindfulness, giving and receiving feedback, keeping your limits, self-compassion and stress management, where everybody could join and improve their skills. We also had three social evenings – on the first one we were divided by the games we wanted to play (one group played games on Jackbox and the other team played scribblio); the second social evening was organised by the Band-Aid Project where the group competed in figuring out the EFPSA mystery; and on the third evening I was playing a matchmaker, putting people in groups of 2 or 3 in breakout rooms and they had to discuss some interesting questions.. well that is how it started, but it ended with us, staying up past three in the morning just chatting with newly made EFPSA friends. And one of the social evenings we also danced to La La together! :) On the last day of EB&MR, 7th November 2020, we had a second General Assembly, where new members of the Executive Board were confirmed, and we also confirmed the new Coordinator of EB&MR 2021, which will be held in Malta.

Thank you to everyone who attended the first-ever virtual EB&MR and made it an amazing and unforgettable experience, despite us not being able to meet in person.

– Katja Zemljič, Secretary General

A week of online meetings and sitting in front of your computer for hours sounds boring so naturally, as soon as I got the schedule, I coloured which sessions are obligatory, preferable and optional. But after the very first one, I knew I would be attending them all. Whether it was a workshop or collective brainstorming, everyone is welcome to share their opinion and join the discussion. However, if someone prefers to just observe, they can still enjoy EFPSA working spirit. Not only did working sessions feel extremely comfortable to take part in, but the Social Programme had something for everyone. From Mystery games to one-on-one chats, I couldn't even imagine I would make such good friends after a few hours of Zoom talks. Even though this was my first time attending EBMR, I was amazed by the smooth organisation of the whole event and can't wait to attend the next one.

– Dora Mihič, Partnership Team Member, Finance Office

When I first heard that most probably, we will not be able to meet in Malta, I got extremely disappointed and it also had an impact on my motivation. All of us know how hard it can be to collaborate only virtually with people you have never met before, and I believe that we have all waited for the moment of hugs and smiles for a long time. Nevertheless, I decided to participate in our online EBMR as much as I could to gain my motivation back and meet new people, and it turned out to be the most joyful week of the entire lockdown for me! Meeting all the beautiful faces behind the names, exchanging ideas, receiving useful training and playing and dancing together during the social nights boosted my motivation and made me feel that I belong to this working community, not just professionally but also emotionally, and together we can achieve whatever comes to our minds.

– Fruzsina Szécsényi, Project Responsible, Social Impact Initiative



EFPSA Day

EFPSA Day has become a new EFPSA event officially during the EFPSA Congress (2010) in The Netherlands. This means that this December, on the 2nd, we already had the eleventh EFPSA Day! On this day, all participants' countries organise the same event on the same day, simultaneously! EFPSA day has the power to unite various European countries and tie them together through a common event, mission and by sharing the experiences with each other. It can be described as a big European movement for one day, where EFPSA will be promoted in a fun and interactive way. This way we hope to reach more Psychology students throughout Europe and make EFPSA more visible.

This mandate we had a bit of a challenge with the organisation since EFPSA Day video had to be done online. That's why the Marketing Office team met and tried to brainstorm ideas on what we could do online. We decided to do a video with paper planes, that are sending love and EFPSA spirit all across Europe - just like EFPSA does. The Marketing Office prepared instructions for EFPSA Day video and then recorded it together with Member Representatives and vice Member Representatives.

The Marketing Office also prepared instructions for online presentation and online activities for EFPSA Day Coordinators from different cities to ensure that people would get all the important information about EFPSA and enjoy EFPSA Day. This year we had 125 Local Organisers! During EFPSA Day we gained a lot of new followers on our social media, so we can say that we managed to reach new Psychology students, which was one of the goals.

- Tjaša Hauptman, Designer, Marketing Office



E-mental health Webinar

On the 10th of December, 2020, EFPSA organised a webinar titled: No psychologist without a smartphone! The future of psychotherapy. The topic of e-mental health has existed for more than two decades, but it rarely happens that a psychologist would suggest using an app to a client, instead of attending therapy in person.

The speaker was Dr. Tom Van Daele, a clinical psychologist and the head of the Expertise Unit Psychology, Technology & Society at Thomas More University of Applied Sciences (Antwerp, Belgium). He is also a research fellow at the Centre for the Psychology of Learning and Experimental Psychopathology (Leuven, Belgium), and the convenor of the Taskforce on E-health of the European Federation of Psychologists' Associations.

You can watch the webinar on our [website](#).

Here you can read what the attendees of the webinar said about it:

I had a great time participating in this webinar since it was a great introduction to how technology can be used in psychological practice. Dr. Tom Van Daele presented the topics in a simple yet compact way. I was mostly impressed by the way simple wearables can help us monitor our mental well-being and track possible trigger points as well as how virtual reality can be applied in the treatment of phobias. This online tech webinar was so much fun to attend. It gave me a feel on how technology can aid in psychological practice and I cannot wait to see what comes in the future. The presentation by Dr. Tom Van Daele was interactive and didn't require any background knowledge of the topic.

– Lydia Fandridaki, Research Programme Student researcher, 2020

This webinar was a great opportunity to complete my knowledge about e- mental health, to switch up my perception about it, and to realise the way it can intertwine with daily life!

– Theodora Ghițescu, Research Programme Team Member

The content of the webinar covered several areas within the broad e-health field and the speaker was indeed one of the experts in the area. The webinar also initiated interesting conversations with the attendees about the implications of the digitalisation in several areas of our life and the future of e-health within the mental health care systems in Europe specifically. I find EFPSA's vision and initiatives in this area very inspiring”

– Ozlem Eylem-van Bergeijk, Coordinator of EFPSA Congress 2022

E-TRAM

Most of the Trainers start their trainers' journey during a Train the Trainers event, but what happens after that? Do they get all the knowledge and experience they need during that very first event? The answer is "No". They keep on learning and growing after that event. Apart from the experience they get while delivering training sessions, they also have the opportunity to evolve during other Trainers' events. One of those events is the Trainers' Meeting (TraM).



When it comes to EFPSA Trainers' Meeting, it is the most informal EFPSA event. Here is how it used to be organised before Covid-19: Let's say I am a Trainer who has a place that can host some other trainers. I get in contact with the Training Office and I tell them that I can host 8 other trainers in my house for a TraM. The Training Office assists me in practical issues (ex. topic, schedule, participants, etc.) and as simple as that, I organise a Trainers' Meeting in my house. During that meeting, the trainers who participate are both trainers and participants. Everyone gets to deliver for others and they also share stories and experiences from their trainers' path. It sounds like a pretty cosy, intimate event, right? From what I heard, that's exactly what it is. (For a more formal introduction of the event, check this out).

This past mandate, the pandemic did not leave us space for such an event, but the amazing online world did. As Training Office, we were looking for ways to help our trainers' community grow, improve and get them in touch with External Organisations. A Trainers' Meeting was the perfect opportunity to achieve these goals!

The Training Office members took the initiative to be the Organising Committee, so we opened a call for participants, selected them, created a Discord channel for communication and networking, created a schedule and an info pack and facilitated the entire event. We also managed to get on board two expert trainers: Mirna Smidt (‘Positive Psychology toolboxes for trainers’) and Andrej Filipic (Transfer to Reality - designing learning experiences that foster change) who delivered on topics they are well-known for.

With 62 passionate trainers from different organisations (like EFPSA, EPSA, BEST, IFMSA, EMSA, IASTE, etc.) and with different backgrounds who were all in distinct phases of their trainer path, we had an amazing learning space. The first EFPSA e-Tram was born.

The topic of the event was “Paths less walked: Taking the next step in your Training”. With this topic, we were hoping to help trainers go beyond the training techniques they have been using so far, reflect on their trainers’ habits, try out new ways and enrich their trainers’ toolbox. The topic itself allowed every trainer to bring in what they were most enthusiastic about and for each participant to experience many different approaches in training. Here are some of the sessions that were offered during the event:

- The importance of Storytelling
- Coaching methods in training
- Reflective Training Sessions
- Ownership in Training
- How to Turn Failure into Success
- Gamification: Turning Learning Goals or Activities into Games

During that event, learning happened, experiences were shared, connections were created, creativity was boosted, horizons were broadened, new training paths were explored and opportunities aroused. Last but not least, the EFPSA spirit could not be missing. We introduced to our new friends our wonderful EFPSA traditions, such as our famous LaLa Dance or Mushi Mushi.

We all came richer out of this event. Richer in knowledge, paths, insights, inspiration, contacts, motivation and back pains of course! None of the above would be possible without the hard work and dedication of the members of the Training Office along with the help from our Vice President. I personally want to thank every one of you guys, Vera, Robert, Joana, Johann, Denisa and Deianara! Keep it going! You are doing it right!

