End of Year Report

51st Board

"Keep Rising"

22nd of June, 2026

STUDY ASSOCIATION STRESS

Preface

Dear members,

It is with great pride that we present the End of Year Report of the 51st Board, covering the academic year 2025–2026. This report looks back on our year: our plans and what came of them, together with our reflections and recommendations for the 52nd Candidate Board.

A year ago we set out to *Keep Rising* to build on the strong foundation laid by the 50th Board and to push Stress to new heights in openness, visibility and involvement. Looking back, it has been a year full of energy. Together with our committees, we organised a wide variety of events, from ice skating and the volleyball tournament to creative workshops such as sushi making and pots-and-mugs painting, and social highlights like the Christmas Dinner and the Active Members Activities. Alongside these, we hosted study sessions, cases, trainings and excursions with our many partners, and we were especially proud of the Jan Kreiken Symposium and of seeing the new study spaces take shape. The freshman introduction weekend was a true highlight, and it brought us great joy to see so many first-year students become active within the association.

The second half of the year carried that momentum onwards, with the Stress Congress; our teams for the Enschede Marathon, the Batavierenrace, and the Active Members Weekend, among many other big and small moments that make Stress what it is. None of this would have been possible without the dedication of our active members and the trust and support of all of you.

We present this report at the End-of-Year GMA, with the final stretch of our term still ahead of us before the transfer of the board. We look forward to making the most of the time that remains, and we have full confidence that, once the moment comes, the 52nd Candidate Board will *Step Up* to help our wonderful association keep rising even higher.

With kind regards,

The 51st Board of Study Association Stress, *"Keep Rising"*

Natalia Bielecka
Chairwoman, Vice-Commissioner of Educational Affairs

Lennard Köhne
Secretary, Commissioner of Public Relations, Vice-Chairman and Commissioner of ICT

Joost Op 't Veld
Treasurer and Vice-Commissioner of External Affairs

Maud Punte
Commissioner of Internal Affairs, Vice-Treasurer and Commissioner of SBZ

Tristan Ettema
Commissioner of External Affairs and Commissioner of Alumni Relations

Kirvy Avila
Commissioner of Educational Affairs, Vice-Commissioner of Internal Affairs and Commissioner of International Affairs

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1. Vision

At the start of the year we formulated our vision for the association:

"To actively enhance the openness and visibility of Stress, so that more members feel inspired to get involved in our community."

This vision rested on two goals **Openness and Visibility**, making Stress more visible, accessible and welcoming so that more IEM and IBA students feel encouraged to join; and **Boosting Involvement**, creating room for students to shape their own Stress experience and helping them turn their ideas into reality. To pursue these goals we followed four strategies, reflected on below.

1.1 Community Presence & Communication Channels

This strategy aimed to make Stress more visible and recognisable, both physically and digitally. Here we made clear progress on some fronts and learned hard lessons on others. The shift toward Instagram Stories meaningfully increased our reach and engagement and strengthened our day-to-day presence (Section 5.1), and the screens in and around the Stress Room now driven by self-built, automatically refreshing software keep members informed without manual upkeep (Sections 9.2 and 9.5). At the same time, the Stress App did not gain traction and is recommended for discontinuation (Section 5.5), and the Stress Updates newsletter, though well received, was paused (Section 5.3). On balance, our digital presence grew, but it became concentrated in fewer, better-performing channels.

1.2 Inclusive & Welcoming Environment

This strategy worked toward "Openness and Visibility" by ensuring that all members, especially newcomers, feel welcome at Stress. The Stress Room remained at the centre of this effort, and we continued to make it a more inviting place to study with the new study square outside the room and attempted to make the room more relaxing. Low-threshold social events and the work of our committees, together with our international efforts, supported this goal further; these are reflected on in the Internal Affairs and International Affairs chapters (Sections 4 and 7).

1.3 Meaningful Member Engagement

This strategy aimed to make participating and taking initiative feel natural and rewarding. Promoting activism, the tournaments, and a varied mix of social and career events all served this purpose, and are reflected on in the Internal Affairs and External Affairs chapters (Sections 4 and 6), with educational workshops covered in the Educational Affairs chapter (Section 3).

1.4 Empowerment Through Systems

This strategy aimed to give the association and its members better tools to work with. It is where we are proudest of our progress. The bookkeeping was digitalised, lowering the threshold to declare and automating treasurer tasks (Section 10.3), and the Stress Snack System was rebuilt from the ground up on a modern, far more maintainable stack that also opens the door to further services such as a revived Pils Payment Process (Sections 9.4 and 9.1). Together these systems leave the association better equipped and easier to hand over than before.

Overall, we believe the year moved Stress meaningfully toward greater openness, visibility and involvement, with the clearest gains in our communication reach and in the systems that underpin the association, and with honest lessons learned where initiatives such as the app did not land as hoped.

2. Supporting Bodies

The Association Council and the Council of Trust are the current advisory bodies of the board, and the Audit Committee (KasCo) checks the board's financials. The Council of Trust and the Audit Committee remained the same as presented at the 111th GMA. We thank the members of the Council of Trust and the Audit Committee for their valuable efforts and commitment throughout the year.

2.1 Association Council

The Association Council offers a more external perspective and a longer-term view, drawing on the experience of its former active and former board members. During the year, Roy Koers joined the Association Council. Over the year the Association Council consisted of:

- Wouter Rietveld
- Huub Stroet
- Laurens Derkx
- Alina Ritter
- Roy Koers

We met with the Association Council during the year and found their input valuable. The composition stays the same for the remainder of our term; the candidate board has provided input on the Association Council and will most likely act on it and adjust its composition around the time of their transfer.

3. Educational Affairs

The formulated mission previously mentioned in the policy plan presented in the 111th GMA goes as follows:

“To support members and students in their academic and professional journey by providing a more visible and motivating educational environment, making them thrive and enhancing their educational experience.”

3.1 Summary Database

At the beginning of the year, we noticed that the summaries provided by the association were "outdated". Furthermore, some courses would be new which meant that new summaries were needed. Also, there was a decrease in the submission of summaries in general. Changes needed to happen to improve the visibility of the summary database so that people knew they could upload summaries.

3.1.1 Goal

- To increase the visibility of the summaries.
- To increase the attractiveness of making summaries and submitting them to Stress.
- To keep an up to date and tidy summary database on the website.

3.1.2 Reflection

At this moment, we have received 51 summaries. This heavily surpasses our initial goal of receiving 40 summaries at the end of the year. All the promotional channels at our disposition were used. Besides this, word of mouth was one of the main factors that motivated people to submit their summaries. We are satisfied with the outcome of this change. As long as there is enough promotion for the following years, we are confident that the submission of summaries will be regular. Another reason for the surge in summaries received was the increase in the compensation rate. Multiple people expressed that they tried their best to do a suitable summaries that would get the maximum compensation. Therefore, it can be said that the increase in price was a success.

The summary database of the website have been constantly updated with the summaries we have received throughout the year. Furthermore, a more sequential way of accessing the summaries per course has been created allowing users to find the summaries that they are looking for quicker. Below, is a table explaining the visibility of the summaries for IBA, BA Pre-master and Master, and IEM and IEM Pre-Master and Master. In total, IBA counts with 13,707 views and IEM counts with 7,599 views. We are satisfied with the number of visualizations that the summaries have for both programmes as this is a clear indication that the visibility of the is high.

Table 1: *Summary views per programme and study years*

Year	Number of visits	Year	Number of summaries received
IBA Y1	5219	IEM Y1	3100
IBA Y2	4567	IEM Y2	1808
IBA Y3	1125	IEM Y3	304
IBA Pre-Master	160	IEM Pre-Master	90
Master BA	359	Master IEM	769

Increasing the visibility and attraction of submitting summaries has a linked relationship with keeping the database updated. Therefore, the success of the last two goals outlined, results in this goal to be accomplished.

Overall, we are satisfied with these outcomes and we want to thank all our members/students that put the effort into making new summaries and submitting them to Stress.

Table 2: *Summaries submitted per year per study*

Year	Number of summaries recieved	Year	Number of summaries received
IBA Y1	2	IEM Y1	3
IBA Y2	8	IEM Y2	23
IBA Y3	2	IEM Y3	2
Master BA	4	Master IEM	7

3.1.3 Recommendations

We recommend to the 52nd Candidate Board to keep the increased price of 25 euros for the summaries to maintain the attractiveness. If communicated correctly to the student population, it will be a good motivator for students to keep submitting their summaries aiming to get maximum compensation. This would reduce the effort of constantly urging people to make summaries and in consequence, reduce the time needed to be spent on this specific task.

Now that the summary database that our users use is re-designed, there is little to do to further increase the tidiness of it. Our recommendation is to keep the summary database this way as there has not been any feedback regarding this change.

3.2 Tutor Platform

There have been problems in finding new tutors to teach the most demanded subjects. The visibility and attractiveness to become a tutor have to be improved.

3.2.1 Goal

- To fulfil the tutoring demand by adding more tutors to the stress tutor database

3.2.2 Reflection

Due to time constraints, there was no extensive efforts in finding suitable tutors to be on the tutor platform. We ended the year with 2 new tutors for IBA and 0 new tutors for IEM. Therefore, it was decided to shift the focus on maintaining the operations of the tutor platform.

Promotional means like a poster throughout the year to become a tutor and word of mouth were used. However, this had little to no effect. One of the possible reasons we managed to figure out was that many students are going abroad and that the others are not really interested in the idea of dedicating time to tutor other students. Nevertheless, students still use the platform to look for tutors for certain subjects. This is mainly the case for first year students in both the IBA and IEM programmes. We have ended the year with 24 successful tutor matchings. Furthermore, all of the tutoring request were for subjects that were already covered by our existent tutors. We therefore conclude that the demand for tutoring has been effectively covered this year without the need to include more tutors.

