Policy 2026-2027

52nd Candidate Board

" Semper ad Meliora "

03-09-2026

STUDY ASSOCIATION STRESS

Preface

Dear members,

Though our journey in forming a Candidate Board has not been a usual one, we are thankful to the 51st Board for the efforts they put into the association and our members. Even at times with uncertainties and when things went differently than planned for, they have shown what it means to *keep rising* and reach new heights, both as people and as an association.

Semper ad meliora, meaning ‘always towards better things’, reflects our ambition to continue the growth of the association over the upcoming year. As we will fulfill our roles part-time, we see both challenges and opportunities in the fact that the year will look slightly different. With the ambition to set forth on improving as an association, we see opportunities to improve continuously. We have had many fruitful discussions and received a lot of useful input on making plans for the year.

This gives us a lot of trust for the year, in which we could greatly benefit from your ideas, creativity and initiative as a member. Make sure you step up, whether your contribution can be big or small, so as an association and as members, we can collectively keep working towards better things!

With kindest regards,

The 52nd Candidate Board of Study Association Stress,

Jurre Spruijt
Chairman, Vice-Commissioner of External Affairs, and Commissioner of Alumni Relations

Sebastiaan de Brouwer
Secretary and Vice-Treasurer

Gershom van der Sluis
Treasurer, Commissioner of ICT and Commissioner of SBZ

Camiel de Jager
Commissioner of Internal Affairs, Commissioner of Public Relations and Vice-Chairman

Sarah Burdett
Commissioner of External Affairs, Vice-Commissioner of Internal Affairs and Vice-Commissioner of Educational Affairs

Siem Jacobs
Commissioner of Educational Affairs and Commissioner of International Affairs

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0 Use of Standardised Policy

This document functions as an addendum to the Standardised Policy. This means that generally the Standardised Policy holds, unless this document specifies policy otherwise. This document is also used to formulate policy for topics not included in the Standardised Policy.

Writing our policy with the Standardised Policy has been a nice experience. By having a foundation to build upon, we could focus on the changes and improvements we desire to make, rather than writing down policy for every topic. The format we used helped us to distinguish the main and side issues, through chapters per main topic and one chapter for other plans. However, the chapters of the Standardised Policy, compared with this Policy, do not match. This makes it harder to properly define all KPIs.

For the future, we think the use of the Standardised Policy can be a good method to focus on improvements and changes. However, it might be more effective for Candidate Boards to receive some guidance on how to make use of the Standardised Policy and set up KPIs. This can be done in a similar setup as the vision session that was done with the CB over the last years.

1 Vision

Our overall vision follows our mantra for this year: continuous improvement. This is explained in further detail in our mission for the year.

1.1 Mission

The Standardised Policy mentions the general mission of Stress. In the year 2026/2027, we want to build upon this mission. We aspire:

To create a nourishing environment that stimulates initiative and ownership, so that members are empowered to reach their potential and make an impact.

With this vision, we touch upon one of the goals from the Standardised Policy specifically: *"to develop the ability of members to organise events"*. Naturally, reaching potential and making an impact does not only refer to organising events, but we certainly see organising events as an accessible opportunity to make an impact.

This vision is supported by three pillars: positive environment, proactive growth and participation. These three pillars are the aspects that we believe are important to realise our vision. For each pillar, strategies are defined that help operationalise the pillars.

The Standardised Policy also mentions boundary conditions, one of which being *"the continuity of the study association must never be jeopardised, because Stress now and in the future can continue to achieve its mission."* We want to emphasise this condition, as it has been an important factor in the formation of our Candidate Board. We feel a strong responsibility to safeguard this continuity, and we believe that our vision supports the continuity of Stress in the long term.

1.2 Positive Environment

All members should feel welcome, safe and at home within Stress. This relates to both the physical space, as well as the ambience within the association. We believe that we can achieve this by focusing on a Stress room that is open and welcoming for everyone (Section 10.4.1), by facilitating and organising events with a low threshold to join (Section 4.6), through providing a broad range of activities to first-year students specifically (Section 4.2), and by safeguarding social safety within the association (Chapter 7).

