

Skills III: Communication



IPN/PSY 1133

June 13th, 14th and 15th 2018

Welcome to Psychological Perspectives!

On June 13th, 14th and 15th, you will participate in a conference about your future perspectives as a Psychology graduate – in the broadest sense of the word. Psychological Perspectives consists of several parts, including:

- Workshops on professional skills, delivered by professional psychologists who are mostly FPN alumni
- Talks by PhD-students about careers in science
- A Science Fair demonstrating FPN research topics and methods
- Video, Graphic Slides, and Wiki presentations, the fruits of your hard labour!

The workshop rounds: The full program of the conference is presented in this booklet. While part of the conference program is fixed, you can choose which workshops you would like to attend on Thursday (rounds 1-2-3, workshops A-Q) and Friday (rounds 4-5, workshops R-E1). Please note that some workshops have a large capacity and/or are provided repeatedly in several time slots. However, some of the workshops will have a limited capacity due to space limitations or the nature of the workshop.

Conference registration: You will be able to register for the workshops of your choice on a first come, first serve basis. Registration opens on Wednesday June 13th at 12.00. In case a workshop of your choice is full, you will have to choose another one. You are required to attend a workshop during each of the five time slots available. All the other elements are mandatory as well. We as a team are very proud of this program, with professionals – mostly FPN alumni! – from such diverse working fields, all travelling here to provide you with these nice workshops. We hope you will enjoy the conference, and that you will get something out of it that might help you to plan your own future.

Enjoy, and be inspired!

The Skills III team: Irma Kokx, Arie van der Lugt, Eline Primowees, Philippe Nelissen, Aimee Coenen, Loes Kessels & Fleurie Nievelstein

Skills III - Psychological Perspectives

Wednesday June 13th

16.00 – 16.15 Lecture Hall UNSns40-0.647
(Maastrichtzaal)

Conference opening Arie van der Lugt

16.15 – 17.30 Lecture Hall UNS40-0.647 (Maastrichtzaal)

Plenary lecture David Bernstein

Psychological Perspectives: Student Conference - Skills III

Thursday June 14th

09.45 – 10.45 (Rooms below)

Workshop Round 1. A – R (see page 6 – 19)

11.00 – 12.00 (Rooms below)

Workshop Round 2. A – R (see page 6 – 19)

12.00 – 13.00 Lunchbreak

13.00 – 14.00 (Rooms below)

Workshop Round 3. A – R (see page 6 - 19)

14.15 – 16.30 (UNS40 Bo.647)

MediaForum

Workshops

All workshops are available in all three rounds, unless otherwise indicated

<p>Workshop A <i>Prison Yoga</i> Kim van Oorsouw Max. 40 UM Sports Exercise room o.101 *Only round 1</p>	<p>Workshop B <i>Time Management</i> Susanne Maris Max. 60 UNS50 H1.331 **In Round1, AND 4 & 5 (Friday!)</p>	<p>Workshop C <i>Sexuality, a Broad New Perspective</i> Marieke DeWitte Max. 70 UNS40 Bo.673 **Only Rounds 2&3!</p>	<p>Workshop D <i>Let's Talk Science</i> Job van den Hurk Max. 20 UNS40 A4.764 *Only Rounds 2 & 3</p>	<p>Workshop E <i>Exploring Work Opportunities in Scottish Social Care</i> Georgios Mamolis Max. 20 UNS40 A4.770</p>	<p>Workshop F <i>Improve Your Presentations!</i> Gjalt-Jorn Peters Max. 16 UNS40 A4.772</p>
<p>Workshop G <i>Determine Your Own Career Path</i> Stefan Jongen & Jaro Pichel Max. 20 UNS40 A4.778</p>	<p>Workshop H <i>Improve Your Presentation Skills</i> Marco Sander Max. 20 UNS40 A2.770</p>	<p>Workshop I <i>Technology Entrepreneurship in Psychology</i> Isis Diaz Max. 20 UNS40 A3.772</p>	<p>Workshop J <i>Psychology and Law</i> Ricardo Nieuwkamp Max. 65 UNS50 H1.319</p>	<p>Workshop K <i>Serious Play</i> Arie van der Lugt Max. 20 UNS40 A2.774 Only in Rounds 2 & 3</p>	<p>Workshop L <i>Digital Interventions for Self-harm</i> Anja Ćuš Max. 20 UNS40 A3.770</p>
<p>Workshop M <i>How to Create a Community and Develop into a Tech Business</i> Rodion Burden Max. 20 UNS40 A1.748</p>	<p>Workshop N <i>Alternative Career Path: Startup</i> Yoeri Dassen Max. 20 UNS40 A1.756</p>	<p>Workshop O <i>Combining Psychology and Business</i> Samantha Cranz Max. 30 UNS40 Co.533</p>	<p>Workshop P <i>How to Build and Advertise a Website!</i> Edeline Contempre & Lorenzo Frangella Max. 20 UNS40 Ao.731</p>	<p>Workshop Q MOVED To FRIDAY</p>	<p>Workshop R <i>Work Psychology in Action</i> Jonas Jankus Max. 18 UNS40 5.766</p>