Until our next event...

Eleftheria Foka - Training Office Coordinator

Alumni Webinar

The image is a promotional graphic for a webinar. At the top right, there is a small video feed of a woman with glasses, labeled 'Vita Bogdanic...'. The main title 'EFPSA: WALK INTO YOUR FUTURE' is centered in a serif font, with a decorative line below it. Underneath, the subtitle 'EFPSA Day 2020 - Webinar with EFPSA Alumni' is displayed. Below the subtitle are four portrait photos of the speakers: Dimitris Paperis (a man with glasses and a beard in a purple shirt), Luka Roje (a man in a dark suit), Monika Schwärzler (a woman with dark hair in a black top), and Marija Davcheva (a woman with glasses in a blue top). Below the photos, the text 'When: 02.12.2020 at 7 pm CET' and 'Where: Zoom & Facebook' is provided. The EFPSA logo, which consists of an orange stylized 'E' and the text 'efpsa', is located at the bottom right of the central area. The background of the graphic shows a group of people in a field. The Zoom logo is visible in the bottom right corner of the overall image.

[Link to Video](#)

As a part of EFPSA day, we had a collaboration with Alumni – a webinar called ‘EFPSA: Walk into your future’. Monika Schwärzler, Marija Davcheva, Dimitris Parperis and Luka Roje presented us their EFPSA path, why they joined EFPSA, what they gained, and how they transferred the knowledge and skills they gained while being in EFPSA into their workplace and professional life. If you missed the webinar, you can still see it here:



Foundation of our Community

Meet some of our Member Organisations and
their Representatives



Armand Abela

21 Years

Malta

What can the rest of Europe learn from your culture/country? And what can your culture/country learn from the rest of Europe?

A small preview about Malta is that we are an island found in the middle of the Mediterranean Sea. Due to our small size, we are not separated by our localities, rather we come under one banner as the Maltese community. I believe that our number one quality is our kindness to help each other in their time of need. Europe teaches us to respect different cultures and being flexible to integrate aspects in our own culture.

Why are MRs important? What is your vision of the role?

Being an MR showed me how different MOs and EFPSA function and grow compared to my MO. Therefore, I believe that the role of an MR is essential. It is beneficial to both MOs, as well to EFPSA. This role creates a bridge of ideas and collaboration between all organisations that form part of EFPSA. In this role, I envision that both Malta's MO and EFPSA will continue having a strong collaboration in the coming years, to continue to foster the importance of mental health and promote the growth of psychology students.

What are the challenges of creating an intercultural community? And how can EFPSA/you/your MO help in overcoming these?

The challenge which rises when creating an intercultural community comes from two aspects: A lack of awareness and understanding. When it comes to being exposed to new cultures, we usually hear about them from secondary sources. The more extreme the information, the more likely we associate it with that particular culture. This phenomenon is also known as Stereotypes. Through communication and their events, EFPSA and MOs help break these stereotypes as different psychology students can interact with students from various cultures. Therefore, I already believe that we are on the right track to creating an intercultural community.

Betapsi



What are your MOs values?

- **Integrity:** to adhere to ethical and moral beliefs and operating with sincerity.
- **Social Benefit:** contributing positively to society through our projects and activities.
- **Student Activism:** working towards advancing social change on and off-campus.
- **Benevolence:** acting with kindness in all operations.
- **Students' Rights:** contributing to a better academic experience and safeguarding students' rights.
- **Freedom of Expression:** encouraging students to participate in society and voice their opinions on and off-campus.
- **Inclusion:** ensuring that equal value is given to all individuals in society

What is the organisational structure of your MO?

The Betapsi executives make up over 11 positions. In any ship, there needs to be the captain and first mate. In this case, the president and vice president. We have our ever-loving email-sharing Secondary General. The Public Relation Officer with skilful editing skills. The Finance Officer that keeps us afloat. Social Policy Commissioner, for new policies. The External Relations Officer manages, you guessed it, external relationships. Educational Officer, who is there for fun in learning. Leisure officer who creates relaxing events. Finally, the Connective International Officer and EFPSA hugs filled MR.

Why are MRs important? What is your vision of the role?

For the past few months, continuing our education has been difficult for many students due to Covid19, including university students. I am very proud of Betapsi that despite this massive shift in our learning, we were there to help the students. To give them a voice when they needed it and to continue fostering education through workshops and events. All these achievements could not have been possible if not for the team of Betapsi working together.

Belgium

Tell us a bit about yourself.

My name is Amber Venken, I am 21 years old and I am very happy to be in the position of MR of Belgium this year. This is my second year in the Psychological Union (our MO). Last year I was part of the team that organised the bookshop for students. I love to take on new challenges, hence my love for EFPSA. Also, I also like to meet up with friends, I like to run and I also draw now and then.



Amber Venken
21 Years

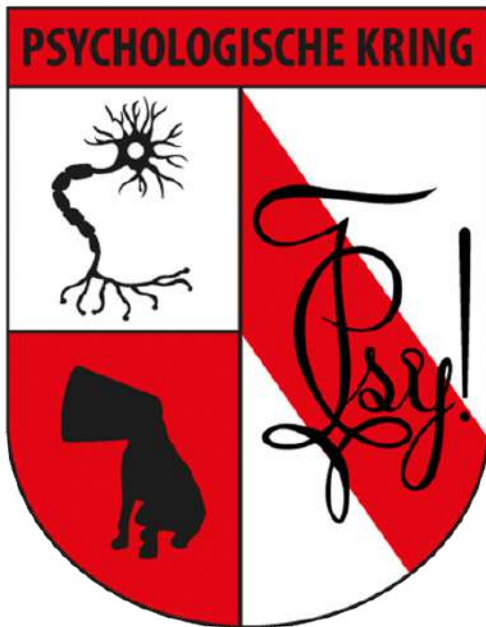
What can the rest of Europe learn from your culture/country? And how can your culture/country learn from the rest of Europe?

Besides the stereotype that there are great beers and chocolate in Belgium, Belgians can also be very passionate about what they do. It doesn't matter whether it is about our work, sports, music or food, we are very proud of our small country. I do think that Belgium can still grow a lot in openness. We are sometimes quite individual and especially proud of ourselves. I would love to feel such an open and cheerful atmosphere in Belgium as in other countries.

What are the challenges of creating an intercultural community? And how can EFPSA/you/your MO help in overcoming these?

I am pleased to see that society is gradually becoming less stigmatic and stereotyped. This is a long process in which a lot of growth is possible! Unfortunately, these prejudices can cause problems. The pandemic makes it even more difficult to get to know intercultural people. I am strongly convinced that making contact with intercultural people is an important starting point. I am very happy that EFPSA facilitates these contacts! I try to contribute by actively involving our students in these contacts.

Psychologische Kring



What are your MOs values?

Our main slogan is that our union is there for and by students. The focus of our activities is on our psychology students. More specifically, we try to invest more in quality and efficiency every year. A high-quality and transparent student representation is of course a top priority. We consider transparent communication with the faculty and students extremely important. A final pillar that I would like to give is professionalism. We think it is very important to keep improving this year after year.

What made you join your MO?

Initially, I enjoyed being present during the activities of the Psychological Union. When I continued my studies in Leuven, I started to notice how many other things the Union accomplished for the psychology students. I wanted to be a part of this and also mean something to the students. I also thought that it was a great opportunity to learn a lot about cooperation. A nice plus is that the group atmosphere is also very pleasant!

What can EFPSA learn from your MO & vice versa?

I think there is a lot to learn from each other for both organisations! For example, I think it's very interesting to see how EFPSA actively tries to connect and involve all its members, even though there is a great physical distance! It is also quite a task to organise major events, the Psychological Union can certainly learn a lot about this from EFPSA! I consider that the Psychological Union went through a major evolution in a short time in terms of professionalism and reach. It could be interesting for EFPSA to see how the Union dealt with this, both towards its members and towards students.

Czech Republic

Tell us a bit about yourself.

I am a third-year psychology student who loves to get to know new people, learn more about nationalities, habits and cultural differences. I love to solo travel and experience other countries to their fullest. After I finish my Bachelor studies, I plan to work in Australia for a year and then continuing my Masters in the Netherlands since I believe educating myself in more than one educational system might be very beneficial.



Martina Kvapilova
23 Years

Why did you decide to become an MR?

As mentioned above, I love getting to know new people. In EFPSA it is impossible to avoid this phenomenon. ☺ Also, I wanted to actively participate in an international organisation. Besides, I have a chance to cooperate with other students of psychology, therefore get to know their ideas and point of view on many things. Being MR is a huge responsibility and it can teach you how to be a good mediator and administrator.