Overall, with better planning and time management, more effort could have been put to find more tutors or at least engage the first year students enough for them to be attracted to the idea of becoming tutors. Nevertheless, we are happy that the tutor demand was met completely.

Table 3: *Number of Successful Matchings per month*

Month	Number of Successful Matchings
September	4
October	7
November	1
December	1
January	4
February	1
March	3
April	1
May	2
June	0

3.2.3 Recommendations

We recommend to the 52nd Candidate Board to increase the efforts in finding suitable tutors since many of the tutors that are being actively requested in the platform will be graduating next year. To ensure the continuity of the tutor platform it is important to stablish a structured plan on how to effectively engage the soon to be second year students. The interest to teach is decreasing severely throughout the years. Therefore, including an attractiveness point to becoming a tutor like done for the summaries might be a solution to this issue.

If this would not work, it would be a nice idea to critically evaluate an external company that we could collaborate with to provide tutors to our students and possibly organise study sessions.

3.3 Workshops

Workshops were planned so that our members can develop themselves professionally, acquire tools that help them in their educational journey within the UT and to create a more motivational educational environment.

3.3.1 Goal

- To increase members' participation in educational events by organising an educational workshop per module that aligns with members' career and learning goals.

- To organise at least 3 new types of workshops throughout the year.

3.3.2 Reflection

Due to time restrictions throughout the year, only one workshop was planned this academic year. As discussed in the report of the 113th GMA, the Overleaf workshop was carried out with half of the expected attendance. The main reason was that this software is only relevant to one of the studies. The other workshop planned was the "job interview workshop". This workshop had the potential to involve all our programmes. However, it was not carried out since there was no company willing to do such workshop. Due to the lack of experience, time restrictions and the severe underestimation on how busy would the final quartiles of the academic year would be, we decided not to carry out this workshop by ourselves. Nevertheless, an input session about AI (on request of the IEM PMT) and multiple study evenings were organised.

Overall, we are disappointed that 3 workshops did not happen throughout the year. However, it was nice to see how the input session about AI and the study evenings were received through the year by our members in terms of attendance and engagement during the sessions. To our perspective, this show that our members are willing to participate in educational events as long as they are needed or they are interesting.

We conclude that the goals of increasing the member's participation in educational events and to organise at least 3 workshops are not accomplished but we gathered crucial data that support the idea of organising general educational events that may represent an interesting opportunity to our members.

Table 4: *Study Sessions 2025-2026 academic year*

Name of the Study Session	Number of members signed up	Number of Attendees	Programme and Study Year
Calculus 1A and Intro to Math	20	20	IEM 1st year
Probability (IEM)	10	12	IEM 1st year
Data Analysis 2	Cancelled	Cancelled	IBA 2nd year
Calculus 1B	9	3	IEM 1st year
Data Analysis 1	18	16	IBA 1st year

3.3.3 Recommendation

Our recommendation to the 52nd Candidate Board is to try and organise educational activities next academic year. As said before, many of our students request study sessions or attend interesting input sessions. Therefore, instead of planning workshops, the focus should lie on planning educational events that gathers input to either the Association, Programmes or Faculty. With this, the educational engagement of our members can be maintained in a manner that keeps our students participating in educational activities and can strengthen the relationships with our stakeholders. In terms of the organisation of Study Evenings, it is more practical to keep an eye on where our students are struggling and let the Education committee engage with the group of students directly. By doing it on request of the students, the Commissioner of Educational Affairs will save time and effort in arranging them themselves.

If it is desired to continue with planning educational workshops in the future, our recommendation would be to delegate it to a committee or to arrange interesting lunch lectures with different specialist in topics of our programmes that are in disposition of the University. These specialists can be found on the University webpage when looking for an specific topic. The only relevant task if this were to be outsourced would be to set a day well in advance in the module planning.

4. Internal Affairs

The mission formulated in the policy plan presented at the 111th GMA reads as follows: *"To organise diverse and meaningful events where people feel welcome, while boosting involvement and encouraging active members."*

4.1 Committees

Stress is able to offer a wide variety of events thanks to the committees we have. Some committees have changed or progressed over the year, and the most notable changes and reflection points are discussed below.

4.1.1 KIDS

The KIDS committee is busy with the last things to make the Kick-In of 2026-2027 a success. As mentioned at the 113th GMA, the remainder of the KIDS 2025-2026 budget was distributed across different committees. The overall estimation is that KIDS will be a bit over their budget this year. We recommend the 52nd Candidate Board to be proactive in gathering data on how the committee spends its allocated budget.

4.1.2 WISCie

The freshmen weekend of last year was a success, and many of the freshmen who attended became active. They still remember the weekend fondly as a great experience. The WISCie is now finalising the activities planned for an introduction weekend for the first-years. Due to lack of a location, the weekend will be on campus. The most important task now is a strong marketing campaign during the Kick-In; all activists present will be needed to make sure that new first-years are interested and excited to join. The weekend is set to take place in the fourth week of the module. This does not interfere with exams, as long as there are no significant changes from last year.

4.1.3 ConnecCie

The ConnecCie, newly rebranded from the CultureCie at the start of this year, had a successful year. After the Mid-Year Report, the committee grew to a total of three events: Christmas Mug Painting, Flower Pot Painting and a Chocolate Workshop. Attendance at these events included both Dutch and international students, which was exactly the goal. Because the events were kept low-key, we reached a different group of people at our events. We recommend the 52nd Candidate Board to keep the ConnecCie and its name.

4.1.4 SkiCie

The SkiCie was discontinued for this academic year, as communicated at the 111th GMA. The committee intakes in module 3 did not result in a new SkiCie being formed, due to insufficient interest. This reflects a broader trend of lower participation in large, cost-intensive trips. We recommend the 52nd Candidate Board to gauge interest in a new SkiCie and SkiTrip well in advance if they wish to have one again. Another idea worth considering is to make the SkiCie a lustrum-related trip, organised once every five years.

4.1.5 EscalaCie

The EscalaCie, introduced this year as a new committee, had a successful year. They organised three events: Escalation Bowling, an Adtvent Calendar and a Centurion Drink. The events consistently attracted good attendance and offered a valuable alternative to the standard Thursday and Friday afternoon drinks. We recommend the 52nd Candidate Board to continue this committee next year.

4.1.6 Stress Band

The Stress Band continued to be a source of pride and atmosphere within the association. After the Mid-Year, the band focused on recruiting younger members to ensure long-term continuity, as a large part of the band changed this year and the committee had to be built up again. At the Change GMA at the start of the year, it was decided to compensate the band with a full Union Card (around €80). In practice, this year the band played at the Kick-In and at the Gala. We had expected them to also play at the End-of-Year BBQ and possibly the Christmas Dinner, but because of the significant turnover and rebuilding, fewer events were played than anticipated. For this reason we believe a flat fee is not the most suitable arrangement, and we propose moving to a compensation per event played; we bring this point to the GMA to discuss (see Section 4.6). We recommend the 52nd Candidate Board to keep supporting the Stress Band and to make use of them at key events such as the End-of-Year BBQ and the Christmas Dinner.

4.1.7 Alpe d'Hu Stress Committee

The Alpe d'Hu Stress event did not take place. As already mentioned at the half-year GMA, the trip first had to change into a charity event within the Netherlands, because we were too late signing up for Alpe d'HuZes (the event we originally wanted to attend). This event within the Netherlands was then also cancelled, due to low interest and high cost. Our recommendation is not to organise this event in the future, unless there is a very active committee with capable people and knowledge of companies or sponsors willing to participate. On top of that, there should be at least a year of preparation and interested participants who are willing to help with the organisation.

4.1.8 StressTrip

The StressTrip was cancelled for the second consecutive year due to low sign-ups. The planned budget was redirected to a sailing weekend, organised as a low-key alternative. The sailing weekend was a success and registrations filled up. This outcome suggests that a more accessible trip is more attractive to members than a larger trip. A new recommendation is to organise a StressTrip once every three years. This means that every bachelor student can experience the trip at least once. The idea is to save budget and energy over three years to organise one memorable trip with higher attendance, instead of a smaller yearly one. In the first year, there is no full trip but a smaller activity or weekend away within the Netherlands, such as the sailing trip this year or a small city trip. In the second year, something similar can be organised, and alongside it the preparations for the big StressTrip begin, so that the date is set early. Then, in the third year, with a solid preparation and three years of saved budget, a bigger and more attractive trip can take place. Next year, there will be a StressTrip and after that we can look into the results and decide on the three year plan. We recommend to already start with the committee in module 4, also for next year, so promotion for the StressTrip can already start in module 1.

Table 5: *Example of a three-year planning for the StressTrip.*

Year	Activity	More info
Year 1	Small City Trip	Weekend away within the Netherlands for a small city trip
Year 2	Sailing Trip	More active weekend away, also within the Netherlands
Year 3	Big Stress Trip	Bigger trip somewhere in Europe

4.2 Promoting Activism

Over the past year, there were 125 students active in our association, spread over 28 committees.

