Doing well and feeling well
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ACKNOWLEDGEMENTS
When I think back of the past four years that I spent in Groningen and at the RUG, I have an endless array of wonderful memories that made the PhD-time an adventure marked by laughter, joy, friendship, loyalty, and support. For all that, I am endlessly grateful and I want to thank everyone who has made this journey as much fun as it was.

First, I would like to thank my three supervisors. The trajectory of my PhD was a very turbulent time with many changes that required a lot of management from all parties involved. I want to thank you for always being responsive to all of my inquiries, for helping me keep my deadlines (especially the big final one), and for teaching me so much about academic work. For many PhDs, regular meetings and supervisors who respond to emails are something they can only dream of, but not for me. I worked with people who were always available and did their best to help me get where I am today and that made a lot of things much easier.

Susanne, for the longest time of my PhD you were my daily supervisor. I would like to thank you for always being available for any question that I had, for greeting me with a smile whenever I entered your office, for your insightful ideas, and for your support. You created a warm and safe working environment for me where I had the freedom to develop and discard ideas, to make mistakes, and to learn from my mistakes. Your dedication to science, the way you always find something positive in every situation, and your aspirations to never stop learning new things are inspiring.

Hannes, we only worked at the same department for a short period of time, but I learned a lot from you. You taught me all the little hacks of academia, you taught me to be diligent and quick, and without you my first publication would not have been the success that it was. Thank you for being so responsive to all of my questions (no one ever responds to my emails as fast as you do!), thank you for opening your network to me, and thanks for staying on board after leaving Groningen. I greatly appreciate your efforts, the quality of your work, and the opportunities you have provided me.

Nico, thank you for your support especially in the final phases of my PhD. It was great to have someone with your knowledge and expertise on
the team. You showed me how to make the very best of my work, how to pay attention to details, and you were patient whenever things went wrong. You showed me that not everything is extremely important, that somethings can be done fast while other things need time, and many times you were the only person who ever asked me how I was doing and feeling, thank you for that. Your knowledge, your professionalism, and the way you don’t take mistakes and failures too seriously have been a true pleasure to work with.

Of course, work was only one (maybe not even the biggest) part of my Groningen-experience and there are so many people that I would like to thank for helping me forget about the stressful workdays and the sleepless nights; although many of those same people were also the cause for the sleepless nights, but then in a good way.

A great thanks to the minnaars and minnaressen group – you all know who you are – with whom I shared countless drinks and dinners. Many many times in the past four years, the thought of a Friday drink with you guys was what kept me going.

A smaller, but at least equally important group of people, eventually became my first group of friends in Groningen and I would like to thank you special ladies for that. Hens, you girls might never have realized that, but it was you who made me feel at home in Groningen right from the beginning. Maja and Julia, on my very first Friday in Groningen you invited me to the Minnaar, later for dinner to your place, and as so many other Fridays to follow, we ended up in the darkest corners of the Pakhuis. That night, as insignificant as it might have been for you, showed me that I made the right decision coming to Groningen (and the Pakhuis only played a minor role in that!). Felicity (and Tomas), when I started my PhD you were some kind of mystical entities that everyone talked about but who I had never seen; it was right before your wedding. All the other hens were so involved in the preparations of your present and I thought to myself, these people must be pretty great if their friends invest so much time in making their wedding day so unforgettable. When I met you, I realized what the fuss was about, thanks for all your kindness. Anne Marthe, you always have a story to tell and are so interested in other people’s stories. You made my
first Eurosonic experience a great success because suddenly you became the star of the evening. For that and many other fun times, thank you. Jolien quicklips, you hot piece of a**, it was so great to have you around, with your smart jokes, your loud laughter and your super quick legs.

Marloes, Aafke, and Kim, after everyone else had left, we were the remaining hens and together we started a new empire, the coffee chicks. Marloes, there hasn’t been a day where you have been in a bad mood or without a smile on your face. Thanks for sharing some of the most important days of your life with me, thanks for your kindness and for always being sweet, and thanks for sharing a very cold container with me in the middle of winter wonderland. Our ideas to improve the world might have been rejected due to academic politics but our moment will come! Double A, thanks for so very many memories! I remember endless bike-tours that almost broke your spirit, colorful party nights with Graham and heinous elves, trips to Maltenaria, the place where the devil takes his sunbaths, to Friesband where you rode horses without me, to Eext where we sang Annen with the eext-ax-murderer and where you had a very tiny coffee with the queen. Thank you for the fun, the friendship, the endless and still unsolved arguments about button-up or button-down, thanks for all the albinos and for everything to follow. Kimmy, thanks for showing me your home and sharing your secrets with me. I’ll always remember our walks in the park, our long talks, and all the liters of coffee we drank together. Thanks for being my partner in crime and one of the cool kids, for wanting to start a tree-cult with me, for Tapwater, for the loooooong candy, and thanks for sharing a part of your path with me. Ana, my favorite science-nerd, there is no one who is allowed to talk to me about science outside of work hours as much as you do. You were a little whirlwind that every now and then came walking into my office to provide me with the latest gossip and distract me from work, I loved it. When we start talking it goes on for hours until everyone else at the table leaves us or the bar almost closes. I am looking forward to many more nights like that! Susie, you were the latest addition to this exclusive coffee-slurping group, but it feels like you have been there from the very beginning. You are always there to listen and to help, you are always sweet, you cook badass risotto that replaces all after dinner drinks, and you’re a great writing-weekend partner. Thanks
for joining our crazy group and sticking around.