Why are MRs important?

MRs play a key role as mediators between EFPSA and MO, therefore local students of psychology and other majors. They are the people who contribute to EFPSA promotion and spread of knowledge. We have to keep our students updated about EFPSA's activities and keep EFPSA updated about our local and national activities. Also, vote on any proposals they have been given, the financial report, the Executive Board's activity, and elect the Board of Management for the next mandate.

Psychočas

Where can EFPSA learn from your MO and vice versa?

Both organisations can learn about each other's activities. Also, we can contribute to each other by sharing experiences and feedback from various activities that our organisations organise. Since our MO is quite "young", we can look up to EFPSA regarding handling the budget, organising events, etc.

What is the organisational structure of your MO?

Our structure is very simple. On the top of our BM is the president, her right hand is a vice president. Then, there is a general secretary and local managers of individual branches in various cities in the Czech Republic, such as Olomouc, Prague, Brno, České Budějovice, etc. Also, we have people to take care of PR, promoting our activities online on IG, FB and Psychočas web.

What are your values?

To pass our knowledge to psychology fans and younger students who are excited to learn more about the psychological field. It was created by students who want to allow other students to realise their ideas in various projects and events.



Slovenia

Why did you decide to become an MR?

I was the Vice MR last mandate, so it seemed like a natural step in my EFPSA journey. As a Vice MR, I got acquainted with the philosophy, goals and the structure of EFPSA and I found that the organisation is very much aligned with my views of what psychology could or even should be. The thing that impressed me the most and that ultimately led me to apply for the position of the MR of Slovenia is the emphasis that is put on the need for enabling students to develop professionally and gain practical experiences.



Žan Luka Lavriha
22 Years

In what ways would you like to see EFPSA grow as a community?

In my eyes, the main purpose of EFPSA is to unite psychology students from all over Europe and thus I think that the EFPSA community should mainly build on that idea and establish itself as a path through which students can experience psychology outside of their countries. The whole community would consequently be centred around the unity of different nations. This would create a diverse environment within which one could acquire the necessary skills and competencies without friction.

What are the challenges of creating an intercultural community? And how can EFPSA/you/your MO help in overcoming these?

The most prominent challenge is the complexity of communication. Because the community is so vast and not very centralised it can often be hard to maintain the bonds with different groups within the community. This is where we, as MR's, have an important role in strengthening these bonds and forming them in a way in which our MO's can effortlessly keep track of what is happening within EFPSA and vice versa. The strength of the bonds determines the success of the community and that is why these bonds represent the core of our community.

Društvo Študentov Psihologije Slovenije

What is the organisational structure of your MO?

10 groups within MO (each responsible for a particular event/service within DŠPS)

- PR (Public Relations)
- Kako si? (How are you)
- Psihošola (Psychoschool)
- Obštudijci (Extracurriculars)
- Mednarodni (Internationals)
- Psihomoč (Psychopower)
- Zagovorništvo (Advocacy)
- Panika (Student Magazine)
- Eksperimentator (Student Magazine)
- Strokovni vikendi (Expert weekends)



DŠPS
DRUŠTVO ŠTUDENTOV
PSIHOLOGIJE SLOVENIJE

What can EFPSA learn from your MO & vice versa?

Our MO is very creative and diverse in its activities, which might be something that EFPSA often lacks since most events are focused either on the education of trainers or general education focused around a specific psychological topic. Within our MO we have a clinical weekend, a human resources weekend and a pedagogical weekend, which are all focused on a specific field within psychology. We aim to provide a variety of services so every student can find something that suits his interests.

What are your values?

Community and support are our main values, as they help to create a safe environment in which students can both give and receive help. We also value the importance of competency and independence which are both vital in the development of every psychology student. We encourage these values by allowing everybody to take responsibility and acquire new skills or improve existing ones. We also value creativity and perseverance since they encourage development and progress.

What are you most proud of concerning your MO?

I am most proud of the level of efficiency and development present within our MO. Every member is driven to better themselves professionally and to help other students in the process. Our project Kako si? (How are you?) is the perfect representation of what our MO is all about. Kako si? Is a week-long event centred around mental health. Each year we choose a different topic (e.g. poverty, family, etc.) and organise various lectures, workshops, debates and other activities that all focus on the psychological aspect of the topic. The project is known even amongst the general public.



Spain

Daniel Martin Montealegre

24 Years

Why did you decide to become an MR?

I chose this responsibility because I wanted to improve my skills regarding student representation and also, to get to know how the psychology field is organised and carried out in other countries.

I do consider that Knowing experiences, problems, and different points of view of people from other countries is such a good opportunity to learn and develop together better projects and ideas that have the power to help us on our mission to improve psychology as a whole.

Needless to say: Being part of this process is something that excites me.

In what ways would you like to see EFPSA grow as a community?

I think the EFPSA community works very well. All the services and events are very interesting and well structured. However, in my opinion, something that we, as EFPSA, are missing might be to work on aspects related to the regulation of psychology, which could be done by Analysing the diverse ways of working each country has; this would lead us to help improve psychology as a training, profession and service to society.

Why are MRs important? What is your vision of the role?

The role of the MR is important because it is the key piece that embodies the opportunity to share ideas, events, activities and problems of European psychology. We are an important channel of information between students from different countries, therefore-useful for the student community since giving them the opportunity to develop skills for themselves, and more importantly, their future profession.

CEP-PIE

What can EFPSA learn from your MO & vice versa?

Something EFPSA can learn from CEP-PIE could be the importance of also working on aspects more related to training and the different professions within the broad field that is Psychology. In this way, we can and do discuss and propose ideas on how to improve academic training and professional situations.

Besides, From EFPSA, we can learn organisational aspects, because it is a very well structured and organised federation. Also the creation, management and organisation of events and campaigns that help students develop various skills that help improve our society.

EFPSA is a very good example of the latter.

What made you join your MO?

I joined my MO because it is a Collective in which one can debate and work in a horizontal and respectful way, on how to improve the profession and the quality of psychology teaching in my country.

It is a great opportunity for helping students and, as a result of that, knows the several needs that exist in the different areas of psychology, also. On a personal level, I knew it would contribute to developing my ability to be a team-player with people from different regions; wick makes it even more enriching.

It has been one of the best decisions I might have ever taken.



Romania

Why did you decide to become an MR?

Answering this question is rather easy: I saw this position as a bridge between EFPSA as a great international pool of opportunities and the Romanian students who were eager to explore those. As I previously had the opportunity to come across and benefit from EFPSA events and campaigns, I thought there is a lot of potentials there and it would be a shame to have Romanian students disconnected from such great experiences. And here I am, doing my best to continuously engage my fellow colleagues in what the federation has to offer.



Emilia Grigorean
22 Years

In what ways would you like to see EFPSA grow as a community?

I think EFPSA is already doing a great job by integrating so many students across Europe in what, at least to me, always seemed to be a very cohesive, yet professional body. But apart from being grateful for what has been built so far, it would be amazing to see EFPSA growing on the professional side regarding our collaborations and acknowledgment we get from the professionals. There is still room for us to be taken into account for our hard work and dedication and for the positive impact we so hard strive to have on society. This way EFPSA could be better connected to a larger community in the field of psychology.

What are the challenges of creating an intercultural community? And how can EFPSA/you/your MO help in overcoming these?

Every culture and community has some expectations and habits which can be more or less distinct from the others, and it is in contexts such as EFPSA creates that these differences come to light. Sometimes the beauty of diversity is offset by the mismatch between what people expect from others and how they are used to doing or seeing things. Considering my MO, I've seen that people are often anxious to take on an international experience; it is not the lack of interest, but the unknown that takes its toll on their curiosity. Therefore, I try to counterbalance the insecurities with the premises of real benefits: working with a diverse group is a great experience once you give it a chance. I suppose it's up for everyone to acknowledge and accept the differences and to capitalise on their potential.

Cognosis

It was founded in 2006 and ever since it aimed to support the development of its member organisations as well as to enhance the communication among them. Cognosis also aims to represent the interests of all Romanian psychology students and to provide means for their professional and personal development.

Cognosis represents the Romanian Federation of Psychology Students' Organisations and it comprises 6 local students organisations as active members:

- ASPSE from Bucharest
- ASPS from Sibiu
- ASPP from Iași
- ASPR from Cluj-Napoca
- ASPST from Timișoara
- ASPO from Oradea.

What are your MOs values?

Friendship, unity and professionalism.





What is the organisational structure of your MO?