4.2.1 Goals

- Actively promote becoming active among first-year students
- Have the percentage of staying active above 55%
- Have at least 4 member initiatives that happen

4.2.2 Reflection

Two committee markets were held this year: one at the start of the academic year and one in module 3. These markets provided members with the opportunity to discover and join committees, making them an important tool for promoting activism. The committee market at the start of the year in particular is useful and helped to reach the first goal. Out of the 125 active members this year, 28 were first-years, which represents 22.4% of the active members this year. The second goal is close but not reached, as the percentage of staying active is 52.8%. This is an improvement after the Mid-Year GMA, due to the return of some third-year IBA students. Furthermore, there were not many second-year students active this year, which lowers the percentage of staying active. The third goal was almost reached, since we had 3 member initiatives that happened, Cheese Making Workshop, How to GMA and Clay Pigeon Shooting. These activities were successful and created a wider variety of events, which was well received. Unfortunately the fourth member initiative (Champions League final) we planned got cancelled due to low sign-ups. In the end, we did not introduce the member-initiatives competition, but instead worked more with word-of-mouth promotion and the screens. This worked quite well, but for next year the member-initiatives competition is still a nice idea to add. Comparing the number of active members to the year prior, we see a decrease of 9 students. Furthermore, there is again an increase in the number of international students and a decrease in the number of Dutch students. One of the reasons for the increase in international active members may be the partly international board, which tends to attract more international people. Many of the Dutch second-year students went to other associations (sport or student) instead of Stress, as they have more options than international students. The number of IBA active members decreased by 16, which is a large decrease compared to other years. A reason for this may be related to their studies and the fact that they have to be on the University grounds less than IEM students. With the rise of AI, they can do most things from home, which reduces their connection with Stress.

4.2.3 Recommendation

We recommend keeping the committee markets to attract first-years at the beginning of the year. It is also important not to forget the second-year students, as that is a target group we missed somewhat within our active-members group. A good way to do this is to involve them as much as possible during the Kick-In, so that they stay in contact with Stress. Besides that, having 28 committees for 125 active members is somewhat too many, which can cause committees to fail. We therefore recommend having slightly fewer committees next year.

Table 6: *Comparison of active members between 2025-2026 and previous years.*

Active members	Total	Dutch	International	(I)BA	IEM	Other	Active last year
2025-2026	125	64	61	39	71	15	66
2025-2026(%)	100%	51.2%	48.8%	31.2%	56.8%	12.0%	52.8%
2024-2025	134	79	55	55	73	6	72
2024-2025(%)	100%	58.96%	41.04%	41.04%	54.48%	4.48%	53.73%
2023-2024	130	83	47	60	67	3	67
2023-2024(%)	100%	63.85%	36.15%	46.15%	51.54%	2.31%	51.54%
2022-2023	131	96	35	58	73	0	75
2022-2023(%)	100%	73.3%	26.7%	44.3%	55.7%	0%	57.3%
2021-2022	149	106	43	60	89	0	88
2021-2022(%)	100%	71.10%	28.90%	40.30%	59.70%	0%	59.10%

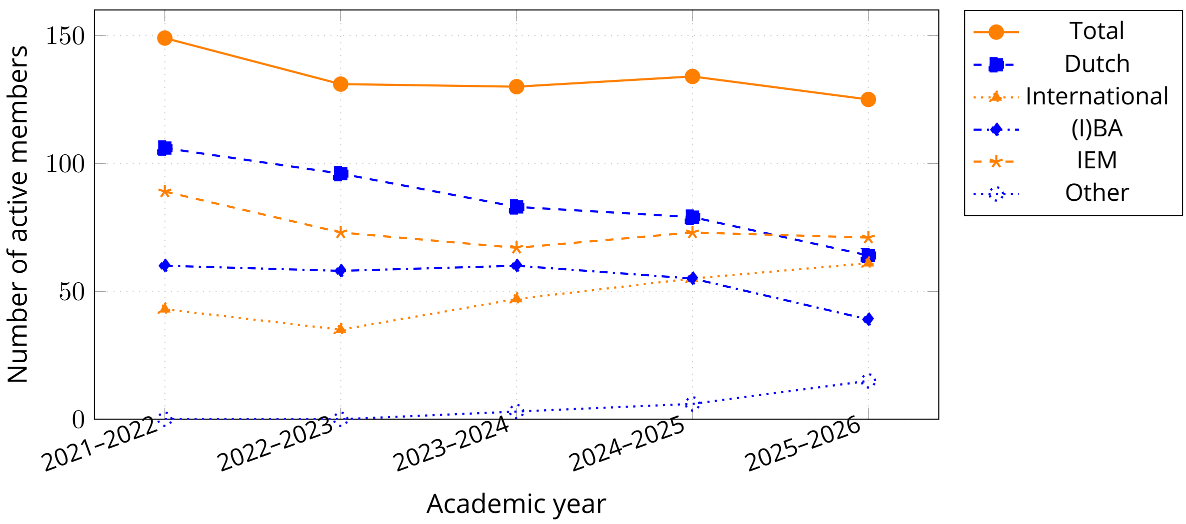

Figure 1: *Active members graph, 2021–2026.*

4.3 Involvement

It is important for Stress that the entire association is involved, so that people from different studies and years join events.

4.3.1 Goals

- Actively involve the entire association
- Maintain the percentage of unique subscribers at 25%
- Maintain the number of active first-year students
- Increase the unique active SSS users by 10%
- Make entering the Stress Room more approachable

4.3.2 Reflection first-years

In total, 6 successful events were organised for first-year students this year. Three were organised by the freshmen committee, two by the board, and the WISCie organised the Freshmen Weekend. From the beginning, first-year students joined events, became active and spent quite some time in the room. In our opinion the first-year activities really helped, and we recommend organising them again, either by the freshmen committee or the board.

4.3.3 Reflection second-years

At the start of the year, we organised a committee market to also reach some second-years. Besides that, we had an intake with all of them to get to know them better and make it easier to convince them to get involved. Despite that, we still lost some second-year students who no longer wished to become active. We recommend keeping the committee market for the second-year students as well, and trying to involve them already during the Kick-In.

4.3.4 Reflection third-years

In module 3, the returning third-years were asked to join a committee again and we arranged a committee market for that. It was not a successful committee market, as the third-years are busy starting their thesis and do not seem very interested in being active again. Even so, we still filled some committees, such as a Quest. We therefore recommend contacting the third-years when they return to see whether there is anything they would like to do.

4.3.5 Reflection (pre-)masters

The MasterCie organised 3 events this year for (pre-)master students, all of which were well attended. As we still have quite a large group of active master students at Stress, it is easier to involve that group in events.

4.3.6 Reflection Dutch Students

Over the past years, the number of Dutch active members and Dutch students involved has shown a consistent decline. Dutch students generally have more social options than international students, such as student associations, disputes and sport clubs, which means Stress faces more competition. Therefore, the Kick-In is important to already convince Dutch students. Besides that, we have to make sure that the association won't feel too international for Dutch students. It can help to organise some more recognisably Dutch traditions, like Sinterklaas, Kingsday, Carnaval. This gives Dutch students that they can share their traditions with international students.

Sinterklaas, a borrel-style drink, Koningsdag activities — these are recognisably Dutch traditions that international students actually enjoy experiencing. Keeping these on the calendar gives Dutch students cultural ownership of the association while also offering internationals something genuinely new. The key is framing: "this is our tradition, and we're sharing it with you" rather than "Dutch-only event."

4.3.7 Reflection internationals

International students feel welcome and accepted in general. From the outtakes we can conclude that the state of internationalism within Stress is quite good. The active-member numbers also show that there are more international students at Stress and in the Stress Room each year. This year it helped that the board consisted of three international students.

4.3.8 Reflection SSS users

The goal set at the start of the year was to increase the number of unique active SSS users by 10%. Measured on the old Mendix system, we ended the year with 126 unique users, against 130 in 2024–2025. The number has therefore stayed roughly the same rather than grown, and we conclude that this goal was not met.

These figures do not show the full picture, however. They are taken from the old system only, which was replaced at the end of the year, and a further 66 unique users have made use of the new Stress Snack System since it went live. We do not know to what extent these two groups overlap, since the systems do not share user histories, so the two numbers cannot simply be added together, and the true number of unique users over the year lies somewhere between 126 and 192.

4.3.9 Unique Subscriber Analysis

At the end of our academic year there were 478 unique subscribers and a total attendance of 2456. Last year we had 500 unique subscribers, which means a decrease of 22. Our percentage of unique subscribers is 28.13%, which means we reached our goal of 25%. Of all our unique subscribers, 73% joined an event 1 to 3 times, 11% 4 to 5 times and 5% more than 25 times. The total attendance, including external students, is 3457, which is more than last year. In general, we see a decrease in total attendance when we exclude external students. We had many nice events, but some of them had low sign-ups. This can be due to a lack of promotion at times, especially word-of-mouth promotion in the Stress Room. A recommendation for this is to make someone responsible for this kind of promotion on certain days. The ratio between IBA and IEM is almost the same. There is a decrease in Dutch students and an increase in international students, which we also concluded from the active-member numbers. This can be due to the three internationals on the board and. But in general, more international students are studying IEM and IBA now.

Table 7: *Information on attendance of events in 2025-2026.*

Attendance excl. external	IBA	IEM	Other	Dutch	Int'l	Unknown (Nat.)	Total
Unique Subscribers	165	239	74	257	207	14	478
Unique Subscribers (%)	34.52%	50.00%	15.48%	53.77%	43.31%	2.93%	100%
Total attendance	604	1657	195	1405	1023	28	2456
Total attendance (%)	24.59%	67.47%	7.94%	57.21%	41.65%	1.14%	100%

4.4 Active Member Appreciation

At Stress, we have many active members who put a lot of time into the association and into organising activities. To show our appreciation, we organised several active member activities.

4.4.1 Goals

- Show our appreciation to our active members
- Increase the integration between active members
- Create valuable and fun events for our active members

4.4.2 Reflection

In total we organised 5 active members' activities throughout the year, plus a gift.