Psychological Perspectives: Student Conference - Skills III					
Friday June 15 th 2018					
09.30 - 10.30 UNS40-0.647 (Maastrichtzaal)			Future Research Presentations by PhD students		
10.30 - 11.15 Drielandenpunt (Trefpunt -1)			Science Fair		
11.30 - 12.30 (individual rooms below)			Workshop Round 4. R – E1 (see page 20 - 33)		
12.30 - 13.30 Lunchbreak					
13.30 - 14.30 (individual rooms below)			Workshop Round 5. R – E1 (see page 20 - 33)		
14.45 – 16.30 UNS40-0.647 (Maastrichtzaal)			Ψ-quiz & closing ceremony		
Workshops					
<p>Workshop S <i>Neuroscience in Practise</i> Danielle Jongen Max. 20 UNS40 A4.770</p>	<p>Workshop T <i>Create or Bust</i> Herco Fonteijn Max. 20 UNS40 5.772</p>	<p>Workshop U <i>Time Management</i> Susanne Maris Max. 60 UNS40 Bo.673</p>	<p>Workshop V <i>Acceptance and Commitment Therapy</i> Nina Bien Max. 20 UNS40 A2.774</p>	<p>Workshop W <i>What is a Psychologist?</i> Gabiella Orellana Max. 20 UNS40 A4.772</p>	
<p>Workshop X <i>PsyMate™, an mHealth tool into action</i> Naomi Daniels Max. 20 UNS40 Ao.737</p>	<p>Workshop Y <i>Design Thinking</i> Karen von Schmieden Max. 30 UNS40 Co.533</p>	<p>Workshop Z <i>Gross Human Rights Violations</i> Phil Brull Max. 55 UNS50 Ko.406</p>	<p>Workshop A1 <i>Psychology of Air Traffic Control</i> Nathan Vink Max. 45 UNS50 Ko.402</p>	<p>Workshop B1 <i>Ethics in Scientific Research</i> Sil Aarts Max. 35 UNS40 C-1.667</p>	
<p>Workshop C1 <i>The Skill of Sales</i> Lukas Budzinski Max. 20 UNS40 A2.770</p>	<p>Workshop D1 <i>What is Mindfulness?</i> Aimee Coenen Max. 16 UNS40 3.770</p>	<p>Workshop E1 <i>Personal Branding</i> Odin Essers Max. 20 UNS40 Ao.771</p>	<p>Workshop F1 <i>Music Develops</i> Roger Brakelé Max. 20 UNS40 A4.764</p>	<p>Workshop G1 <i>Would You Be a Good Investigative Interviewer?</i> Alejandra Vilar Max. 20 UNS40 A1.748</p>	<p>Workshop Q <i>Organisational Change</i> William Mulhern Max. 20 UNS40 A4.778</p>

Workshops

Thursday June 14th 2018

A. Kim van Oorsouw

FPN UM

Max. 40

UM SPORTS Exercise room 0.101 ****Only available in Round 1**

Prison Yoga

In the US, yoga programs are offered in prisons as part of a forensic treatment program. Prisoners experience yoga as beneficial for the release of tension, behavioral inhibition, and symptoms of anxiety and depression. Prisoners often have histories of trauma, resulting in internalizing or externalizing behavior problems and subsequent offending behavior. Scientific evidence shows that yoga and mindfulness programs improve (mental) health and self-regulation via the autonomic nervous system.