1.3 Proactive Growth

We want to realise proactive growth for our members; as persons, students, and future professionals. We believe that growth is best achieved through taking on responsibility and learning from that experience, whereas in recent years board members have often had to jump in and take over certain tasks. This way of working is simply not possible for us as a part-time board and we believe that it hinders the growth and development of active members. Therefore, we want to stimulate sharing of knowledge (Section 4.2), mix levels of experience within committees (Section 4.4) and ultimately increase and stimulate ownership in committees. We acknowledge that this is a difficult goal to achieve, but we think that with our circumstances we can make a good start.

1.4 Participation

The last key to our vision is participation; not only by ensuring a positive and welcoming environment, but also by bringing members together and by getting students and staff engaged with each other and with Stress. We want to promote taking initiative (Section 4.4.1), try to let more lectures take place in Ravelijn (Section 7.1), and by organising specific activities that attract both students and teachers, as we think both groups could benefit from each other to a greater extent.

A full overview of the goals, strategies, action plans and outcomes is given in the OGSM (Objectives, Goals, Strategies and Measure) in (Appendix 11.3).

1.5 Part-time Board and Board Committees

Due to the part-time nature of the Board, board members will combine their board responsibilities with their studies and/or work. Consequently, the Board will have less time available for the day-to-day operation of the association than would normally be the case for a full-time board. This will result in a reduced presence of board members in the Stress room and at activities, and requires the Board to make more deliberate choices regarding the allocation of its time and capacity.

The Board will therefore focus its capacity on tasks that require board responsibility, decision-making and coordination. Where appropriate, operational tasks and the guidance of committees will be delegated to experienced active members and former board members. The Board will remain ultimately responsible for these activities and will maintain oversight of the tasks that are delegated. The structure used for this is a 'board committee'. We have organised such a committee for External Affairs (Section 6.1) and for Internal Affairs (Section 4.1).

2 Advisory Bodies

We, as the board, will work closely together with all advisory bodies to achieve our vision for the year and stay on track with our goals in this policy.

2.1 Council of Trust (CoT)

As the Standardised Policy specifies, the Council of Trust (CoT) serves as a place for board members to share personal struggles related to board year. As we are entering a rather unusual year, in which we will have to get used to having a part-time board, we trust that the CoT can assist in focussing on the developments and activities that matter, without losing sight of our physical and mental health. The Council of Trust for the year 2026/2027 consists of:

- Mika Hoekstra
- Lex de Jager
- Job Visscher
- Ivo Naastepad
- Kirvy Avila

2.2 Association Council (AC)

The Association Council brings in a wide, external perspective, from experienced former board and active members. Their history with Stress provides value through a vision for a long-term outlook. Wouter Rietveld has been part of the council for a long time, and will be replaced by Jeroen Assink. The members of the AC are:

- Alina Ritter
- Huub Stroet
- Laurens Derkx
- Roy Koers
- Jeroen Assink

2.3 Audit Committee (KasCo)

The Standardised Policy describes the role of the Audit Committee as controlling and advising. We trust that the selected KasCo is very suited to do so. Roel ten Broek will fulfil this role only when he comes back from a semester abroad. A slight change is that Gershom is likely not going to continue the tradition of entering the KasCo after being treasurer, so to ensure continuation within the KasCo, Maud Punte will be included already this year to learn the trade. The KasCo for the year 2026/2027 therefore includes:

- Anne Hoogeveen
- Lennart Hendriksen
- Roel ten Broek
- Maud Punte
- Joost Op ‘t Veld

3 Educational Affairs

The core purpose of Educational Affairs, that being to support the members of Stress to thrive in their studies, remains unchanged. Some of the elements of Educational Affairs can function with minimal guidance provided the committees around them are competent. This means that the base level performances of member-facing elements such as Summaries, the Tutor Platform, and Study Sessions are not expected to suffer under the reduced manpower of a part-time board. The commissioner is aware of issues around the Tutor platform, but has no active policy plans as of now.