Table 8: *Active Member Appreciation 2025-2026.*

Activity	Module	Status	Notes
Game Night	M1	Organised	Nice first edition
Trainings	M2	Organised	Low attendance; format under review
Sinternklaas	M2	Organised	Secret Santa format was good
Committee Teamwork Training	M2	Cancelled	Unforeseen circumstances, not rescheduled
Pubquiz	M3	Organised	Nice and classic evening
Active Members Weekend	M4	Organised	New format was a success
Gift	M4	Organised	Still a surprise

This was the first edition of the Game Night as the first Active Member Activity, and it was a success. It was nice to start with a fun activity rather than the trainings. Unlike the Game Night, the trainings were not a great success. The sign-ups were low, which is a trend we have seen over the last few years. The event is losing interest, as it does not add value for continuously active members. Sinternklaas was organised in a new format, namely a Secret Santa. Committees bought gifts and wrote poems for each other, which created more integration between them. The Pubquiz could have had more sign-ups, but it was a fun and well-received evening. The Active Members Weekend was a great success. The sign-ups could have been higher, but everyone had a great experience. The main reason people did not attend the weekend was prior commitments or other plans. It was a nice change of format, with a tandem tour through Ootmarsum followed by a beer tour at the Othmar brewery, instead of the workshops we have every year. This also makes the contrast between the Freshmen Weekend and the Active Members Weekend larger.

4.4.3 Recommendation

We recommend keeping the Game Night, or something similarly fun, as the first Active Members Activity instead of the trainings, so that people get a good first impression of the activities we offer. Besides that, we recommend to do the trainings with a new format, as they have low attendance and do not add value for everyone. To make sure first-years know what to do, the most important things can be introduced during smaller sessions, so they don't have to spend their evening on it. Another option is to make it mandatory if you organise the trainings during the day. Sinternklaas in the Secret Santa format was well received, so we recommend keeping it that way. By letting members write a poem for a committee they already know, they will not lose focus and will have more fun. A final recommendation is to keep changing the format of the Active Members Weekend. This means doing something different from the workshops every year, which keeps the weekend unique and people more interested.

4.5 Tournaments

In module 1 we hosted the do-group tournament, and in module 3 a committee tournament.

4.5.1 Goals

- Create a new set-up of the do-group tournament
- Involve more active members during the whole year

4.5.2 Reflection

The do-group tournament was a success this year. The new format, which included more extensive tasks tied to association events and more interaction with the board, resulted in three do-groups competing for the first prize. Besides that, we kept a constant update of the score in the Stress Room, which made the do-groups come to the Stress Room more often. Enthusiasm was high, and the do-groups remained very active in the Stress Room after the tournament ended. This indicates strong community building, and with it more members involved during the year. The committee tournament was launched in module 3, a module later than originally planned. Because of that, we ended up with only one committee tournament instead of two. However, the one in module 3 was cancelled halfway through due to a lack of enthusiasm in the committees, with only one committee actively participating. This was partly due to a lack of promotion, and partly because the tournament was run through the Stress App instead of WhatsApp, as is normally the case; this made it harder to reach and engage the committees.

4.5.3 Recommendation

We would advise organising a do-group tournament again and hyping it up with a scoreboard in the Stress Room. For the committee tournament, we advise only doing it if you are willing to put the time and effort into it. It would work when there is a dedicated person for it, who makes time for all the different assignments, the socialising and the promotion.

4.6 Committee Compensation

At the 113th GMA, an action point was set to provide an overview of all compensation offered to the committees, including the special compensations, and to conclude whether the current structure is fair and, if not, how it could be made fairer. This section provides that overview.

Table 9: *Compensation applying to all committees.*

Compensation	Description
Committee clothing	Provided by Stress.
Committee outings	€10 per person, in line with the board.
Own activities	Reimbursed for 50% of the cost, up to a maximum of €10 per person, paid from the committee budget.
Non-regular drinks	A committee that organises a non-regular drink without an entrance fee receives three free coins.
Active Member Activities	Active members and former board members may attend most AMAs free of charge, fully funded by Stress; only the Active Members Weekend may carry a small fee.

Table 10: *Committee-specific compensation.*

Committee	Compensation
PilsCie	A one-coin discount on drinks while running the bar.
Bartenders	A free non-alcoholic drink while bartending, an after-drink of two pitchers of beer once the shift has ended, and up to €5 towards dinner costs on a shift.
KIDS	A faculty compensation for running the study-related Kick-In (funded by the faculty rather than being a Stress perk), and two pieces of clothing.
Stress Congress	In addition to the standard half-off on the Congress they organise, a suit.
Stress Band	In addition to the standard half-off on the events they play at, a full Union Card (around €80), decided at the Change GMA at the start of the year, for playing at events such as the Kick-In and the Gala (see Section 4.1).
MediaCie	In addition to the standard half-off on the events they photograph, photography training.
SITcom	A €150 budget for food on working days, which also covers the AI credits used in maintaining the association's systems.

4.6.1 Assessment and recommendations

The standard rules form a consistent and, in principle, fair basis: every committee is treated equally, and the compensation that scales with the number of events a committee runs is proportional to the work involved. The fairness questions arise with the committee-specific compensations, which sit on top of this base and differ considerably between committees. We make the following recommendations.

First, the compensation for the Stress Congress committee includes a suit, but this does not fully cover the cost of the suit that committee members are expected to wear for the event. As the suit is a genuine personal expense incurred specifically for the role, we recommend the 52nd Candidate Board to increase the compensation so that the suit is covered in full. The case for this is clearer still in comparison with the Kick-In: the KIDS committee receives a faculty compensation of €1,800 in total for running the study-related Kick-In (€450 per member last year). That amount is funded by the faculty rather than being a Stress perk, but the contrast nonetheless shows that committees carrying comparable workloads are compensated very unevenly for the costs they incur, and that the Congress committee is currently left out of pocket for a required expense.

Second, the Stress Band currently receives a flat compensation of a full Union Card (around €80), as decided at the Change GMA at the start of the year. This year, however, the band played at only two events, the Kick-In battle of the bands and the Gala fewer than expected, partly because a large part of the band changed and the committee had to be rebuilt. We therefore believe a flat fee is not the most suitable arrangement, and we propose moving to a compensation per event played. We bring this point to the GMA to discuss.

Third, a small number of committees (for example Education, the External Affairs Committee and Boeken.com) currently receive little or no compensation, as they organise few or no paid events. We recommend the 52nd Candidate Board to decide deliberately whether this is intended, or whether a modest, uniform acknowledgement of their work would be fairer.

Finally, we recommend documenting each committee-specific compensation together with a short justification, and embedding the result in the Operational Regulations, so that the structure remains transparent and is revisited deliberately rather than growing by precedent.

5. Public Relations

"Boost member engagement by uniting traditional and new communication platforms to promote events, highlight student stories, and build a stronger Stress identity."

5.1 Promotion and Visibility

5.1.1 Goals

- Connect with more members, communicate more effectively, and bring members closer to the association.
- Use social networks as a method of community building.
- Achieve a 20% increase in engagement on Instagram.
- Have 40% of actively studying members download the Stress App.

5.1.2 Reflection

The shift toward Stories that we started in the first half of the year was the right call. Table 11 gives the Instagram figures for 2025–2026 next to last year's.

Table 11: *Instagram statistics, September–June, 2025–2026 compared with 2024–2025.*

Metric	2024–2025	2025–2026	Change
Accounts reached	24,576*	36,300	$+47.7\%$
of which paid	22,800	29,500	$+29.4\%$
of which organic	–	6,800	–
Views	–	311,000	–
of which paid	52,000	51,000	-1.9%
of which organic	–	260,000	–
Story views	–	108,900	–
Story reach	–	–	$+89\%$
Content interactions	–	3,200	–
Link clicks	730*	1,100	$+50.2\%$
Profile visits	4,570*	3,700	-19%
Spend on paid promotion	€240	€439.39	$+83.1\%$
Cost per 1,000 accounts reached (paid)	€10.53	€14.89	$+41.4\%$
Cost per 1,000 views (paid)	€4.62	€8.62	$+86.6\%$

* Implied by the year-over-year change reported in Instagram insights rather than recorded directly. Cells marked "–" were not reported for 2024–2025. All 2025–2026 figures are rounded.

Stories did most of the work behind these numbers: they produced about a third of all our views on their own, and story reach was up roughly 89%. Link clicks rose by half, which is the figure we care about most, because those clicks feed straight into event sign-ups. The 20% engagement goal was met with room to spare. Reach and views pulled in opposite directions, though: most of our reach was bought, while our views were overwhelmingly organic.

Paid promotion is the only part of the table that compares directly with last year, and it got less efficient. We spent 83% more than the €240 of the three campaigns run in 2024–2025 (Network Drink, Stress Congress and First-Years Wipe-Out), but reached only 29% more accounts and gained no extra views, so the cost per thousand accounts reached rose by about 40% and the cost per thousand views by about 87%. Part of that is the campaigns themselves, which used Meta's targeting to narrow the audience to students in Enschede. Profile visits fell by about 19% over the same period. We flagged that risk of leaning on Stories at the mid-year, since members can watch a story and click a link without ever opening the profile, but this year's paid posts also linked straight to the sign-up form where they used to point at the profile, so the drop is hard to read.

Two planned improvements did not come off in the second half of the year. The daily "upcoming events" story never happened, mainly for lack of time, and lookback and feed posts went up less consistently than we wanted after a shift in board responsibilities left less room for them. Posting in the WhatsApp groups picked up after the mid-year GMA and then tailed off again, because the Commissioner and the PR Committee could not get their planning aligned quickly enough. It does not help that most PR Committee members are in the same year of study and get busy at the same time, which is what happened during their theses this year.