In this workshop a trauma sensitive yoga class will be given. Your experiences will be linked to the self-regulation model of violence. The class can be attended by everyone, with or without yoga experience.

*You are advised to wear loose-fitting clothes and attend about 15 minutes in advance, especially if you want to change clothes!

B. Susanne Maris

Self Employed, Motivational Speaker

Max. 60

UNS50 H1.331 ****Only available in Round 1 (Thursday), and Round 4 & 5 on Friday – don't select twice!**

Clever Timing

Do you sometimes feel like time escapes you? You intend to do a bunch of things, but at the end of the day almost none of it gets finished. During this workshop, you'll go beyond the tip and tricks about how to manage your time. What do you want to accomplish in the next few years? What do you want to see, do, achieve, have and share? By looking at this bigger picture, we'll work toward planning your weeks days and hours in a way that suits you. After this workshop, you'll know how to optimize your scheduling to your own benefit.

C. Marieke DeWitte

KU Leuven

Max. 70

UNS40 Bo.673 ****Only available in Round 2 & 3**

Sexuality: A Broad and New Perspective

In this workshop, I will elaborate on the biological, psychological as well as societal determinants of sexuality (in general) and sexual disorders (in specific). We will discuss several themes that are necessary to perform a thorough sexual anamnesis. These themes include: The sexual response cycle, the link between sexual desire and arousal, the interplay between sex and relationships, the diagnostic criteria of sexual dysfunctions, and general treatment options.

D. Job van den Hurk

Scannexus

Max. 20

UNS40 A4.764 *Only available in Round 2 & 3

Let's Talk Science

Science is occupied with unraveling the nature of reality. Cool, useful and sometimes bizarre observations are made each day and they're of significant use to society. Still, it turns out that a large part of that very society is misinformed if not completely oblivious as to how science actually works! In this workshop, we'll look at several pervasive misunderstandings, and look at the importance of transparent and understandable scientific communication. Beyond that, you'll get acquainted with a few innovative techniques on how to present science in a cool and effective way!

E. **Georgios Mamolis**

Self-employed/NHS

Max. 20

UNS40 A4.770

Exploring Work Opportunities in Scottish Social Care

In this workshop, I will share my experience working as a support worker in social care settings in Scotland, UK. As a professional, I have supported people with different conditions and various levels of severity; from children and adolescents with autism spectrum condition and attachment difficulties to adults with depression, anxiety disorders, dementia, intellectual and physical disabilities. In my workshop, I will reflect on my own career path by discussing how my work experience has helped me to evaluate my theoretical knowledge of psychology and I will also talk about the skills I developed and the knowledge I gained. Together we will elaborate on the support workers' role in the Scottish social care system, on the advantages and limitations of working as a support worker, and on career prospects. Finally, I will discuss how working as a support worker fuels my passion for social psychology and how it overlaps with my aspirations to pursue a PhD and become an academic psychologist/researcher.

F. Gjalt-Jorn Peters

OU/Greater Good

Max. 16

UNS40 A4.772

Improve your Presentations: Concept Visualization

There's two ways to give a good presentation. Some people have the charm and speaking-ability to deliver a fantastic presentation at any given time. Everyone else has to resort to well-built presentations. In achieving such, using the right visual support is crucial. It's simply important in getting your message across. Unfortunately, most presentations are summaries, some even with completely pre-written text. In this workshop I'll briefly explain why that's not advisable; what's the better alternative; and how you implement this. After this, you'll be able to practice it for yourselves.

G. Stefan Jongen & Jaro Pichel

UB Maastricht

Max. 20

UNS40 A4.778

Determine Your Own Career Path – Defining Skills Of a 21st Century Psychologist

“The mark of higher education isn't the knowledge you accumulate in your head. It's the skills you gain about how to learn”

Adam Grant

Are you thinking about your future career, but face difficulties in which direction you would like to go? Many different skills are important as psychologist in the 21st century.

In this workshop, we will touch upon some personal stories about our career path (in the direction of psychology and learning & development in organisations). We will challenge you to take a broader scope into studying psychology and invite you to think of your role as an active citizen. What are necessary transferable skills nowadays? Which skills did you already develop in terms of I) learning and innovation skills II) Information, media and technology skills, and III) life and career skills? Moreover, which one would you like to focus on in your studies?