Because of this perspective, this policy does not aim to deviate from the mission statement provided by the Standardised policy:

> *"To support members by giving them all the tools and information they need, so that they can thrive in their studies"*

3.1 Changes Standardised Policy

The largest changes take place in the meetings around the functioning of education as a whole. The Educational Commissioner will not be joining all the meetings usually considered core to the function. The exact extent of this has to be determined as the year goes on, but the Commissioner will aim to be present at least every other PMT meeting, instead of every single one. For all the other relevant meetings (examples outlined in 3.1.1 below), the commissioner will be present when possible, but not prioritise presence over other duties.

3.1.1 Reasoning

As the board will operate as a part-time board, other tasks may take priority over board tasks. Thus, it may not always be possible for the Educational Commissioner to physically attend PMT meetings, OLC meetings, CEO, Quality assurance, and other such structured talks that take place at times when other duties also might. The major examples are the PMT meetings with both IBA and IEM, where scheduling conflicts are expected to occur semi-frequently due to their weekly nature. Non-meeting educational tasks are less affected as they can be performed or planned around the other priorities. Contact with all of the counterparts in these meetings is still vital to provide value for our members. Thus, in the coming year more flexible methods of communication and the occasional substitution are intended to fill the gap left when the primary Commissioner's physical presence is unavailable.

3.1.2 Methods

- Sending the vice-educational commissioner or another boardmember when face-to-face meetings or quick communications are vital; primarily for PMT meetings, and when needed for other meetings.
- E-mail or otherwise digital contact with PMTs will be utilized whenever a meeting cannot be attended for smaller issues, and for more urgent matters impromptu visits to members of the PMT can be made.

- Small written reports for the PMTs about larger issues and complaints to enhance digital communication will be trialed. As IBA PMT has already shown interest, a standardised document/format will be crafted to facilitate clearer communication.

3.2 KPIs from Standardised Policy

KPI	Measurable goal
Consistent communication with PMTs	A board member joining at least every other PMT meeting, both IBA or IEM.
Study session attendance	Number of students per study session
Up-to-date summary efficiency	Number of summaries obtained for courses requiring updated summaries (according to summary procurement list)
Relevancy of Tutor Platform	Number of request and successful connections made through Tutor Platform

3.3 Summary procurement streamlining

If time permits, the procurement of summaries can be streamlined by identifying which subjects would benefit more from having a new(er) summary than those that already have recent summaries available. Courses that need summaries will have targeted advertisements for them placed in the relevant group chat(s) by Education Committee members. This would prioritise obtaining more fruitful summaries and save the Education Committee time.

3.3.1 Goals

- Spend less money and Education Committee time on Summary procurement and checking through only requesting useful summaries.
- Provide higher quality summary support for members

3.3.2 Methods

- Create an overview of courses most in need of (new) summaries and which courses do not, primarily through checking recency of summaries.
- Where needed, identify whether (major) changes have been made in subject matter of certain courses through contacting either the students or the educators.
- Advertisement in relevant group chat(s) for sought-after summaries.
- If “unneeded” summaries being handed in becomes a problem, these advertisements can include discouragement of handing in excess summaries, which may then be rejected. If this remains to be a problem, automatic rejection is a possibility.

4 Internal Affairs

This year's board is, as mentioned before, a part-time board. This means we will be less present at events,in the Stress room, and at meetings of committees. This could lead to problems with activism, connection with members and organisation of committees. Therefore, we want to change how internal affairs is organised by creating an internal committee and giving more ownership to committees themselves. We formulate the mission for internal affairs as follows:

"To give committees and active members the ownership, guidance and appreciation they need to keep Stress running and blooming, even if the board itself is less present."

This mission connects directly to two of our three pillars. It builds on *proactive growth* and *particpation*.

4.1 Internal affairs committee

We are introducing an Internal Committee this year. This committee will take over a substantial part of what has traditionally been the task of the Commissioner of internal affairs. It will, together with the internal affairs officer, organise the Active Member Appreciation (AMA) and a large part of active member recruitment and organisation. The internal committee will also be responsible for re-evaluating the current activities and method of recruiting candidate board members.

4.1.1 Reasoning

Due to the Commissioner of Internal Affairs, like the rest of the board, being part-time this year, there is less time-capacity available for the day to day tasks. At the same time we believe that active members' involvement and recruitment are important for the continuity and atmosphere of Stress and therefore should not be reduced unnecessarily.