5.1.3 Recommendations

We recommend that the Candidate Board keep WhatsApp and Instagram Stories as the backbone of promotion, but keep in mind the increased workload from the start of the year since a story needs a separate poster and cannot be scheduled if a link is added. A steadier rhythm of lookback and feed posts would help rebuild profile traffic and achieve our original goal of building a community on Instagram rather than only promoting events. Planning promotion together with the PR committee would prevent WhatsApp and feed output from depending on how much time the commissioner has in a busy week, and recruiting members from a wider mix of study years would help overcome periods when the majority of the committee is extremely busy. We believe paid promotion is still worth it for flagship events; however, we think that targeting posts at a smaller group is important, even if it means that the money spent results in lower reach figures.

5.2 MediaCie

5.2.1 Goals

- Promote the MediaCie to a higher sense of responsibility for its work.
- Make photos look more professional through the use of editing software.
- Give the MediaCie a more professional and prestigious image within the association.
- Keep upload times consistent, with a maximum of two weeks after an event.

5.2.2 Reflection

After a slow first half, MediaCie picked up and is noticeably more active again, which we are happy with. A good number of events are now photographed and published on the website, usually within the same week and well inside the two-week maximum.

Editing was covered during the photography training but turned out to be impractical given the volume we produce. Going photo by photo takes too much time for a low-threshold committee, and we could not find a simple tool that enhances a whole set at once, the way Lightroom or Apple Photos does, so that goal was not met. Neither was the goal of creating a more professional and prestigious image within the association, which saw no real change. We did buy some basic equipment at the end of the year so the committee can run on its own: an SD card reader, so every member can move photos to the drive and the website themselves; a new SD card, because the old one was sometimes not recognised by the camera and there was no spare; and two replacement batteries.

5.2.3 Recommendations

We recommend the Candidate Board give responsibility for moving photos from the camera to the drive back to the MediaCie, with one member appointed as the point person; having the Commissioner of PR own that task did not work. We would also advise against putting much energy into an editing workflow, since the committee's time is better spent on covering events and uploading quickly.

Beyond that, it is worth turning the committee into a MediaCie that manages a pool of photographers. Members cannot be at every event, and photos tend to be better when the person taking them is going anyway.

5.3 Stress Updates

5.3.1 Goal

- Reach members who are not effectively reached by Instagram promotion through a regular digital newsletter.

5.3.2 Reflection

We brought the Stress Updates newsletter back this year and it did well on paper: the February edition went to 1,477 recipients and 826 of them opened it, about 56%. We stopped it anyway in the second half of the year, partly for time and partly because an open rate says nothing about whether anyone read it or acted on it, and no member ever told us they had joined an event because of it.

5.3.3 Recommendations

Even with that open rate, we recommend the Candidate Board discontinue the Stress Updates. For a part-time board the time they cost does not justify what they return, and we believe we already reach most interested members through WhatsApp and Instagram.

5.4 Stress Aftermovies

5.4.1 Goal

- Produce aftermovies of events, transitioning from YouTube videos toward short-form Instagram Reels.

5.4.2 Reflection

Capturing enough usable footage turned out to be a much bigger job than we expected. We produced one Reel, about the Batavierenrace; for the rest of the year there was simply not enough material to work with.

5.4.3 Recommendations

We recommend the Candidate Board decide whether to keep making aftermovies at all. They do add something as Instagram Reels, but only if someone is made responsible for filming at events; a photographer pool with clear guidelines on what to capture per event would solve most of it. If they do continue, we suggest making them per event rather than per module.

5.5 Stress App

5.5.1 Goals

- Have 40% of actively studying members download the app. **Not met** (≈ 200 downloads, $\approx 20\%$ of active members at mid-year; no meaningful growth since).
- Achieve regular daily usage / community building through the app. **Not met** (average of ~ 8.6 daily users over the period).
- Drive adoption by conducting the committee tournament through the app. **Not met** (committee tournament held, but little to no participation).
- Use the app to inform members when event photos are posted and to centralise event information. **Partially met** (a small group used the app mainly to view events and photos).
- Create a member-initiatives group within the app. **Not met**.

5.5.2 Reflection

The app was, in practice, dead. Downloads stalled at half the target and daily use never got beyond a handful of members looking at events and photos, and the plans we had for driving adoption, the committee tournament included, did not take off.

Congressus has since announced that it will discontinue the Congressus App on 1 September 2026, so keeping an app at all would mean moving to a third-party alternative (Congressus points to Youmie or Socie). Taking on a new platform for something this little used is not worth it.

5.5.3 Recommendations

We recommend the Candidate Board not migrate to an alternative app platform.

6. External Affairs

In our policy, the mission for external affairs was formulated as follows:

"To provide meaningful events for all students to support them in developing themselves professionally."

We believe that during the year, this mission was achieved. In this chapter we elaborate on how this is done. We also reflect on the goals that were formulated beforehand.

6.1 Career events

During the year 2025–2026, we organised 23 career events, meaning that we did not meet the target of 26 events. Of these, 2 events were held in Dutch since there were only Dutch speaking students present. Unfortunately, several events had to be rescheduled throughout the year, which limited the available capacity in our planning. In addition, we consciously chose not to organise an excessive number of events, as this could have negatively affected attendance rates and the overall quality of the events.

Throughout the year, we collaborated with around 60 different organizations on career events including the Stress Congress.

6.1.1 Low-threshold events

The goal of the low-threshold events was to give students a chance to develop themselves professionally without being overwhelmed from the start. In the first half of the year we organised the "borrellezing" twice. Their informal setting and relatively short duration lowered the threshold for students to join career-related events; both were well attended and received positive feedback from many students. Attracting companies willing to collaborate on this type of event, especially early in the academic year, proved valuable.

6.1.2 Variety in organisations

Throughout the year, we collaborated with around 60 different organizations on career events including the Stress Congress. To measure the variety in organisations we chose for the same approach as we did for the first half year discussed during the 113th GMA. Table 7 below shows the career events that we organised after the 113th GMA scored from 1-5 on the relevance to the different studies and specialisations. The averages contain both the scores displayed in Table 7 as well as the scores from the events discussed at the 113th GMA.

The graph below shows the average relevance score per specialisation. Similar to the first half of the year, most specialisations are represented adequately through the organisations with which we collaborated. Production Logistics and Management (PLM) achieved the highest average score, followed closely by Purchasing and Supply Management (PSM) and Financial Management (FM). This can largely be explained by the strong presence of companies operating in manufacturing, supply chain management, consultancy, and financial services.

Healthcare Technology and Management (HCTM) remains an outlier with a substantially lower score than the other specialisations. Despite continued efforts to establish partnerships with organisations primarily active in the healthcare sector, we were unable to organise an event with such a company during this period.

Overall, the results indicate that the organisations involved in our career events offered relevant career opportunities for the majority of Stress members and provided a relatively balanced representation of the different studies and specialisations.

Table 12: *Company Interest by Study and Specialisation*

Study	Specialisation	Slimstock	VDL ETG	HoSt	Voortman	EuroDev	Shell	Thales	Network Drink	NextGen	BDO	Average
IEM	FEM	2	2	3	2	2	5	2	3	1	3	2.947368
IEM	HCTM	1	1	1	1	1	1	1	1	1	1	1.105263
IEM	PLM	5	5	4	5	2	3	4	4	1	1	3.315789
(I)BA	EIS	2	2	3	3	4	3	2	3	2	1	2.894737
(I)BA	SMS	1	1	2	2	4	2	1	2	1	1	2.368421
(I)BA	HRM	1	2	2	2	3	2	2	3	4	2	2.473684
(I)BA	PSM	5	4	3	4	2	4	3	4	1	1	3.263158
(I)BA	FM	2	2	3	2	2	5	2	4	1	5	3.105263
(I)BA	IM	2	2	2	2	5	5	3	3	1	1	2.894737
(I)BA	DBA	4	3	2	5	2	3	4	2	1	2	2.947368

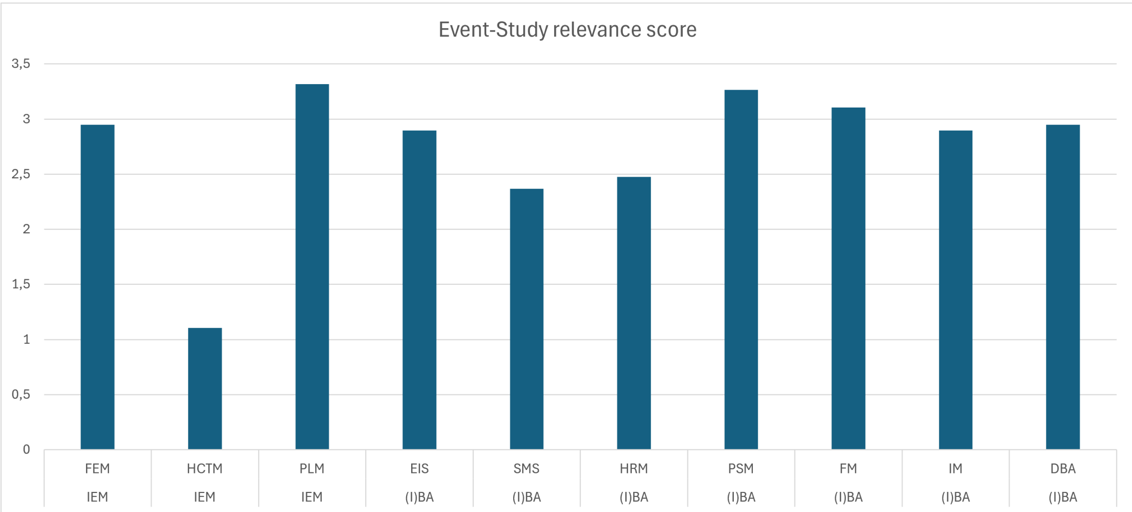

Figure 2: *Average relevance score per specialisation.*

Table 13: *Abbreviations for the MSc specialisations IEM and BA.*

Abbreviation	Full name
FEM	Financial Engineering and Management
HCTM	Healthcare Technology and Management
PLM	Production Logistics and Management
EIS	Entrepreneurship, Innovation and Strategy
SMS	Strategic Marketing and Servitization
HRM	Human Resource Management
PSM	Purchasing and Supply Management
FM	Financial Management
IM	International Management and Consultancy
DBA	Digital Business and Analytics