As a national federation, our general Assembly is composed of 5 delegates from each of our 6 member organisations. The executive body is represented by the positions within the board of management: President, Vice President, Secretary General, Project Manager, Member Representative in EFPSA, PR Coordinator, Organisational Development Coordinator and Fundraising Coordinator. The last four of the BM members also have committees of volunteers to support them in their duties. For each mandate, Cognosis organises 6 events for which separate coordinators and organising committees are elected.

What are you most proud of concerning your MO?

Speaking of values, the thing I am most proud of regarding my MO could make for a pretty good one. As I try to comprise the past few years, there's one word to describe the very essence of Cognosis: fortitude. Just like EFPSA's value and despite not explicitly displaying it as one of its own, our MO survived through some challenges, fixed past mistakes and took on new daring and exciting paths and all of that happened in a surprisingly short period of time. I am proud of our determination and stubbornness to not give up when things get uncomfortable.

Turkey

Tell us a bit about yourself.

Hello everyone, I am Kaan from EFPSA Turkey. First, despite the hard year we had, I wish you all the best in 2021. I am a third-year psychology and philosophy double major student at Bogazici University, Istanbul. I am one of the Vice-MRs of Turkey and it is my second interaction with EFPSA, before this responsibility I found a chance to be a volunteer of Better Together Campaign, which is also a memorable experience for me.



Aydın Kaan Şenel
21 Years

Why did you decide to become a vice-MR?

I decided to become a Vice-MR because in Turkey there is a tremendous interest for self-improvement among psychology students and EFPSA is one of the most structured and friendly places where you can find a lot of opportunities for self-improvement. As I believe that EFPSA offers not only a wide range of academic stuff that are enlightening for students but also serves as a colourful student network among psychology students in Europe, I wanted to take the role of connecting EFPSA and psychology students in Turkey with each other.

Why are MRs important? What is your vision of the role?

I think the biggest role for an MR is to help to overcome prejudices and fears towards having responsibility within an international organisation. Many students may have doubts about their competencies when it comes to working internationally but I believe MRs play an important role in positively changing such cognitions. Plus, thanks to MRs, many countries find a chance to experience the spirit and culture of many countries by participating in exchanges, attending EFPSA events etc. Our main vision is to let people know of every EFPSA event which provides a large spectrum where they can find something meaningful to them.

Türk Psikoloji Öğrencileri Çalışma Grubu

What can EFPSA learn from your MO & vice versa?

Although the structure and working process of EFPSA and TPÖÇG are quite similar, there are still many things that both sides can learn from each other. To say one thing, if you want to have a position within TPÖÇG there are two main seasons you can apply in: spring and fall, in EFPSA however, you can apply for a position only during the spring period (except for in-term opening positions). I think it might be a good idea if EFPSA also has two main periods for applications. TPÖÇG learned and still has been learning a lot from EFPSA especially by adopting EFPSA events and services to its structure. For example, we already adopted TtT and RP which provided a lot of contributions to our MO.

Tell us something about your MO.

What I love most about our MO is that one can easily find a role that is related to their talents, abilities, and interests. For example, if a student is interested in taking photos or making videos s/he can apply for the media team if a student is interested in writing s/he can apply for the blog team, if a student is interested in organising events, or hosting academic events, or initiating social responsibility activities there are many teams where they can actualise their interest. According to my observations, this great characteristic of TPÖÇG is also valid for EFPSA, too.



Portugal

Why did you decide to become an MR?

I did so because I wanted to make EFPSA flourish in Portugal again, make its opportunities known and valued by all psychology students across the country. I also really wanted to help strengthen the connection between EFPSA and my MO, making that relationship as valuable as possible. And finally, at a more personal level, I wanted to try to challenge myself and overcome certain fears.

In what ways would you like to see EFPSA grow as a community?

This mandate's atypical experience showed that it is truly essential for us to connect amongst each other, so I'd love for us to get more involved in that component: Going back to in-person events (once it's safe) and focusing on building that sense of unity, but also learning from our online journey and applying some of those experiences along with the next mandates. A combination of both would build and maintain a great EFPSA spirit and atmosphere!



Rosário Ferreira

23 Years

Associação Nacional Estudantes Psicologia

What is the organisational structure of your MO?

Its work is divided amongst five departments (that together form the Board) with several team members and a coordinator each: Political Action, Health and Community Intervention, Training and Development, Strategic and International Relations and Board of Management. We also have two small teams that work in parallel: the Fiscal Council and the General Assembly Table.

What are you most proud of concerning your MO?

Its resilience. It has grown so much in the last years, even through difficult circumstances. So much hard work and good will went into it, and we've been seeing a wonderful evolution.



Finland

Why did you decide to become an MR?

I decided to become an MR because I am interested in internationality, different cultures and meeting new people. I was also interested in experiencing the EFPSA spirit I had heard so much about and being part of an international community working on things at the European level.



Heidi Iik

Why are MRs important? What is your vision of the role?

I think MR's are important because we are representing our organisations and countries in EFPSA. MRs make sure that every country is represented equally and we can bring new views and practices to EFPSA. MRs also bring EFPSA closer to the students in their own countries and make sure that MO's are aware of things happening in EFPSA.

Suomen Psykologia Nopiskelijain Liitto

Tell us something about your MO.

My MO is called Suomen Psykologian Opiskelijain Liitto SPOL, Finnish Psychology Students' Association in English. SPOL was established in 1968. All the LO's in Finland are part of our MO, so by joining the organisation in the university, individual students can also participate in activities organised by SPOL. Almost all the students join their local organisation, so we have up to 1300 student members.



What are your MOs values?

SPOL has four values. Community between people studying in different cities; we want to offer opportunities for networking and making new friends. The interest of psychology students; one of the most important missions of our MO is to promote the interest of psychology students in Finland. The well-being of students; but it also has a larger impact on well-being in society. And lastly, equality; all of the students should have an equal opportunity to participate in activities and feel safe in the events of our MO.

What is the organisational structure of your MO?

Because our MO is supposed to represent all the psychology students in Finland, every local organisation sends two members to the SPOL board. That is how SPOL can be aware of what is happening in every university and every LO gets information on what is happening in SPOL. On the board, there are 12 positions that are divided among the people who have been applying to the Board. These are president, vice-president, finance officer, secretary, two events officers, marketing officer, MR and vice-MR, business cooperation responsible, education politics responsible and internationally responsible. Next year we are trying out to launch an event team, which is open for every student who is interested in organising events.



Eva Lörincová

22 Years

Slovak Republic

Tell us a bit about yourself.

A psychology student, Esther Perel enthusiast, professional daydreamer

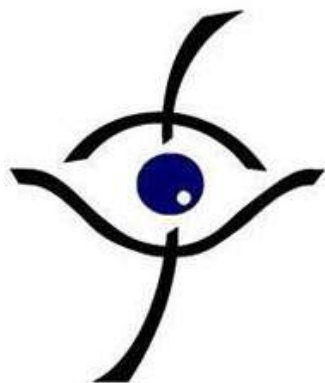
Why did you decide to become an MR?

Joining the EFPSA Community as a Member Representative was a challenge at first, but overcoming the hurdles, it is quite an amazing experience and also an opportunity to take a look at Member Organisations from other countries, how they work, what they do. I believe we inspire one another to grow and push our limits.

In what ways would you like to see EFPSA grow as a community?

I would like to see the growth in a way of availability. Let me explain – EFPSA can be looked upon as an organisation that is exclusive, hard-to-get-in. It is in our best interest, to communicate those misconceptions about it. To highlight its openness, friendly atmosphere and supportive environment in daily conversations with our peers.

Slovenská Asociácia Študentov a Absolventov Psychológie



SAŠAP

Slovenská asociácia študentov
a absolventov psychológie

What can EFPSA learn from your MO and vice versa?

I think that my MO has a great president this mandate, she makes things work effectively, doesn't overthink details – this can in many cases cause problems and delays, she is also very pragmatic and conscientious. I think anybody can learn from her.

What we can learn from EFPSA is not something easy, I would even say it is something you are born with and that is passion, thinking outside the box.

What are your MOs values?