By introducing an Internal Affairs Committee, a substantial part of these responsibilities can be shared with experienced and motivated members. This allows activities such as the Active Member Appreciation (AMA), active member recruitment (i.e., in- and outtakes) and the organisation of active members to continue at a level comparable to a regular year. Furthermore, the committee will provide additional attention to member involvement and the atmosphere within the association, by playing games in the stress room and excite friends and do-groups to come to events. This will allow the Commissioner of Internal Affairs to focus on tasks that specifically require board responsibility and spend time with members.

This year, insufficient candidates were available to form a full-time board. While this does not necessarily mean that the current method of recruiting candidate board members is ineffective, it does give reason to critically evaluate how Stress informs, motivates and approaches potential candidates. Therefore the Internal Affairs Committee will reflect on the current process and see if it can be improved. By trying to better understand what encourages active members to consider a board year, what may prevent them from doing so, and whether the current recruitment activities reach potential candidates effectively. We will discuss their findings at the mid-year GMA.

4.1.2 Methods

- Organise the Active Member Appreciation (AMA) together with the Internal Affairs Committee.
- Assist with the recruitment, placement and organisation of active members, particularly around the start of the year and the start of the third module.
- Maintain contact with active members and help identify where additional members or support are needed within committees.
- Encourage members to participate in association activities by actively promoting events and approaching members personally where appropriate.
- Contribute to a welcoming and active atmosphere in the Stress room, for example by initiating games, conversations and other informal activities.
- Evaluate the effectiveness and timing of the current candidate board recruitment activities.
- Evaluate how clearly the responsibilities, opportunities and expectations of a board year are communicated.

4.2 Changes Standardised Policy

To support active members in carrying out their tasks within committees, especially the first years, we organise a function training evening. This year instead of doing an evening, we will organise a training where each lunch break has a training for a different skill that relates well to the different functions. This will be called the workshop week.

During the week, experienced active members and former active members will share practical knowledge about functioning effectively within a committee. The workshops will focus on specific committee roles and skills, allowing active members to attend the sessions that are most relevant to them.

4.2.1 Reasoning

In the previous years, the training evenings were not well attended and required a substantial amount of promotion. In particular, most active members did not have enough time for an entire evening of training, however we believe that these training sessions are important for the smooth functioning of the committees.

Most first years have little to no previous experiences within committees, therefore providing them with practical guidance can contribute to both the professionalism of the committees and their individual skills.

This year we will use a new approach to these trainings, we will do the training in several smaller lunch workshops which will be more accessible than one long evening. The first year students will be asked to join at least one of these training sessions during their initial intake meetings with the Commissioner of Internal Affairs. All trainings having different topics but a basis of how a committee functions will be given at everyone of them.

4.2.2 Method

- Offering free lunch during the workshop weeks will help with the promotion.
- First-year active members will be introduced to the Workshop Week during their intake and will be asked to attend at least one workshop.

4.3 KPIs from Standardised Policy

KPI	Measurable goal
Active members	We do not want to lose active members, so we aim to have at least 100 this year, with a 40/60 distribution in International to Dutch students.
Unique Subscriptions and corresponding demographics	We aim to have at least 20% unique subscribers. (5% less than last year due to less presence in the Stress room).
Total attendance per event	No goal, just used for reporting and tracking
AMA (Active Members Appreciation) attendance	We would like at least 60% of our active members to attend one or more AMA activity in the year.

Relating to the KPI about AMA activities, the table below shows the activities that we plan to organise, with the help of the Internal Affairs committee.

AMA Event	Timing
Workshop week	Module 1
Sinterklaas	Module 2
Appreciation Drink	Module 2
Pubquiz	Module 3
Active Members Weekend	Module 4

4.4 Functioning of Committees

Our main goal for committees this year is to increase ownership and reduce direct board involvement. Although this is partly necessary due to the part-time nature of the Board, we also see it as an opportunity to strengthen the way committees function within the association. By giving active members greater responsibility for their own committees and activities, we aim to create more opportunities for members to learn, develop and take initiative. At the same time, more independent committees allow board members to focus their available time on matters where their involvement adds the most value.