H. Marco Sander

FPN

Max. 20

UNS40 A2.770

Upgrade Your Presentation Skills

Doesn't matter at which level your presentation-skills are – they will be improved. You will be provided with practical tips about making your presentation outstanding from the average. Some of those tips are even connected to knowledge you already gained in your first year of psychology to make your studies even more practical. Additionally, you have the chance to directly implement some of those tips by performing some exercises within this workshop.

Time will fly during those 60 minutes!

I. **Isis Diaz**

PhD. Candidate / Self-employed

Max. 20

UNS40 A3.772

Family Therapy from a Systemic Perspective

We usually wonder about the causes and remedies of psychological distress, focusing on the individual who suffers and show psychological symptoms. But what if the causes not only lie on the individual but also on his/her environment, such as family and other significant relationships?

In this workshop we will discover a new perspective, a systemic way of thinking, where circular causality is the key concept that maintain unhealthy interactions and symptoms. This perspective helps the therapist understand the whole situation and holds the responsibility of psychological issues on the family as well.

We will also learn the importance of different patterns of communication in the generation of psychological angst and how to identify it, analysing a family situation in a fragment of a tv series. Additionally, different kinds of pathological communication that all may have experienced within our own family will be explained.

Finally, I will share with you my own experience during the training process as a systemic therapist in Spain and the prospective areas of work for family therapists.

J. Ricardo Nieuwkamp

VIAS

Max. 65

UNS50 H1.319

Psychology and Law in Action

During the interactive keynote you will be presented a unique look behind the scenes of a legal psychologist. What do we do, what kind of cases do we come across and especially how do we try to prevent more wrongful convictions and many more interesting questions will be presented? If you are interested in these kinds of questions and you wonder how a psychologist can help in a criminal investigation this is a workshop worth considering.

K. Arie van der Lugt

Maastricht University

Max. 20

UNS40 A2.774

Serious Play

Play, think, try, experience, learn! We'll utilize experience-based learning to engage processes that are also involved in the tutorial groups, your sports-team and at work. In this workshop you'll use a number of techniques to enlarge certain aspects of learning and working in groups and have a closer look at them in a playful way. Cooperation, communication, annoyance, initiative, decision making, frustration, success and fun: you experience it yourself with Serious Play!

L. Anja Čuš

University of Vienna

Max. 20

UNS40 A3.770

Digital Interventions for Self-harm

Self-harming behaviours in young people, such as cutting or self-poisoning, are important mental health concern worldwide. Can technology be used to improve this issue and mental health in general? If so, what needs to be considered when designing technology enabled interventions? This workshop provides an overview of intervention development process and diverse approaches to it. I will share experiences from my PhD project that aims to develop digital intervention for adolescents who engage in self-harm. You will learn how to apply knowledge gained at university to solve real-world problems. Further, you will receive insights into what you as future psychologists can contribute to the rapidly evolving field of technology-enabled solutions.

M. Rodion Burden & Piet Stevens

Founder@if-coding

Max. 20

UNS40 A1.748

How to Create a Community and Develop Into a Tech Business

Ifcoding is a tech company delivering IT services to businesses. The company employs students and professionals. They work together, develop highly relevant know-how and successfully deploy the skills to clients. The organization started as a community, working on hobby projects such as an RC self-driving car, algorithms predicting cryptocurrency prices or neural networks predicting the probability of survival on the Titanic. Very soon the activities caught the attention of companies requesting solutions for their business challenges.

In January 2018 ifcoding was registered as a business. Today, the MeetUp community counts ca. 160 people, around 15-20 people meet regularly to work on self-initiated projects, 30-50 come to monthly talks, 8 people work on commercial projects for our clients and the numbers are growing.

In other words, this is a story about how to identify what you love to do and what you are good at, how to find the right people to learn from and with, how to create a vibrant community creating and sharing knowledge and ultimately how to start making a living with it.

N. Yoeri Dassen

CEO @ Psylaris

Max. 20

UNS40 A1.756

Alternative Career Path: Startup? (Job or Founder)

Want to have an impact on the world in the psychological field but not per se as a therapist or researcher? Find out how you can do this by joining or starting your own startup. A session given by Psylaris: A startup who just came back from Silicon Valley after joining Y-Combinator, the world's most renown startup accelerator in which companies such as AirBnB and Dropbox participated.