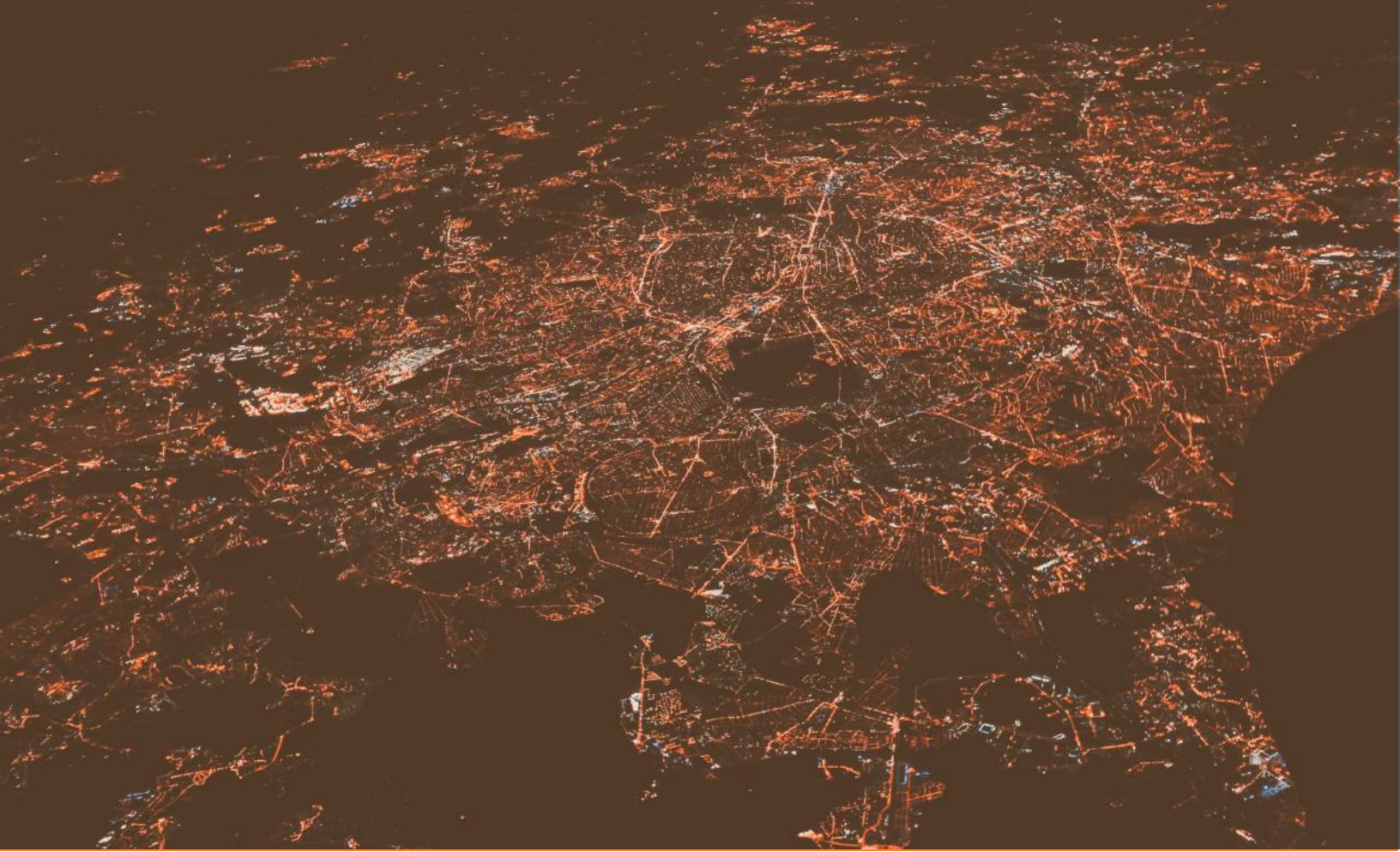
In my opinion, this is slightly influenced by people that are in control. Everybody gives a piece of themselves to the MO when they are involved, and it shows. Right now, the essential values are professionalism, ethics, transparency.





Let's talk about Values!

For they have always been what connects us and will forever remain what guides us.



Association

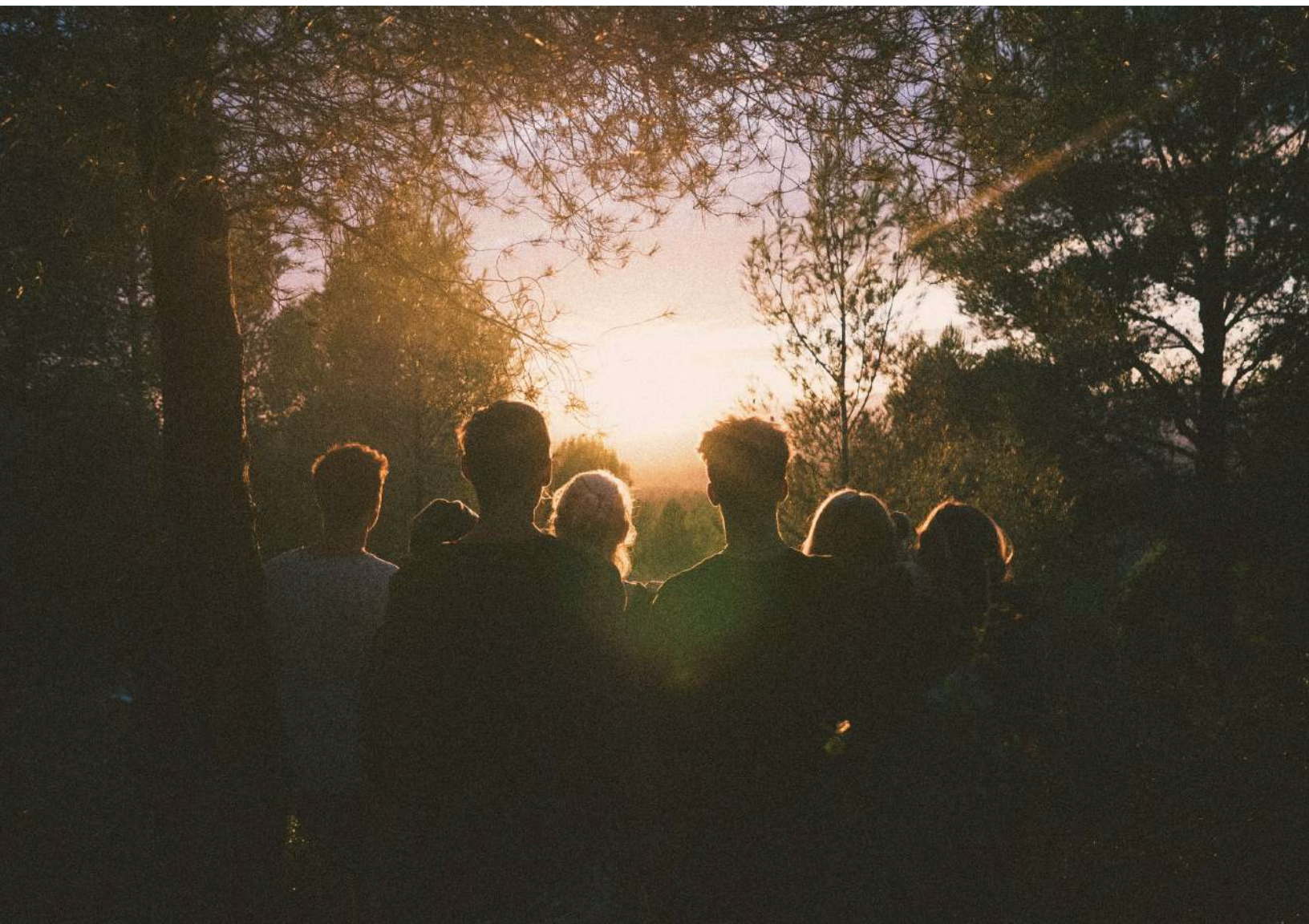
As an organisation, to be connected both internally and externally, within the EFPSA working community and with organisations who share a similar mission and values.

This value highlights the **nested nature of groups and individuals**. As an individual, you are part of multiple groups at once. Many of these groups are in turn part of bigger groups of groups, which themselves are gathered with others under the banner of a supergroup. Let me illustrate what I mean using the example of an average MR of EFPSA:

She is embedded in the local academic community of the university she is studying at. Here she became a member of the local MO that represents psychology students from universities all over her country of residence. As MR she became part of EFPSA, an organisation uniting local MOs from all over Europe, representing psychology students from a lot of different countries. Within EFPSA she is both part of the subgroup of MRs and the whole working community, not to mention the extended community. As the value of the Association prescribes, she is also building connections with external organisations. Finally, the internalisation of this value promotes in her a feeling of kinship with the human, and perhaps even animal, the population of the entire earth.

Like that we weave a net of connections, spreading eros over the world, with the aim of leaving no one alone. This process can be expanded macroscopically until the group you identify with contains the whole universe, all living and nonliving structures on all planets in all the galaxies, and even at all times. In the same way, we can move in the other direction, until we realise that we as individuals are nothing but a group of cooperating organs, which are groups of cells, which are groups of molecules, which are groups of atoms, which are... you get the point. We always have countless groups to choose from. And there is not any group that does not have values that you share. Everything is made from the same stuff; everything fundamentally follows the same principles. Yet too often we are blind to this fact, we emphasise the group membership that differentiates us from others, because we want to stand out and because an identity that is shared by everyone just is not salient, not special enough.