Table 14: *Attendance at external events. In total 351 individuals were reached.*

Event	Attendance
Inhouseday Voortman	22
Borrellezing Pure Energie	30
Borrellezing Shell	40
Lunch Lecture Factor Ros	25
Thesis Market	52
Lunch Lecture Moore MKW	23
Inhouseday Harmeling	10
Inhouseday Bearingpoint	13
Theme Reveal Stress Congress	58
Lunch Lecture Rijkswaterstaat	27
Stress Congress	227
Padel Slimstock	11
Inhouseday VDL-ETG	10
Lunch Lecture HoSt	17
Lunch Lecture Voortman	17
Company Dinner EuroDev	10
Business Case Shell	9
Lunch Lecture Thales	29
Network Drink	53
Padel NextGen	8

6.1.3 Variety in events

We believe we achieved our goal of offering variety in events. Demand for excursions continued to rise among companies, and where these were previously mostly production-focused companies, office-based employers increasingly shifted toward in-house days, which are valuable but harder to fill. As discussed at the GMA, excursions are classified as in-depth events because companies use them for talks or business cases and they involve a larger time investment from students; student interest in excursions has not been a problem so far, though it does depend on the company's name and the timing of the event. Companies were generally satisfied with the events.

Table 15: *Number of career events in 2025-2026 per event type.*

Event	Amount
Lunch Lecture	7
Excursion	5
Borrellezing	2
Tailored activity	2
Business Case	1
Company Dinner	1
Network Drink	1
Stress Congress	1
Theme Reveal	1
Thesis Market	1
Training	1
Total	**23**

6.2 External income

At the 111th GMA, we set the goal for external income at €25,550. We are proud to inform the GMA that this goal has been reached with a (currently estimated) realised profit of €26.869,32. This also exceeds the revised goal at the 113th GMA of € 25.850,53. This figure might still slightly change depending on the exact costs of events and which promotional activities will still be executed this year. Figure 3 shows the subdivision of external income of the past 10 years. One can observe that promotional income has increased significantly. Part of the reason for this is that we now no longer do direct mailings through Career Vision, but send them directly through Stress.

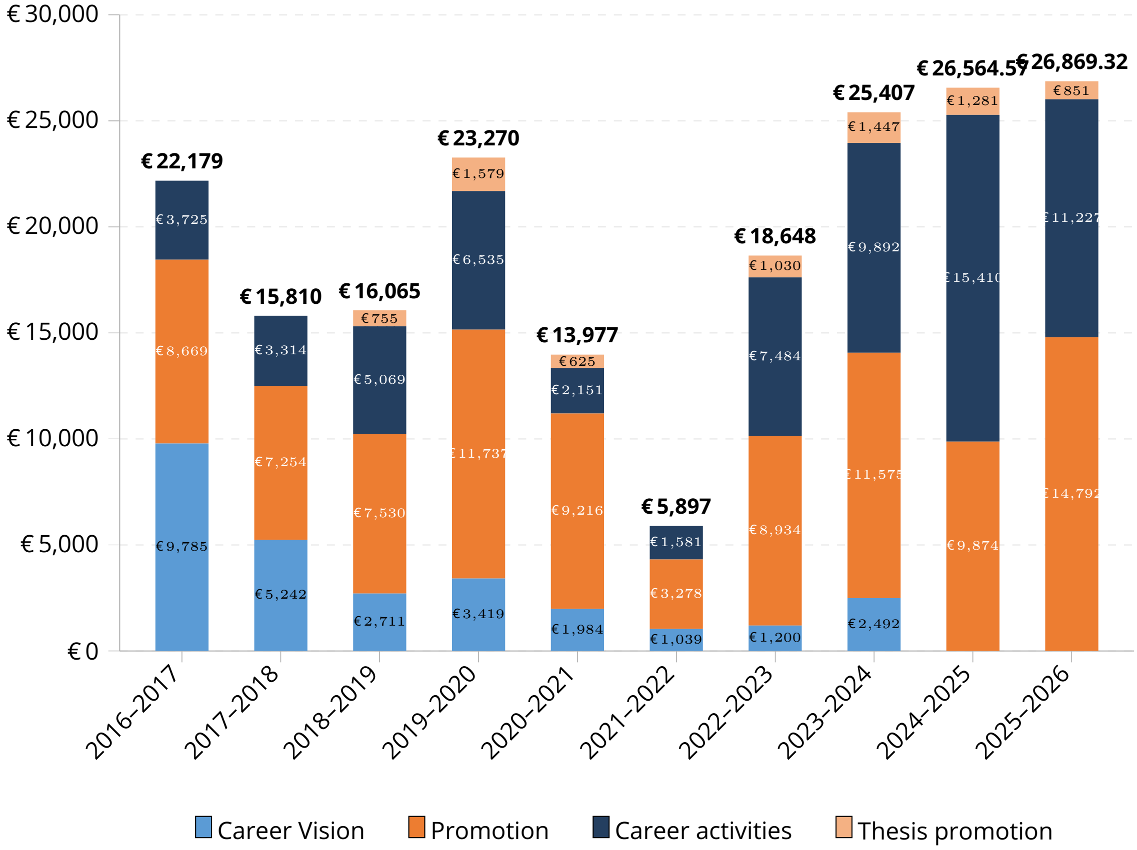

Figure 3: *Realised external income over the past 10 years. Note that Covid-19 influenced the second half of 2019-2020 and all of 2020-2021. Also, 2021-2022 was an outlier due to unforeseen circumstances.*

Event	Cost in €
Inhouseday Voortman	235.92
Borrellezing Pure Energie	466.82
Borrellezing Shell	422.70
Lunch Lecture Factor Ros	125.58
Thesis Market	249.20
Lunch Lecture Moore MKW	125.58
Inhouseday Harmeling	236.44
Inhouseday Bearingpoint	178.90
Theme Reveal Stress Congress	0 (Budget Stress Congress)
Lunch Lecture Rijkswaterstaat	130.17
Stress Congress	0 (Budget Stress Congress)
Padel Slimstock	325.46
Inhouseday VDL-ETG	0 (Covered by UT)
Lunch Lecture HoSt	124.72
Lunch Lecture Voortman	124.72
Company Dinner EuroDev	21.00
Business Case Shell	0
Lunch Lecture Thales	124.72
Network Drink	0 (Seperate budget)
Padel NextGen	325.46

6.3 Specific events

Throughout the year, we organised three big career-related events: the Thesis Market, Stress Congress, and Network Drink. In this section, we reflect on all three.

6.3.1 Thesis market

This year's Thesis Market was organised as usual, though it proved somewhat more challenging than previous editions due to a number of companies cancelling at short notice. Despite this, attendance among students was still satisfying, and both the remaining companies and students expressed that they were happy with the event. We recommend the 52nd Candidate Board to follow up with confirmed companies closer to the date and to have a reserve list of companies ready to fill any last-minute cancellations, ensuring the market remains well-populated regardless of withdrawals.

6.3.2 Stress Congress

This year's Stress Congress was held at a new location, which was very well received. The venue provided a pleasant atmosphere and contributed positively to the overall experience of both students and companies. The company fair, however, could have been somewhat shorter in duration, as attention tended to decline towards the end. Overall, the event was a success, with good attendance and positive feedback from the participating organisations. We recommend the Stress Congress committee to evaluate the length of the company fair and consider tightening the schedule to maintain energy levels throughout the day.

6.3.3 Network drink

This year's Network Drink was organised by two people rather than a dedicated working group. While this was manageable and the event ran well overall, it did require careful planning and timely execution. The food was well appreciated, and the participating companies were satisfied with the event. One key learning point was the importance of starting on time and of sending timely reminders to companies that signed up well in advance, as some required additional follow-up. We recommend the 52nd Candidate Board to either re-establish a small working group for this event or to ensure that reminders and a clear timeline are built into the planning from an early stage.

6.4 Career Vision

This year there was no longer a contract expressing the desire to work together with Curius (Delft), Industria (Eindhoven) and Synergy (Nijmegen)in organising a career-related event. Despite that we formulated the following goals on the 111th GMA:

6.4.1 Goals

- Organise at least one event with Career Vision.
- Keep in contact with the other associations.
- Explore possibilities to collaborate with other associations outside of Career Vision.

6.4.2 Reflection

Attempts to refresh contact between the former Career Vision associations had not yet resulted in a meeting by mid-year, and contact with associations outside Career Vision, such as SEFA in Rotterdam and Aureus in Amsterdam, did not lead to useful outcomes. As raised at the GMA, relatively little effort went into Career Vision, although a successful collaboration could add real value to an event. Despite multiple attempts to get in contact with the other associations, these efforts did not lead to a concrete event. The one activity that did take place within the context of Career Vision was a drink organised together with Synergy after the Batavierenrace, which was a pleasant moment of connection.

6.5 External Affairs Committee

At the beginning of the year, we tried to set up the External Affairs Committee (EAC) in such a way that the following goal would be achieved:

6.5.1 Goals

- Reducing the workload of the Commissioner of External Affairs, so they can also sufficiently focus on other responsibilities.