Learn firsthand from them in an interactive setting what the most important lessons were, and help them brainstorm about how the future of the autonomous therapist could look like.

O. Samantha Cranz

UM

Max. 30

UNS40 Co.533

Learning at Work: Combining Psychology and Business

How do employees learn within an organization? That is a central question for both organizations and employees. The world as we know it now changes without us even noticing it, so how can organizations stay ahead or, at least, keep up with all those changes? They need to learn and adapt. But what about the role of the employees, the human driving force of a company? How do they learn? In this workshop you will become consultants and tackle a case on learning within an organization. After this workshop, you will have gained insights on the human side of business, learning processes and the role of the organization.

P. Edeline Contempre & Lorenzo Frangella

UM

Max. 20

UNS40 Ao.731

How to Build and Advertise a Website!

This workshop elaborates on different ways to build a website for people who never made a website before. This will give you an insight on how to build it in an easy way during an interactive session. Moreover, we will provide tips and tricks on how to make it look appealing, what customers look for when they visit a website, and how to advertise one's website. It is preferable to come with your laptop, but if not possible, you will still get the opportunity to learn life-long skills!

**Please bring your laptop to this Workshop!

Q. Organisational Change - William Mulhern Moved to Friday

R. Jonas Jankus

Self-employed at JonasJankus.com

Max. 18

UNS40 A5.766

When your boss is bad for your health: Work psychology in action

Can a bad boss make you ill? What can organizations do to prevent and reduce illness in the work force? In Germany, the average amount of sick leave per employee has increased by 50% over the past ten years. What can a psychologist do to curb this trend? How can managers be encouraged to take responsibility for their employee's health? Spoiler alert: free gym memberships won't cut it!

In this workshop, you will assume the role of a work psychologist that needs to solve a real-world challenge by identifying a problem, establishing a theoretical foundation and then using it to design interventions for non-psychologists to facilitate lasting change in organizations.

First, we will familiarize with the relationships between leadership behavior, performance and health. We will explore the psychology of health at work and use it to analyze real-life case studies. This will be followed by exemplary exercises designed to teach managers leadership behavior that improves both their own health and that of their employee's. Lastly, we will discuss the role of the psychologist as a trainer: What is special about training managers? How to deal with resistance?

After this workshop, you will have gained insights into working as a staff developer and applying work psychology to practical problems. You will leave this workshop with a fresh understanding for the importance of actively prioritizing health in professional settings.

Workshops Friday June 15th

S. Danielle Jongen

KU Leuven

Max. 20

UNS40 A4.770

Neuroscience in Practice: Food Reward in the Human Brain

Studying the human brain in health and disease offers a wide variety of interesting research opportunities. This workshop will shortly introduce some of the possibilities in (clinical) neuroscience, and we will zoom in on my research on food reward responses in the human brain. What does the reward system in the brain look like? How does it respond to food in people with and without an eating disorder? Can you actually feed people in a brain scanner? You will find out in this workshop.

T. Herco Fonteijn

UM FPN

Max. 20

UNS40 A5.772

Create or Bust

It's quite possible that you will not apply the knowledge and skills you've obtained during your studies in Maastricht to the workforce. Our fluid society whispers: Create or Bust! This workshop is directed at our ability to generate new and useful ideas. First, the creative process will be introduced through a few brief exercises. After that we'll pay attention to what a person needs in order to be creative and what's so complicated about observing the world with a fresh, crisp vision. Finally, we'll go over a few exercises to enhance creative thinking skills. These techniques should help you break through 'set' patterns of thinking. By the end of this workshop, you should have an increased understanding of what creativity actually is and how you can develop it on your own.

U. Susanne Maris

Self Employed, Motivational Speaker

Max. 60

Un540 Bo.673

Clever Timing

Do you sometimes feel like time escapes you? You intend to do a bunch of things, but at the end of the day almost none of it gets finished. During this workshop, you'll go beyond the tip and tricks about how to manage your time. What do you want to accomplish in the next few years? What do you want to see, do, achieve, have and share? By looking at this bigger picture, we'll work toward planning your weeks days and hours in a way that suits you. After this workshop, you'll know how to optimize your scheduling to your own benefit.

