

MENTOR INTRODUCTION



Hello, my name is Elfriede Diestel. For my undergrad, I studied Biology and Chemistry. I am currently writing my master's thesis. Additionally, I work as a research assistant in the Biological Psychology AG.

My hobbies include eating, cooking, and baking. I enjoy going to the gym/weightlifting, yoga and I especially love dancing.

Activity ideas:

- Bowling (Orientation week)
- Cooking together (just an idea)
- Afternoon tea and scones (just an idea)
- Book club (just another idea)
- Visit the Weihnachtsmarkt (Christmas time)



Hi, my name is Janick Bartels, my background is in Biology and I love learning languages. I am in my second year of this program and my special interests are in sleep research and related psychoeducation, psychedelic research and therapy and in the connection between Neuropsychology and Buddhism.

I am looking forward to having a good time with you and to help you out where I can. Facilitating a happy start for you into this program is my aspiration 😊

If you are interested in any of the topics listed above, feel free to reach out to me. I am also coordinating the uniMIND journal club which focuses on psychedelic research and is part of the MIND Foundation. If you are interested in joining our meetings, feel free to contact me about that as well.



Hi, my name is Lena Kuczka. I grew up in the west of Germany near Düsseldorf and then moved to Rotterdam after school to complete a bachelor in psychology (and also spent one semester in Ottawa). Two years ago I decided to come to Oldenburg so I could continue to study in English. Nowadays I mainly work on my master's thesis in the biological and applied psychology labs and maybe do some organizing for the student body on the side.

I'm mainly interested in the utility and optimization of neuroimaging and neuromodulation techniques for personalized psychotherapy approaches, but also like to learn about psychopharmacology (particularly psychedelics and their potential for therapy) and enjoy programming.

In my free time I like to listen to podcasts while wandering aimlessly through the neighbourhoods of Oldenburg, trying to pet any cats I see. I also like playing badminton, video games and board games and going to the cinema.



Manik Esche

I am one of these few lonely souls who don't actually live in Oldenburg but far far away in Bremen. There I like to dance, play music with others, slack like an addicted monkey and add whatever a good day needs: icecream, chocolate, stupid jokes.

Study wise I am also one of those few lonely souls who really likes statistics. I love learning and everything around it, interaction between mental and physical states and how the body and brain actually work in detail. You might catch me rambling about space exploration or advanced cultures in the middle east 6000 years ago. I am easily fascinated and have a positive tack on life. See you on the line ;)