6.5.2 Reflection

The committee made a promising start, with enthusiastic members. However, as the year progressed, motivation among committee members declined noticeably. Attendance at meetings dropped, and follow-through on tasks became inconsistent. The biggest challenge was that conducting acquisition without sufficient Dutch language skills proved to be a significant barrier, as many companies prefer to be approached in Dutch. In the end, the EAC did not manage to organise an event, and we do not feel that this led to a meaningful reduction in the workload of the Commissioner of External Affairs.

6.5.3 Recommendations

We recommend the 52nd Candidate Board to maintain the approach of involving experienced members in the committee, as this proved effective in the early stages of the year. We also strongly recommend ensuring that at least two committee members are fluent Dutch speakers, as this is a almost a necessity for acquisition. Furthermore, we recommend setting clear expectations and milestones at the start of the year and checking in regularly to keep members engaged and accountable. Including at least one (I)BA student in the committee is also advisable, as this may lead to more events relevant to that study and increase the involvement of (I)BA students in career-related activities.

7. International Affairs

The formulated mission previously mentioned in the policy plan presented in the 111th GMA goes as follows:

"To promote the openness of Stress, by organising events that make all of our members regardless of their nationality feel included."

7.1 International Policy

7.1.1 Goals

- To increase the attendance of international members in different types of events.
- To organise multicultural events that are representative of our international community within Stress.
- To update the International section on the Stress Website.

7.1.2 Reflection

This year has shown that internationals are mostly interested in low threshold events that involves a relaxed environment in which they can do certain activities and interact with their peers. Furthermore, these events are also attended by Dutch people which reinforces the idea of integrating both communities together. These events were organised by the ConnecCie. In our experience, this decreased the workload of planning these events enormously and we only had to focus on making sure the committee carry out their activities. In these events, everyone spoke English with each other regardless of their nationality which not only integrated Dutch and internationals, but also internationals with each other.

In total, there has been a total of 205 international students attending across a total of 116 events. This represents 32.40% of Unique subscription attendance of events throughout the year. some of the events that were successful for Internationals can be demonstrated on the table below. In this table, it is possible to notice the absence of drinking events. This is due to the fact that international attendance in these events have been historically low. This is the case for this year also.

Table 16: *Event attendance by origin*

Event	Dutch	Inside EU	Outside EU
Freshmen BBQ	25	34	14
Culture Dinner	23	23	11
Stress Congress	88	41	38
Foodhalle	29	19	10
Flower Pot Painting	9	10	12
Ice Skating	16	9	6
Freshmen Sip and Paint	8	9	5
Christmas Mug Painting	5	9	7
Chocolate Workshop	5	7	1

Based on the numbers of international attending these events, we are satisfied with the rising numbers of attendance. We therefore conclude that the first objective of increasing the attendance of international members in different types of events is accomplished. Furthermore, the second goal is not represented in this new idea of planning low threshold event for everyone rather than them being targeted to internationals. Thus, this goal is cancelled.

With regards to the international section, it has been updated since the middle of the academic year. The board have not received any negative feedback regarding the changes made. We therefore conclude that the information in the website is now updated and relevant to any members that may need this information.

7.1.3 Recommendation

We recommend to the 52nd Candidate Board to maintain the idea of doing low threshold activities to attract internationals rather than fully focused international events. A great aid to maintain the good numbers of attendance in international students is to keep the ConnecCie running for another year. With this committee, the workload of the Commissioner of International Affairs will decrease and the kind of activities that international students are keen to join will be done.

With regards to the International Section, it is important to appoint someone well versed in immigration topics to take a look each year to the international section of the webpage. This person will then tell the board responsible to update the information on the webpage.

8. Alumni Relations

We believe that keeping a good relationship with alumni association Bekader is beneficial for our members. By organising events where members can meet and talk to alumni, we want to provide opportunities to build their network and learn from experiences of the alumni. We defined the mission for Alumni Relations as follows:

"To support students as they move towards graduation by building a strong connection between Stress, Bekader, and our future alumni."

8.1 Bekader

In the last years, Stress and Bekader have collaborated on different alumni related events and explored opportunities to work together. We wanted to continue this and further explore the possibilities of organising events together.

8.1.1 Goal

- To raise awareness of Bekader amongst our members.
- To sustain a strong relationship between Bekader and Stress.

8.1.2 Reflection

With the Jan Kreiken Symposium in November we managed to organise the most successful alumni event in years. During the symposium 95 students, teachers and alumni had the opportunity to connect and share experiences. This event was a collaboration between Stress, the family of Dr. Kreiken, the Faculty, both study programs, Bekader, and the alumni office.

During the Stress Congress we made sure that Bekader was attending the Company Fair to work on the goal to raise awareness of Bekader amongst Stress members.

Lastly, to sustain this strong relationship between the associations we decided to allocate the budget for an alumni event to collaborate with Bekader on a joint social event. This resulted in the successful "Borrelboot" event where 25 students and alumni had the opportunity to connect and have fun together.

8.1.3 Recommandations

We recommend the 52nd Candidate Board to continue working together with Bekader. This collaboration provides good opportunities for Stress members to gain insight in career opportunities and life after studying. We also recommand to repeat the joint social event and explore if the necessity of the faculty for an alumni day can be met in this way.

9. ICT

"Build and maintain digital systems that support daily operations today and in the future and that are more cost-effective than ready-made solutions."

9.1 Pils Payment Process (PPP)

9.1.1 Goals

- Provide payment software to save on transaction costs when members pay for drinks in the MBasement.
- Inform bartenders about how to use the system.

9.1.2 Reflection

The PPP was cancelled in its original form: its central rationale, reducing payment-transaction costs, fell away with the introduction of SumUp, which already addresses those costs. Working with SumUp over the year has provided a clear answer, and we redefine the goal of the PPP as follows:

- **Allow members to buy a single drink.** SumUp does not process card payments below €1.00, while a drink costs €0.75. A member who wants one beer therefore cannot pay for one beer.
- **Give the PilsCie and the Board insight into consumption.** SumUp tells us how much money came in, not what was sold, at which price, or to whom. The PPP would record every drink at the moment it is taken, which makes visible how much of a drink's turnover was sold at a discount, what that discount cost, and how much of the PilsCie budget a drink costs immediately rather than after manually comparing income to a drink invoice. Furthermore, this gives insight into what the Board and the PilsCie consume for free or at a discount, which at present appears nowhere in our figures.

We have purchased an Android phone for the bartenders to be able to use a mobile version of the PPP for outside drinks.

9.1.3 Recommendations

We recommend that the Candidate Board promote the use of the PPP, train bartenders on how to use it, and keep the sum-up as a backup for external guests eventually moving away from payments with coins.

9.2 TV Screens in the Stress Room

9.2.1 Goals

- Show members entering the Stress Room an overview of the week's events.
- Give insight into current information (e.g. weather).
- Link with Congressus for automatic synchronisation of events.

9.2.2 Reflection

The screen software was released and works well on the main screen in the Stress Room, displaying posters, photos of past events, and event information. The one outstanding issue is the second TV screen in the coffee corner, which does not work consistently; we believe that the roughly 50-metre HDMI cable running through the ceiling is the issue. Building management has advised against laying a new cable ourselves and instead recommends hiring a contractor to do this. We have not gotten to this yet and do not know if the faculty is on board with it.

9.2.3 Recommendations

We recommend that the candidate board talk with the faculty and get them to pay for the laying of a new HDMI cable through the ceiling. If this proves difficult, fall back on mounting a laptop behind the screen so the display no longer depends on the long, unreliable HDMI run.

9.3 Continuity of the SitCom

9.3.1 Goal

- Find three to four new enthusiastic members for the committee.

9.3.2 Reflection

No new members were found for the SitCom this year. Canvas posts did not generate interest, and a GeoGuessr tournament organised by the board rather than together with the SitCom itself did not lead to any new members either. In general, the more technical/IT side of IEM does not appear to appeal to many members. To keep the committee alive, Lennard Köhne and Job Visscher will continue the SitCom next year alongside any interested members, with the aim of rebuilding it.

9.3.3 Recommendations

We believe continuity here depends less on constant recruitment and more on finding the right people at the right time. We recommend that the Candidate Board keep the committee visible and approachable so that interested members can be engaged whenever they appear, and that any technical events used to attract members be organised together with the SitCom itself rather than separately from it.

9.4 Stress Snack System (SSS)

9.4.1 Goal

- Keep the SSS maintainable even with a smaller SitCom

9.4.2 Reflection

The SSS has recently been rebuilt from the ground up. The previous version ran on the free tier of Mendix, which raised security concerns about running production software on this free tier. The SSS now runs on a Next.js/TypeScript stack, which is considerably easier to work with and maintain; with the AI, a system like the new SSS can be built or adjusted in a matter of hours rather than over a much longer period. This substantially lowers the threshold for maintenance and hand-over and directly addresses the backup concern, as the system no longer depends on specialised Mendix knowledge within the SitCom. The planned physical rearrangement of the SSS (moving it toward the entrance) did not happen this year.

9.4.3 Recommendations

We recommend that the Candidate Board keep the SSS stocked and use the newly recreated software, as this provides a lot of value to the members and attracts them to the Stress Room.

9.5 Poster Display Software

9.5.1 Goal

- Display posters reliably on the outside screen without manual refreshing by the board.

9.5.2 Reflection

A new piece of software was written in-house to display the posters on the outside screen. It refreshes automatically, so posters sync from a Google Drive folder without any intervention from board members. This is a clear improvement over the previous setup using Flickr, which required manual handling to keep the display current.

10. Other Plans

Find below the plans that do not fit within a specific function.