****This workshop is offered on both days, please select only once!**

V. Nina Bien

UM FPN

Max. 20

UNS40 A2.774

Acceptance and Commitment Therapy (ACT)

We do a lot of thinking. You, university students, especially do a LOT of thinking. Evolution has turned us into thinking machines, producing around 50.000 thoughts every day, the majority of those thoughts being not so pleasant! All this thinking about things, thinking about thinking, and thinking about not being able to stop thinking when we would very much want to, can be very tiring. Some thoughts can even become threatening, overwhelming, terrifying... and science and experience both confirm that the more effort we put into attempts to shut them down or consciously think about something else, the more potent they become. So, what else can we do?

In this workshop you'll be introduced to Acceptance and Commitment Therapy (ACT). ACT is a thoroughly evidence-based behavioural therapy framework that, besides being majorly effective in dealing with mental illnesses such as depressive disorder, addiction, and anxiety disorder, is also very suitable for coaching and even self-help purposes. Being a certified ACT trainer, I will introduce you to some experiential exercises that may help you to start looking at your own thoughts from a different perspective.

W. Gabriella Orellana

UM FPN

Max. 20

UNS40 A4.772

What is a Psychologist?

It's hard to picture what a regular day is like for a psychologist. After all, a psychologist can do so many things. What does the content of your courses look like when you work as a therapist, or a researcher, or in human resources? This activity will give you an idea of how to apply what you are currently learning in different work environments. We will play a game to approach different types of problems using the same basic psychology tools.

I've had a broad range of experiences and I will share with you a little bit of what I've learned from it. After completing a degree in clinical psychology, I worked in an education setting and in an HR company. I moved to Maastricht to study a master in Health and Social Psychology, and am now a PhD candidate at Eberhard Karls University of Tübingen. By using real examples of what work as a psychologist is like in different settings, you can start considering what kind of work suits you.

X. Naomi Daniels

UM FPN

Max. 20

UNS40 Ao.737

PsyMate™, an mHealth Tool into Action

In this hands-on workshop, I will introduce you to the method and mindset of PsyMate™. In personalized care, the client is central and treatment should take the patients' desires and needs into consideration. But, how do we get there? How do we get more insight into the patients' vulnerabilities and resilience in their daily life context? Daily life functioning is the primary outcome of care. Interventions such as medication and psychotherapy intend to have 7x24 hour effects but acquired skills often do not generalize in daily life. Monitoring mood and behavior in the daily life context can bridge the gap between (psycho)therapy and daily life. PsyMate™ is an mHealth tool for moment-to-moment assessment of mood and behavior in the context of daily life. This ensures a detailed functional analysis of the patients' vulnerabilities and resilience. At the end of this one-hour format, you will have insight into how to obtain a detailed functional analysis by using an mHealth tool.

Y. Karen von Schmieden

DesignThinking.net

Max. 30

UNS40 Co.533

Design Thinking In An Hour: A Super-Fast Introduction

How can you design user-centered products, services or solutions in a creative way? During this hands-on workshop, I will introduce you to the methods and mindset of design thinking and explain its relevance for organizations. You get to explore creative problem-solving by empathizing with your user and building a quick&dirty prototype for them.

Karen von Schmieden is a PhD candidate in the HPI-Stanford Design Thinking Research Program where she explores ways of enhancing Massive Open Online Courses and digital learning units. She is a curator and editor of ThisIsDesignThinking.net and a journalist. As an alumna of the HPI School of Design Thinking, where she created human-centered solutions in projects for Charité Berlin and the Rundfunk Berlin-Brandenburg, she facilitates design thinking workshops for organizations. Karen graduated from Maastricht University in 2014 with an M.A. in European Studies on Society, Science and Technology.

Z. Phil Brull

UM FPN

Max. 55

UNS40 Ko.406

Political Psychology: How to Understand Gross Human Rights Violations?

Why do people cause conflicts such as those in Bosnia, Rwanda, or Northern Ireland? What are the motivations behind moral atrocities? How can ordinary people become torturers? How does an ongoing genocide (Darfur 2003 – present) go largely unnoticed? Researching such questions is helpful to better understand current political decision making that too often results in apparently unwanted but nevertheless condoned gross violations of Human Rights. In fact, while analyzing past cases one is very likely to find key social ingredients such as promoted intergroup rivalry, persuasive communication, and manipulation of public opinion that are used to attain political and – often related – economic goals.