The value of Association can help bring awareness to what connects us to others, promotes internal and external integration, expands the weave and can ultimately help us to find meaning in commonality, harmony and unity instead of superiority, strife and difference.





Psychology Portrait

Dr. Zimbardo's Stanford Prison Experiment – it's ideas and implications in context.



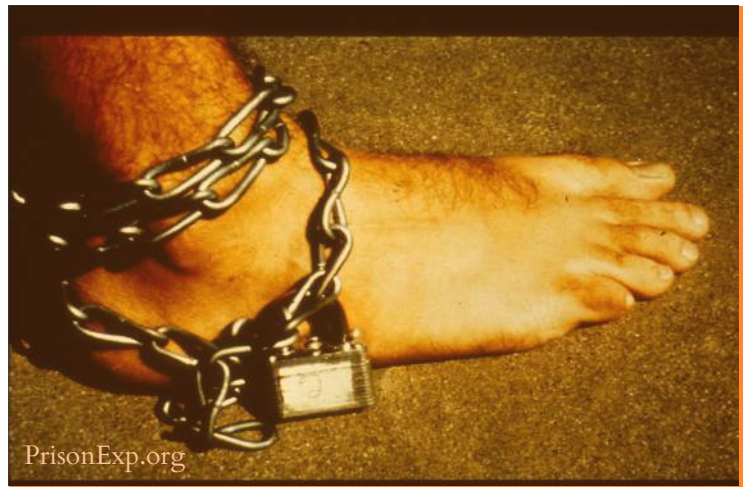
PrisonExp.org

Stanford Prison Experiment

I know what you all must be thinking: Not this again.

By now, everyone has heard about the Stanford Prison Experiment, especially us psychology students. Even though the study has come under heavy criticism for failing to meet both ethical and scientific standards, it is part of almost every introductory psychology curriculum and its message has found its way even into the wider popular culture and is widely accepted. But whether you side with Zimbardo's original conclusion, that situational factors determine our behaviour, or with the critics who invalidate it, I believe there is more to say. Even if I fail to convince you of this, the story of the Stanford Prison Experiment is a twisted tale about the depths of human behaviour and the dangerous and disorienting blending of illusion and reality that starkly illustrates the shadow side of collectives and is as relevant today as it ever has been. It is shocking, entertaining and illuminating, and a piece of psychology history that is worth refreshing in your mind.

The story begins on August 17, 1971. Students that responded to the newspaper advertisement about a psychological experiment about prisons are picked up from their home and arrested by real cops. They get their pictures and fingerprints taken before being blindfolded and transported to a secure location. What once were laboratory rooms in the basement of the Stanford University have been meticulously transformed into a prison hallway, complete with sparsely furnished cells, bars and locked iron doors. The fate of being prisoners that was awaiting the students here was decided by a coinflip – the luckier ones were assigned to be their guards. All participants were healthy, white, middle-class, male college students. After the prisoner's mildly shocking arrest by the city police, they were stripped naked and put in a dress that bears the number they will henceforth exclusively be addressed as. Around their foot was put a chain and on their heads a hairnet, to further rob them of individuality.



It should be clear that what we were trying to do was to create a functional simulation of a prison environment, not a literal one. [...] The chain on their foot, which is also uncommon in most prisons, was used in order that the prisoner always was aware of the oppressiveness of his environment. So even when a prisoner was asleep, he could not escape the atmosphere of oppression. When a prisoner turned over, the chain would hit his other foot, waking him up and reminding him that he was still in prison, unable to escape even in his dreams.



Meanwhile, the guards were dressed in identical khaki uniforms with a baton borrowed from the police, a whistle around their neck and special sunglasses, and were given offices. In very different ways, the students in both groups were stripped of their personal individual identity and instead clothed in the uniform identity and anonymity provided by the group they belonged to. This symbolically invited them to similarly shed their own personal values and sense of morality, and to instead conform to those of the group.

The experiment was now ready to begin, with nine guards and nine prisoners in the jail. Three guards worked each of three eight-hour shifts and three prisoners occupied each of the three cells. To the guards, it was made clear that they have complete power over the prisoners, that they must keep them under control. To accomplish this, they were free to use any methods, short of physical violence. The first day passed without incident. Everyone was still testing out their new roles, not taking everything too seriously. But then things started happening quickly. On the morning of the second day, the prisoners started a revolution, barricading themselves in their cells using their beds, refusing cooperation and taunting the guards. The guards were upset and decided to treat force with force. They called in reinforcements, sprayed the prisoners with fire-extinguishers, broke into their cells, stripped them naked, removed their beds and put the leaders of the rebellion into solitary confinement.

It is at this point, where we can start to see reality and illusion becoming entangled and people involved in the study losing track of which is which. This trend continues throughout the rest of the experiment in increasing intensity.



The guards, through this incident, have now become a coherent and unified group with clear agendas and adversaries. While nine guards with clubs were able to quell a rebellion by nine prisoners, the prison budget obviously cannot afford such a ratio of staff to inmates. So, the guards resorted to psychological tactics, methodically breaking down the solidarity among the prisoners by giving the three prisoners least involved in the rebellion a privileged cell, where they enjoyed special food, while the others were denied any at all. They were given back their uniforms and beds and were allowed to wash, while the others watched in contempt. Then, unexpectedly, the cell privileges were switched, with some “bad prisoners” now in the good cells and vice versa. This successfully created confusion and suspicion among the prisoners, leaving them alone and defeated. And so, the prisoners too adopted their group identity.

Not much later, the first prisoner had to be released – less than 36 hours after the beginning of the experiment. The way this happened starts to shed light on how the researchers are falling prey to their own illusion too.



Quote from Zimbardo:

"Prisoner #8612 was suffering from acute emotional disturbance, disorganised thinking, uncontrollable crying, screaming and rage. In spite of all of this, we had already come to think so much like prison authorities that we thought he was fooling, so to say, trying to "con" us. It took quite a while before we could be convinced that he was really suffering, and then we released him."

When friends and family of the prisoners arrived on visitor's day, they were swiftly entangled in the growing alternative reality too – diffusing the boundaries between truth and deception even further:

They had to register, were made to wait half an hour, were told that only two visitors could see any one prisoner, the total visiting time was cut to only ten minutes, they had to be under the surveillance of a guard, and before any parents could enter the visiting area, they had to discuss their son's case with the warden. Of course, they complained about these arbitrary rules, but remarkably, they did nothing but comply to them. And so they, too, became part of the prison drama we were playing. [...] When I said to one mother, 'What's the matter with your boy? Doesn't he sleep well?' this complaining mother said, 'I'm sorry; I don't want to make any trouble, but he seems so tired.' She was reacting to the authority that I was unconsciously becoming as superintendent of the Stanford County Jail.

At one point the insanity that Zimbardo and his team had unleashed on everyone involved climaxed in an absurd extreme when the rumour of a planned prison break had the researchers dismantle their pretend-jail and bring the prisoners blindfolded to a storage room on the 5th floor after the Police Department denied Zimbardo's request to temporarily move the prisoners into real jail. Instead of conspirators planning to break into fake-prison, the only person that showed up was a colleague of Zimbardo's with the intention of checking out the experiment, triggering the following exchange:

"Say, what's the independent variable in this study?" To my surprise, I got really angry at him. Here I had a prison break on my hands. The security of my men and the stability of my prison was at stake and I have to contend with this bleeding-heart, liberal, academic, effete dingdong whose only concern was for a ridiculous thing like an independent variable. The next thing he'd be asking me about was rehabilitation programs, the dummy. It wasn't until some time later that I realized how far into the experiment I was at that point.



To list all the moments from the experiment that most people would agree on calling shocking, horrifying or incredible would exceed the scope of this text (though I recommend reading up about them on the internet), so let us skip ahead to the events leading up to that later time Zimbardo was alluding to in the above quotation – the parole hearing.

Just like in a real jail, the prisoners were made to file an appeal for a parole hearing, where they could bring forth reasons why they should be let out. The parole board asked the prisoners if they would give up all the money they had earned so far to be paroled. Almost all of them said yes. When they were afterwards told to return to their cells while their requests were considered, all of them calmly complied. Even though their contract and the real nature of their stay was made salient to them, they did not protest, did not stand up to demand their release because they are forfeiting the experiment. Their sense of reality had been transformed. They did not have the courage to choose to leave the experiment, because it was not an experiment to them anymore.