There was also one other, less gender-biased group that is responsible for many of my great Groningen-memories, the Uebers. Nicho thanks for messing with our heads with endless options of “would you rather...” questions. Robberikson, thanks for sharing your 50 shades with us and all the laughter. Berry, thanks for letting us hang out at Flober so many times that it eventually became the official ueber-headquarters, thanks for being sweet Berry the Cherry Mr. Extraordinary, for the talks, and for your willingness to join my twerkshops. Flotzilla, also many thanks to you for sharing your Damster-home with us. I am so happy that you got bored with your friends and thought it was time to meet new people. Since that first Friday we met, I knew you were a keeper. In the last months of my PhD you have supported me so much, not because you had to, not because it was your responsibility, just because that is the kind person you are. I hope you know that I will forever show my gratitude with any kind of cake of your liking. Sorry, for killing Chantelle, that **** had to go!

For the first few years of my PhD, I had to wander the hallways of the Heymans building whenever I wanted to spend some time with the wonderful colleagues and friends I just mentioned. Conny, Susan, Elissa you made the last year of my PhD so much more fun because I finally didn’t have to walk all the way to the 4th or 2nd floor for gossip, talks, micro-cries, mental breakdowns, or way too loud laughter. Conny, empathy is not only your research topic of choice but something that describes your personality. So many times, I came to you with another crazy story of my life and you almost teared up because you felt exactly what I felt. When you laugh, I cannot help but joining you in that, so never stop doing that! Susan, it was so nice to have you around. When our weeks started evolving around the Bachelor and sawadee I knew you were my kind of person. There were many weeks where your juicy vacation stories were the most interesting thing that happened in my life, thank you for that. Elissa, I am so happy that I convinced you to share an office with me. There are not many people with whom I can have a serious scientific conversation, a mental breakdown, and an even more serious conversation about lipstick brands, and all of that within five minutes. Thanks for supporting and
persistently inquiring about all of my color adventures, thanks for all the laughter, and thanks for making the office fun again for me.

I would also like to thank all of my other office mates and there were many of you. Stacy and Bibiana, thanks for taking me in when no one else wanted me and thanks for being so patient with me and answering all of my questions. Kyriaki, we only shared an office for a short time, but it was great having you around, drinking coffee with you, and being your friend. Agi, I was so sad when you left because I would have loved to end this period of my life with you around. Thanks for taking one for the team and sitting on the pregnancy chair, thanks for letting me introduce you to the piece of heaven in your mouth because that lead to you introducing me to the even better version of heaven in my mouth. With you, I finally had an officemate who was always around and with whom I could share the ups and downs of my PhD-life, thanks so much for that. Max, unfortunately we only shared an office for a short time and sadly for you, that time was the most stressful of my life. I have a lot of respect for you because you kept coming into the office despite the PhD-monster being there. Thanks for making sure I always had enough water and coffee and thanks for keeping calm when the periods in my tables wouldn’t align and I started spitting fire and burning down the office.

Finally, I would like to thank all the other PhDs in my department, Rike, Kiki, Jesus, Ben, Sjoukje, Burkhard, Lena and all the other ones that I am forgetting because I never actually saw you, it was fun working with you.

I also would like to dedicate a few words to our wonderful, super-helpful secretaries. No matter what question I had or whether I was just bored, I could always come to your office and was greeted with a big smile. Barbara, Anita, Charissa, Mariska, and Dianne, you are really the very best secretaries!

There were of course many other people who were working behind the scenes of the RUG but who were at least equally responsible for my well-being, I would also like to thank them.
Katha und Karo, mein Interesse für Psychologie wäre ohne Euch wahrscheinlich nie so ausgeartet. Alles fing an als harmlose Autofahrt und zehn Jahre später sind wir immer noch hier. Ich habe die tollsten Erinnerungen an unserer Studienzeit, Laugencroissant und der Mini, lernen bis 22h und danach mit 5,50€ ins Madrid, Katha’s Trophäen, und irgendwie viel het allemaal mee. Das Leben ist nicht immer einfach, aber mit einer Maultasche im Mund lässt es sich wesentlich leichter aushalten. Danke, dass ich mich Eurem Tuning-Club anschließen durfte!

My wonderful nymphs, thank you so much for being part of my special day.


Marieke, our passion for dance and – let’s be honest – our fascination with Bart brought us together but it soon became way more than that. Thanks for making me dance whenever I don’t feel like it, thanks for joining me in all other sporty-spice activities, thanks for being there, for understanding, for listening, and for being a good friend. I admire the way everything seems so easy for you although I know that that is not always the case. XOXO does not quite capture what I want to say but I am sure you get me.

Laurie Shlomo van Shlauristan, thank you for accidentally finding me! Thank you for your support, your words, and your silences. Thanks for being calm and the opposite of all my impulses, for your patience, and your endless kindness. Thanks for being there, thanks for staying, and thanks for wandering with me.