Today's discipline of political psychology is closely linked to political science, political philosophy and history, while adhering to the strict scientific methodology of psychology. It incorporates many psychological domains that describe human behavior on individual (personality, cognition, identity) as well as group-level (political culture and communication, leadership, mass-movements). Even adjacent disciplines such as neuroscience, behavioral economics and empirical biopolitics are part of the political psychologist's toolbox. Thus, political psychology is a vibrant interdisciplinary field, focused on the political and humanitarian consequences of human thoughts and actions.

During this workshop, we will use an interdisciplinary approach to get a closer look behind the intriguing scenes of political psychology.

A1. Nathan Vink

National Air Traffic Control Services (NATS)

Max. 45

UNS50 Ko.402

Building the Skies Above us – The Psychology of Air Traffic Control and Aviation

Have you ever looked up in the sky at the vapour trails left by planes and wondered how it all works together? Or perhaps you've been in the air and seen another plane fly passed uncomfortably close...Perhaps you didn't know that the airspace over the Netherlands and Belgium is amongst the most congested on earth. When taken together, the area around London, Brussels and Amsterdam sees the majority of traffic over Europe converge at an almost impossible crossroads. At the centre of all of this are people. Pilots and Air Traffic Controllers in a seemingly endless symphony of orchestrated chaos. Psychology is at the very heart of all of this. Carefully calibrating the workloads and performance of controllers and pilots is the task of Human Factors specialists. The integration of technology and people is nowhere more deeply studied and finely tuned than in aviation. The lives of millions of passengers a day depend upon this. Come and find out how airspace is built and how the study of psychology is literally shaping our skies...

B1. Sil Aarts

Fontys Eindhoven

Max. 35

UNS40 C-1.667

Ethics in Scientific Research

To date, Big Data, a term that describes any of structured, semistructured and unstructured data which has the potential to be mined for information, is a big hit. But how about the ethical issues that are involved? Is all the data been gathered and stored anonymously? Do we need an informationletter and informed consent for all the participants? Who owns the data and is responsible for it? As a researcher, who will come across this type of data in the future, you frequently have to cope with these kind of factors. By using a video and a quiz, you will not receive any straight-up answers, but do learn to be conscious of the issues involved and learn to ask the right questions! Take your iPad, iPhone or laptop and participate!

C1. Lukas Budzinski

GetResponse

Max. 20

UNS40 A2.770

The Skill of Sales

In 1847 Dr. Ignaz Semmelweis, a young doctor, carried out a study proving that clinicians who did not wash their hands carried diseases on them and infected their patients. Such results implied that doctors could cause the deaths of their patients. This research earned bad reviews, as it was not in line with common beliefs. Furthermore, Semmelweis wrote harsh letters to medical leaders around Europe. His peers did not like it. They criticized him and conspired to commit him to a mental institution, where he, ironically, died from infection.

His revolutionary discovery was not implemented into general practice for 75 years at the cost of hundreds if not thousands of lives.

No matter what your profession “ability to sell and influence people is the most important skill to succeed” M. Grzesiak.

During this workshop you will learn about the psychological processes underlying sales. Moreover, you will learn how to apply this knowledge into practice in order to convince your friends that “this party will be great and you should go there” or even to convince your professor that “this research will change the world”! That is not all! You will also learn what are the new tools which will help you to sell to and influence people in the XXI century.

D1. Aimee Coenen

UM FPN

Max. 16

UNS40 A3.770

What is Mindfulness?

We're often running from one task to the next. In between we're online 24/07, which eats away a lot of time as well. There's a lot going on, a lot to do, lots of thoughts and too much on our minds.

It's good to know that your thoughts don't define you. They simply appear to you and require a lot of attention. We can't always keep track of them, so a lot of them are not guided by any particular awareness.

Mindfulness represents being actively aware in the moment. It's about directing your attention in an open and kind way. It is a skill, and everyone can learn it!

To incorporate Mindfulness in your day-to-day life means to approach the world from a more attentive position. A mode of 'being' rather than 'acting'. In short, a more aware lifestyle. Science is showing promising results: people who practice mindfulness report feeling overwhelmed less often, having a stronger handle on life and are more kind to themselves. In this workshop I would love to tell you more about this, and we're going to practice mindfulness exercises together.