The moment when Zimbardo realised the same had been true for him occurred when, upon the request of parents, a lawyer arrived at the site to interview the prisoners, looking for legal ground to get them out. This finally opened his eyes and he called the whole thing off. What was planned to be a 14-day experiment, lasted for only six. Multiple prisoners had already been released by then. Four because of emotional breakdowns, one because he developed a psychosomatic rash.

It may seem now, that what I have done so far is to effectively illustrate why the Stanford Prison Experiment deserves all the criticism it got and more, that Zimbardo is either insane or Satan, and that we should not continue to give his work and thought such overwhelming credit and attention. We do not even have to begin listing the ethical problems with this study. What happened in that university basement bordered on illegal imprisonment, emotional or physical abuse on more than one occasion. The participants were deceived, lied to, pressured and threatened. But ethical problems are not problematic because they interfere with scientific insight. The real dilemma is in fact that the opposite is often true. On scientific grounds the Stanford Prison Experiment was mainly criticised for the existence of strong demand characteristics: Zimbardo and the researchers told the guards explicitly as well as implicitly what kind of behaviour they wanted from them.

“The guards have to know that every guard is going to be what we call a tough guard. And so far...” “I’m not too tough.” “Yeah, well, you have to kind of try to get it in you. Whether or not we can make this thing seem like a prison, which is the aim of the thing, depends largely on the guard’s behaviour.”

The guards were never let to believe they are part of the experiments. They were led to believe that their role was to create the right conditions for the prisoners. They were running little experiments of their own, constantly trying to ramp things up. But why did they do it?

Quote by Dave Eshleman, one of the most infamous guards:

Two reasons, I think. One was because I really believed I was helping the researchers with some better understanding of human behaviour. On the other hand, it was personally interesting to me. I cannot say that I did not, you know, enjoy what I was doing. Maybe, you know, having so much power over these poor defenceless prisoners, you know, maybe, you know, you kinda get off on that a little bit?





All this being said, the guards still readily submitted to authority, not having the necessary moral courage to exercise their own free volition. They were convinced their actions were for a “good cause”, and this belief efficiently erased their sensitivity and concern for others. And it freed deeply buried aspects of themselves, that are usually restrained by societal conventions, to come bubbling to the surface. The same can be said about Zimbardo. His motivation was set before the experiment even began. He wanted to demonstrate how inhumane prisons are and bring about reform. Protected by the belief of doing the right thing and legitimised by his role in society as professor of psychology, he did not think twice before creating something that all of us today identify as a horrible nightmare.

Despite, and sometimes helped by, all of its problems, the Stanford Prison Experiment, in my opinion, demonstrates with shocking clarity **the consensual nature of our reality**. What we hold as real depends to a large extent on what is socially agreed upon. Even if we feel some part deep inside of us disagree, our doubts are quickly silenced by our own feeling of unimportance. Why should we be right, when everyone else agrees on disagreeing with us? And so, we accept the reality we are presented with.

The conclusion to draw here is by no means that we, as individuals, are not to be held accountable for the reprehensible actions we do. Conversely, I see it is an appeal to the ultimate responsibility that each and every one of us has, to stand up for what they believe is right and not unthinkingly follow the dictates of the situation, the system or the authorities. It forces us to consider the dangerous aspects of collective organisation, to always be mindful of potential pathologies in the system, to ask ourselves the question: Where does role end and identity begin?

In highlighting the universal human susceptibility to external, situational and social factors, it saliently illustrates that the old biblical doctrine that there are “good” and “bad” people is wrong. That instead, the line between good and evil goes right through the heart of every one of us and that we all must choose to do the right thing, again and again, no matter what the circumstances are. The Stanford Prison Experiment does not absolve us from guilt, sin and responsibility. It opens our eyes to our weaknesses and to the responsibility we have in avoiding them. If you do bad things, it is still you to blame, not the situation. But knowing the strength of situations, we can remind ourselves to question the mass, develop our individual morality and strengthen our courage to speak up.



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

$$\alpha = \frac{\hbar^2}{ec}$$



Feuilleton

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

Community and Tribalism through the Ages

The story of community begins far back in time when our ancestors gathered in a tribe for the first time. They began to cooperate and communicate to become stronger and understand each other. They started telling stories about themselves and their gods, giving them identity and a place in the cosmos. Back then, the world was larger than their imagination could conceive. It filled the entire universe, was its centre and focal point. Since then, their thought and technology have kept evolving, and with everything they learned and achieved, the world grew smaller, but the universe larger. As they explored more of the earth, they encountered more and more other humans. They started forming larger collectives; their local gods became more universal. They founded empires and glorious civilisations, the bigger the groups became, the more they cooperated and the greater were their achievements and discoveries. The stories they told themselves explained the entire universe and placed them in the middle of it. But everyone needed their god to be the most glorious, the only true one and wanted everyone to see the truth and join them. Many died and countless more suffered to settle the disputes of gods. But then, remarkably, they managed to kill God. It was as if they awoke from a dream and veils were lifted from their eyes. They started uncovering the mysteries of the universe through careful scientific observation. One phenomenon after another was transformed from a divine, unexplainable miracle into a logical consequence of the laws of nature. It seemed to them the objective truth behind the nature of reality was within their reach, and again they wanted everyone to see it and join them. They proved their point, when not with the pen, then with the sword. Progress skyrocketed, technologies improved exponentially, the world became more and more connected as Science swept the planet.



Now the world is a tiny speck, lost and meaningless in the vastness of the infinity of space. And we are still the same monkeys gathering in tribes that fight each other. Where is the global village of unified humanity? Where is the knowledge that unites us? What went wrong? I think two interconnected problems may help us understand our current state:

1) *The World* may be smaller, but *our* world is much bigger.



With our technological and scientific progress, we have made the world our own. We invented ever faster modes of transportation, from horses and pigeons to cars and airplanes. Electricity gave rise to the communication technologies that culminated in the Internet, allowing light-speed transmission of information all over the globe. The digital technologies have permeated every aspect of society, as well as our private lives, giving us constant access to the ceaseless flux of information, and constant connection to every person and place in the world. These technological breakthroughs have of course shaped our culture and worldview. All barriers are being removed. The societies of the world have never been as progressive, pluralistic and liberal, as they are today. That means our choice of groups is no longer as determined by the place, time and circumstance of our birth as it has been for most of history. It is an actual choice now. Finally, we could choose to form a global village, to understand and feel connected to every human on the planet, to formulate a fundamental common ground that we can all agree on. While this sounds wonderful, incorporating all the idiosyncrasies and variety of the world into our group overwhelms us.



We cannot handle so much complexity, which is in some sense why we form and join groups in the first place. To reduce the complexity of the world and the people around us threaten us with. When we can trust others and know what they are about, we know how to act and what to think. Maybe even more importantly, we know who we are and what our purpose is. It is thus understandable that we are desperately looking for groups to attach too. But the groups that are most effective at reducing complexity and giving identity and purpose are those that only include people with homogeneous and relatable characteristics, while excluding everyone else as a homogenised, dehumanised out-group. In other words, the opposite of a global village. The immense amount of options to choose from also makes it understandable that a highly individualistic society like ours finds it hard to agree on something. Especially when the individuality of their members is exploited and artificially potentiated through individualised information supply by our friends and protectors, the social media companies.

2) The Science that killed our God could not replace it.

When science replaced religion as the dominant way we make sense of the world around us, it was a revelation. Finally, free from the illusion! No longer are we subject to our Gods; no longer do we have to kill each other in their name! Now we can think for ourselves, now we can find out the Truth, and all shall be united under it! But the dream of the one truth behind reality burst before it could convince everyone and unite us. Our scientific inquiry that was supposed to uncover the mysteries of reality has instead revealed the dimensions of complexity that make it elude any absolute universal statements. Advancement in various fields in recent decades showed us how our sense of reality is relative, participatory and self-referential. Postmodernism revealed it as a product of our discourse and an expression of power. It is the nail in the coffin of universal narratives. Those who were never convinced keep insisting that religion was more than illusion and stick to their scriptures. And many others are starting to feel it too. Has it not grown colder? We have disenchanted our universe, everything around us is dead, infinite and purposeless, earth and humanity nothing but an improbable outlier without any meaning. We want there to be more, but many cannot bring themselves to believe. Too silly seems the thought. And so, we keep arguing and fighting about the meaning of our relative reality.

Upcoming Highlights

You better not miss these!



january
2021

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Congress 2021

The 35th EFPSA Congress will be hosted by the Netherlands Org Com. Due to the coronavirus, the Congress of 2021 will be held and will be the first Virtual EFPSA Congress with a full scientific and social programme! It is a 5-day event from the 20th till the 24th of April.