10.1 Rethinking the Layout of the Stress Room

10.1.1 Goals

- Make the Stress Room more appealing to members.
- Create more opportunities for members to study with a screen.
- Make it easier for members to feel comfortable studying at the screens.

10.1.2 Reflection

To make the Stress Room more appealing, we replaced a broken book stand with a new book cabinet (€30), placed between the couch and the study desks to the right of the main entrance, giving students a dedicated spot to leave study books they no longer need for others to pick up.

On the workstations, of our 14 fixed study seats, 7 were in bad shape: broken backrests, chairs that tilted dangerously when leaning back, and height adjusters that no longer worked. As building management had no spare chairs for us to use, we replaced them. Following the GMA's decision, we purchased seven new chairs within the cap of €100 per chair, from Flexispot. This was a more budget-conscious choice than the €325, NEN-EN 1335-certified option from Buro Enzo that we had originally proposed: the certified chairs are rated for 8+ hours of study and would likely last longer, so the trade-off of the cheaper chairs is a shorter expected lifespan, but they came in well within the GMA's cap and are a clear improvement over the broken seats they replace.

The cupboard for cups and towels and the larger tables that we had intended to reflect on at the End-of-Year GMA did not happen this year; we will try to look at the room arrangement during the summer.

10.2 Bottle and Can Deposit (Statiegeld)

10.2.1 Goal

- Give members the opportunity to return their deposit (Statiegeld) at Stress.

10.2.2 Reflection

The weekly routine for returning can and bottle deposits worked well throughout the year, with the deposit money going into the association's bank account. By keeping it a regular task we prevented packaging from piling up in the room. The routine is being continued as a standing weekly task.

10.3 Digitalisation of Bookkeeping

Until the summer of 2025, the bookkeeping of Stress was not digitalised: all invoices needed to be printed and were kept in a binder, and declaration forms were filled in on paper.

10.3.1 Goal

- Process declarations faster.
- Automate Treasurer tasks.
- Lower the threshold to declare.

10.3.2 Reflection

All of the above goals have been achieved. Declarations are faster, because every declaration that is filled in now automatically gets put into the bookkeeping system, and this automation makes it impossible to lose or forget them. The online declarations also help lower the threshold to declare, because members no longer have to come to the Stress Room to make their declaration. We are very happy with this result, since it is beneficial for both the members and the board, as well as being helpful now and in the future.

10.4 'Guide to Student Life' Booklet

10.4.1 Goal

- Support new students, especially internationals, by providing them with a clear and accessible overview of practical and social information.

10.4.2 Reflection

The digital version of the booklet has been available on the Stress website since the beginning of the academic year and was mentioned during the Kick-In presentation as well as during the first day of lectures for both IBA and IEM. Unfortunately, Xerox did not manage to print enough copies on time, so we could not hand them out during the lectures themselves; instead, we informed students that physical copies would be available in front of the Stress Room shortly afterwards.

Over the year, these copies were picked up steadily: of the 300 copies printed, only around 20 are left, so the large majority found their way to members. We received positive feedback from some first-year students, though the impact of the booklet is otherwise difficult to measure.

10.4.3 Recommendations

We recommend that the Candidate Board have the booklets printed earlier in the summer, so that copies can be handed out during the very first lectures, since we believe it is valuable for first-year students to receive this kind of guidance during their first days at university.

10.5 How to GMA Session

10.5.1 Goal

- Following the GMA's decision to replace GMA dinners with a "How to GMA" session, lower the threshold for members, especially first-years, to attend and understand the GMA.

10.5.2 Reflection

In line with the decision taken at the 113th GMA, a "How to GMA" session is planned for 16 June during the lunch break. The session is aimed in particular at first-year students, and promotion toward first-years still needs to be carried out in the run-up to the session.

10.5.3 Recommendations

We recommend that the Candidate Board evaluate how well the session lands, and, if it helps, run it again early in their year, before the first GMA, and promote it actively toward first-years so it becomes a recurring way of lowering the threshold to attend.

11. Appendix

11.1 Committee list

1. Almanac Committee
2. Alpe d'HuStress Committee
3. Bartenders
4. Boeken.Com
5. ConnecCie
6. Dies Committee
7. Education Committee
8. EscalaCie
9. Events Committee
10. External Affairs Committee
11. Freshmen Committee
12. GalaCie
13. Jan Kreiken Committee
14. KIDS committee
15. MasterCie
16. MediaCie
17. PartyCie
18. PilsCie
19. PR Committee
20. Quest Committee
21. SITcom
22. SportCie
23. Stress Band
24. Stress Congress Committee
25. StressTrip Committee
26. Study Tour Committee
27. WeekendCie
28. WISCie

11.2 OGSM framework

The OGSM serves as a structured roadmap for the year: it translates our vision into concrete actions and tracks our progress with clear, measurable indicators wherever possible. Each strategy mentioned in this chapter is broken down into specific action points and linked to chapters of this policy, ensuring everything we do contributes to our overarching goals. Note, not every action plan is measurable, however, it is still included in OGSM because it directly mirrors a specific strategy.

OGSM STRESS 2025/2026 – end-of-year status

Objective	To actively enhance the openness and visibility of Stress, so that more members feel inspired to get involved in our community.		
Goals	**Strategies**	**Measures**	
		Dashboard	**Results**
Openness and Visibility To ensure that every student feels invited and inspired to participate in activities, grow personally and build lasting friendships and memories in a supportive environment. **Boosting Involvement** To highlight opportunities and actively guide students in turning their ideas into reality, so that taking initiative feels easily accessible and worthwhile.	**Community Presence & Communication Channels** Strengthen how and where Stress is seen, so that more students know what we do and feel welcome to join.	• 40% of currently studying members download the app — **Not achieved (20%)** • Band plays at a minimum of three Stress events — **Not achieved (2 of 3)** • 20% higher engagement on Instagram — **Achieved (+47.7%)** • Keep upload time 2 weeks after an event — **Achieved** • Increase engagement on videos by 20% — **Not achieved (1 Reel)**	• Stress app launched, ~ 200 downloads; discontinuation advised (Sec. 5.5) • Stress Updates reinstated (56% open rate), paused after the mid-year (Sec. 5.3) • One aftermovie Reel produced; too little footage for more (Sec. 5.4) • Band played at the Kick-In and the Gala (Sec. 4.1) • Screens running on self-built software; second screen unreliable (Sec. 9.2, 9.5) • Booklet published online and 300 copies printed, ~ 20 left (Sec. 10.4)
	Inclusive & Welcoming Environment Make Stress a warm and accessible space, especially for new and international members, both physically and socially.	• 3 low-barrier events held — **Achieved (3 events)** • 25% unique subscriptions maintained — **Achieved (28.1%)**	• ConnecCie organised 3 low-barrier events, attended by Dutch and international members (Sec. 4.1) • 478 unique subscribers (28.1%) and 6 first-year events (Sec. 4.3) • Culture Dinner held and the international section of the website updated (Sec. 7.1) • New book cabinet and 7 new study chairs; cupboard and larger tables postponed (Sec. 10.1)
	Meaningful Member Engagement Offer a wide and balanced range of events and new initiatives that fit members' interests, showing how beneficial being involved at Stress can be.	• At least 3 new types of workshops and trainings organised — **Not achieved (1)** • Keep the percentage of staying active above 55% — **Not achieved (52.8%)** • At least 4 member initiatives organised — **Partly achieved (3 of 4)** • At least one low-threshold career event per module — **Partly achieved (2)**	• 1 workshop organised (Overleaf), plus an AI input session and study evenings (Sec. 3.3) • Trainings held but poorly attended; teamwork training cancelled (Sec. 4.5) • 3 member initiatives realised, the fourth cancelled (Sec. 4.2) • Do-group tournament a success; committee tournament stopped halfway (Sec. 4.6) • 2 borrellezingen held, both well attended (Sec. 6.1) • 23 career events across 11 types with ~ 60 organisations (Sec. 6.1) • Alpe d'HuStress cancelled and not recommended for the future (Sec. 4.1)
	Empowerment Through Systems Provide tools and efficient systems so that members feel confident and supported in contributing to Stress.	• 10% increase in unique SSS users — **Not achieved (126 vs 130)** • Decreased time of processing declaration forms with respect to the previous system — **Achieved**	• SSS rebuilt on a Next.js/TypeScript stack; 126 unique users on the old system against 130 last year, plus 66 on the new one (Sec. 4.4, 9.4) • Tutor platform maintained: 2 new tutors and 24 successful matchings (Sec. 3.2) • PPP not built; goal redefined around single-drink payments and consumption insight (Sec. 9.1) • Bookkeeping digitalised: declarations are automated and faster (Sec. 10.3)
Revised after the 114th GMA: the Dashboard shows the outcome of each measure and the final column the results achieved. **Achieved** **Partly achieved** **Not achieved**			

11.3 Glossary

Table 17: *List of Abbreviations.*

Abbreviation	Full name
AC	Association Council
AMA	Active Members Appreciation
BMS	Faculty of Behavioural, Management and Social Sciences
CoBo	Constitution drink
CoT	Council of Trust
CV	Career Vision (a collaboration to facilitate contact between companies and students)
EAC	External Affairs Committee
GMA	General Members Assembly
(I)BA	(International) Business Administration
ICT	Information and Communication Technology
IEM	Industrial Engineering & Management
Inhouse Day	Career event organised at the location of the company itself, to show students the company.
Kick-In	Introduction period of the University of Twente
OGSM	Objectives, Goals, Strategy and Measures
OS	Organisation Study Associations
PR	Public Relations
PPP	Pils Payment Process
SITcom	Information Technology committee
SSS	Stress Snack System
TA	Teacher Assistant
Unique Subscriber	A member who has been to at least 1 Stress event
UT	University of Twente