E1. Odin Essers

UB Maastricht

Max. 20

UNS40 Ao.771

Please bring your laptop to this workshop & complete the tutorial in the link below before attending!

<http://umlib.nl/tutorial-personalbranding>

Personal Branding

Working as a psychologist brings up issues around online communication. In this interactive workshop we focus on using social media and networking sites in a professional environment. By means of case examples and statements you will discuss with fellow participants if and how you would communicate online in certain situations. Furthermore, you get tips on building and maintaining a professional online image.

During this workshop, you will experience how we started with an idea to about music and development and developed it to a concept to build up training programs, workshops and lectures tailored to the specific needs of the primary school teachers, care takers and parents. This innovative idea has given us next to the content of the trainings, workshops and lectures a lot of challenges, like building a bridge between the traditional mindset in primary schools and our innovative 21st century mindset. Without this it is impossible to reach primary schools. The other challenge is to build up a network with useful people and to use social media like Facebook, Twitter and LinkedIn for branding.

F1. Roger Brakelé

Self-employed/FPN

Max. 20

UNS40 A4.764

Music Develops! - How to Use Music to Stimulate the Development of Children.

It has been known for decades that music affects behavior. Lots of evidence has shown us that music also stimulates the development of children. Music therapists use it, but it has never been used much in the development of children.

Muziek Ontwikkelt! (Music Develops!) is a collaboration between developmental psychologist Roger Brakelé and orthopedagogical music practitioner Léon Packbier. We explain to primary school teachers, care takers and parents why listening to music and making music can improve the development of children. In addition, we show how this knowledge can be integrated into primary education, day care and music education.

G1. Alejandra Vilar ** LATE PLACEMENT

UM Law

Max. 20

UNS40 A1.748

Would You Be a Good Investigative Interviewer

With a background in Legal Psychology, you can work together with law enforcement in criminal investigations. During the pre-trial phase, police conduct witness investigative interviews to gather information about the crime, which leads the course of the investigation and can serve as evidence in court. In this workshop, you will take part in simulated interviews to gain some interviewing skills, and how to best elicit information. You will also learn about key psychological research on eyewitness memory, and how it can improve interviewing practice, which in turn helps prevent miscarriages of justice.

Q. William Mulhern

Cisco Systems

Max. 20

UNS40 A4.778

Organisational Change!

All organisations are faced with continual change. In business, the ability to change can mean the difference between success and failure. Have you tried to change something in your own life (diet, sport, study practices...)? How easy was that? Now imagine needing tens/hundreds/ thousands of employees to change their work practices as part of an organisational change? This session will look at some of the tools and methods being used to help organisations navigate through change to enable business transformation.

From student to Alumnus/a: UM loves building bridges!

What can the Alumni Office do for you?

In at least two years you'll be an alumnus/a of the UM Psychology bachelor-track. Right now, finding a job in the workforce seems infinitely far away. Still, at the Alumni Office we would like to let you know that we can help you achieve this. We like to keep in touch with our alumni, and offer a number of options to stay connected for life. Furthermore, it's never too early to start discovering the benefits of the UM-network for your career.



Good to know right now for instance, is that you can use our exclusive Career Services until six months after you graduate. You can share in the employment databanks offered by the UM. Furthermore, we organize fun activities where you can meet your former fellow students and your expertise in the workforce can be called on for a lecture during an Alumni meeting, held in- or outside of the Netherlands.

Experiences of FPN Alumni

On the FPN-website you'll find stories of experience by Alumni. These stories might help you to decide on your choice of master track at the FPN.

We'll keep in touch!

We don't just keep in touch through meetings but also through the Alumni Faculty of Psychology and Neuroscience LinkedIn group. LinkedIn is the biggest online professional network. Through a profile featuring your CV you can improve your professional visibility. Furthermore, an up-to-date profile helps you find a job and to get in touch with the right people that can help you get to it.

If you're curious about the UM and FPN Alumni-policy, please visit our websites: www.maastrichtuniversity.nl/fpn/alumni or www.maastrichtuniversity.nl/alumni Should you have any questions right now - don't hesitate to contact me at w.beuken@maastrichtuniversity.nl.

Kind regards,

Wendy Beuken