The theme of the 2021 Congress is: ‘The Paradox of an Open Mind – Cycling through Controversies’. With this theme, we are taking up the challenge to initiate discussions and empowering you to let yourself think differently. For example, Zohra Lkasbi is one of the lecturers who will speak at our Congress and will explain the treatment of juvenile sex offenders. Also, Kees van der Boss will give a lecture and will focus on the issue of why people radicalise. But there will be many more great speakers coming to give lectures at the Congress! In short, it will be an exciting event full of lectures, workshops, but also other fun activities. We hope you are joining us on this virtual journey through the world of controversies.

The applications have opened!

So, [check them out](#) and make sure to follow us on Instagram and Facebook.

[Link to Instagram](#)

[Link to Facebook](#)

Conference 2021

In this year's Conference, we aim to go deep in the field of Community Psychology under the motto of breaking walls and building bridges. This symbolises our desire to give a voice to those who lack one, who are more vulnerable and have been put apart from our societies. We propose to make a stand and, through an innovative, creative, multicultural, and forward-looking scientific programme, encourage Psychology students across Europe to make a difference - and, who knows, change a bit of the world. All of this will happen at the end of November of 2021 in Europe's Leading Destination 2020 - Portugal (the amazing city that will host the Conference is yet to be revealed)!

- Carolina Garraio (Coordinator of Conference 2021)



Research Summer School 2021

The past decade has been marked by an increased awareness of the importance of mental health in our everyday lives. This awareness in return has contributed to the increased necessity for mental health services that are currently beyond the reach of any healthcare system. Researchers in the field of mental health and public health have been identifying the most sustainable systems that would be accessible and practical to a wide population. One of the most prominent approaches is the development of E-mental Health practices. Furthermore, by researching or developing E-Mental Health practices, we can assist policymakers to develop adequate policies to positively benefit society, as a whole.

As a student organisation, we see the potential and necessity to guide research practices towards issues that are relevant and that require our attention as psychologists. This is why the topic of this Research Summer School is E-Mental Health.



15th EFPSA Research Summer School



E-MENTAL HEALTH:

Changing perspectives towards implementation strategies



12th - 19th July 2021



If you are interested in leading a group of researchers, and are currently a PhD or PostDoc researcher in psychology, then check out our application for Supervisors [here](#).

If you want to apply as a participant, keep an eye on our [Facebook page](#) and our website (efpsa.org) to find out when the applications will open.

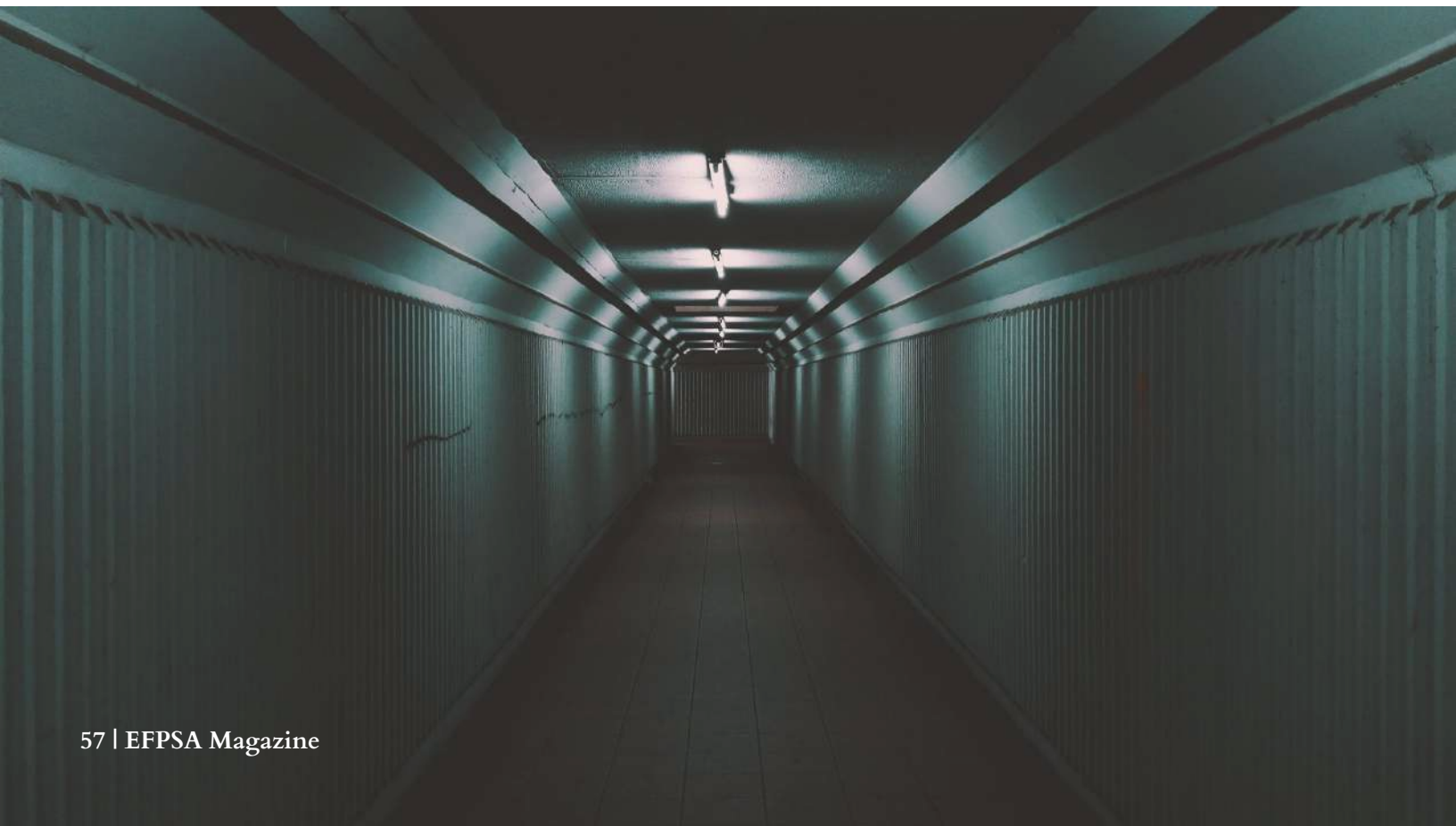
Become a part of the Mental Escape Project

The Mental ESCAPE Project is an Erasmus+ funded international project consisting of the associates Waldritter, Learning Designers, RUSIHAK, EFQuBL, APICE and EFPSA. Mental ESCAPE (Engaging Society with Critical Awareness for Prevention and Empowerment) will create escape rooms (2 pop-ups and at least one digital) as experiential educational tools on the topic of mental health issues such as addiction and depression. The project aims to raise awareness on the issues of addiction and depression, approach sensitivity and empathy on mental health in society, and build the capacity of youth workers on the use of experiential learning processes and gamification of youth empowerment. Our involvement in this project would be in the form of a research collaboration, where we would provide our expertise on the topic of mental health in order to develop the Escape rooms.

We are looking for one Coordinator and two Project Researchers that have a well-developed interest in the topic of Mental Health and research surrounding the topics of youth depression and gambling dependency.

These individuals will be active in their roles for three years, therefore we are looking for individuals ready to commit to an interesting and creative project.

Check out our call on efpsa.org for more information and application.





Creative Corner

The 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, everyone and everything is welcome!

HAIKUS

Hope

*Trying to relax
after twelve maddening months
vaccines, please do work*

Awake

*where should I go next
left or right just not feel good
all my thoughts seem dark*

Empathy

*let me dance today
give me something to smile about
you will tomorrow*

Johann Börner

Duality

We want each other / we need each other

We have each other / we own each other

We watch each other / we ask each other

We help each other / we con each other

We back each other / we play each other

We hurt each other / we heal each other

We trust each other / betray each other

We face each other / we fear each other

We move each other / we mark each other

We feel each other / we taste each other

We bite each other / we scar each other

We hug each other / we each other

We kiss each other / we kill each other

We love each other and hate each other

Leon Schack

Thank you for reading



EFPSA Magazine

Brought to you by:



Leon Schuck
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Layout / Design

I want to express my gratitude to everyone that is part of this lovely community. You all are the reason we can have this Magazine, not to mention all the beautiful things it tells about. Special thanks go out to Max, Katja and the rest of the Board, the Content Review girls, and the Member Representatives that have contributed to this issue.

Contact me: If you have any feedback, thoughts or ideas! I would love to hear your opinion and work on making this Magazine even better. You can also write a letter to the editor. Be it a complaint, a question, or anything else, I will reply and, with your permission, the letters will get printed in a new section in the next Issue!

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