



To Dah Loo

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IN COOPERATION WITH THE STUDENT COUNCIL



Especially made for
UvA science students

March 2022



Dear students,

As you may have noticed on our social media, the student council is busy looking for its successors. I already hear you thinking "I'm sure the student council does important things but it's not for me." Of course, it has been difficult for us to show our faces at fun events this year, but that does not mean the council is not fun! As a member of the council you meet a lot of new people at the faculty. Next to the more serious work the council does, there are a lot of bonding activities with the twelve-membered team. Besides this, you're also working to improve the studying life of yourself and your fellow students at the faculty.

So how does the council improve things exactly? The student council has a say in the OER, which contains all the rules about your courses and exams. The council's committees deal with a variety of issues, ranging from mental health and diversity to the digitalization of education and the BSA. In this way you will work on things that directly affect you as a student. Are you curious about what the student council does and how you can become a member in next year's council? Then join our Q&A event on the 8th of April, come have a chat with us at our room (B0.112), and keep your eyes on our social media (@studentenraad_fnwi_uva). We hope to see you soon!

Kind regards,
Daan Jellema and Koen Oostinga
The Faculty Student Council FNWI 21/22

More information? Send an email to
fnwi@studentenraad.nl or go to studentenraad.nl/fnwi

Student Mathijs about his sleep research

Mathijs Bergers is following the master track 'Cognitive Neurobiology & Clinical Neurophysiology'. He just finished a literature research on whether it is possible to learn during sleep.

Mathijs, why are you interested in this topic?
I have always been interested in sleep particular. It seems like you do very little while sleeping, but at the same time many essential processes regarding mental and physical health take place. For this literature study the 'Sleep And Memory Lab' in Nijmegen was interested in my request. They had just finished a study that indicated learning during sleep is possible. They wanted a historical review on that subject.

What do you think is an interesting study from your historic review?
One study applied classical



Mathijs Bergers

conditioning during sleep, where a pleasant and a unpleasant odor were coupled to different tones during sleep. Pleasant odors naturally evoke a greater sniff response compared to unpleasant odors. After waking up, by presenting the tone that was coupled to the pleasant odor during sleep, indeed a greater sniff response was observed, indicating successful conditioning.

Do you have any tips for others interested in this topic?

A reading tip is the book 'Why We Sleep' by Matthew Walker. He is a sleep researcher that emphasizes the importance of sleep by explaining the underlying mechanisms. A nice podcast is that of 'Sleep Science Podcast', episode 5 of season 1 'Learning in Your Sleep

Applications for the ACE incubation program are open!

Take your innovative business idea to the market with ACE! This programme (May 2, 2022 - July 6, 2022) offers you training, support, and access to an extensive network. The application deadline is April 3.



The first part of student.uva.nl received a makeover

Soon, there will be an easier and quicker way to find the right information related to your study programme, all in one place. A small section of

our website has been given a completely new structure. The rest of the website will be remodelled the same way, around the beginning of next semester.



PODCAST



Podcast about gender bias and science (Dutch spoken)

Listen to UvA Science lecturer Mieke de Roo and science students Cile van Marken and Simone Flipse about their interactive audio artwork 'The Noise Gap' that is coming to Science Park soon. The goal with 'The Noise Gap' is to create more awareness and start the conversation. Do you want to contribute to this artwork? Send an email to TheNoiseGap@gmail.com.

Spotted: vegan coffee machines at Science Park



Do you want coffee with oat milk or cow's milk? The vegan coffee machines from Oat of this World are located next to the regular

coffee machines. All of our vegan coffees are gluten-free and suitable for people with a cow's milk allergy or intolerance.



15 March
15-16h



Curious about all the results of the New Year's survey from the student council?