4.4.1 Goals

- Increase ownership and reduction in board involvement within committees.
- Create lasting committees in which experience and knowledge are retained between academic years.
- Create opportunities for active members to take initiative and develop their own ideas.
- Maintain sufficient board oversight to identify problems and provide support when necessary.

4.4.2 Method

Where possible, committees will include at least one experienced and capable active member. Besides contributing to the committee themselves, these members will be encouraged to transfer their knowledge to less experienced members. In this way, knowledge about organising activities and functioning within a committee can increasingly be shared between active members rather than depending primarily on the Board.

Committees will be given considerable freedom in deciding what they want to organise and how they want to organise it. The Board will primarily establish the framework within which committees operate rather than being directly involved in every organisational decision. As long as they follow certain guidelines.

To maintain oversight without requiring continuous board involvement, two forms of communication will be introduced:

- Weekly committee updates: Committees will provide a short update using a standardised format. This should give the Board a quick overview of progress, upcoming decisions and any problems for which support is required.
- Monthly chair meetings: Chairpersons of committees with an activity taking place in the following month will meet with a delegation of the Board. Other committee chairs may join when they have something they wish to discuss. During these meetings, upcoming activities will be reviewed and committees will be encouraged to exchange advice and experiences regarding both their events and the functioning of their committees.

These structures should allow the Board to maintain an overview and intervene when necessary, while avoiding unnecessary involvement when a committee is functioning well.

We believe that for certain committees it would be greatly beneficial that committees do not dissolve over the summer but that it is the standard to stay in it until a member chooses to leave or finishes studying. Instead of an 'opt in, opt out'. Pilscie currently demonstrates this method of operation; where a group of friends from different points in their study organise events together. During this year we intend to use this approach for Eventcie and EAC. The committees would try to find their own new members and over the years teach each other how to organise events. These committees are selected as members are more likely to organise the relevant events for multiple years (as opposed to for example Congress), and there is a low risk involved if the experiment does not yield results.

4.5 Changes of committees and events

Do-group and committee tournament will be cancelled since we saw little results in attracting non regulars to events and there is a lack of time from the board.This does not mean that we want to reduce our focus on involving do-groups in the association. Instead, we want to experiment with a more continuous and personal approach. The Internal Committee will play an important role in maintaining contact with first-year students and encouraging do-groups to participate in Stress activities.

Wiscie is changed to a weekend on campus due to lack of location. The committee is enthusiastic about the new ideas and are hard at work on planning it.

We found it sad that the Stress band couldn't perform as much as the association and they wanted to last year and would like them to perform at the end of the year bbq and the gala. Therefore, we want to discuss more closely with the committee what their expectations and desired contributions are.

4.6 Weekly BMS drinks

During the first module, we will conduct a pilot with a weekly BMS drink. We think it is great for our members to have a predictable time and place to meet each other every week. Since we don't think this will be utilised enough with Stress members only, we decided to cooperate with Dimensie to have a BMS drink half organised by Dimensie and half organised by Stress. Other BMS associations are also invited and welcome, but not yet expected to pick-up organisational efforts during this pilot.

4.6.1 Goals

- To provide a regular time and place where Stress members can come together
- To strengthen the connection with other BMS students

4.6.2 Method

At the start, the drinks will be organised entirely separate so this will mean at Dimensies turn it will be their Bartenders, ERO and prices and vice versa. After the first module, we will evaluate, together with Dimensie, the organisational distribution and costs, the attendance of the drinks, and potential feedback regarding the pilot. After a successful pilot, we will start streamlining the organisation of the drinks.

5 Public Relations

Especially in current times, with event attendance decreasing and more and more events needing to be cancelled due to low signups, public relations play an important role in counteracting this trend. The goal of Public Relations is to inform all members of what Stress has to offer so that members can make informed decisions on participation, as well as giving members an opportunity to look back on past events, giving active members a sense of pride to the events that they have organised. Therefore, the mission for public relations this year is as follows:

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

5.1 Changes Standardised Policy

In relation to the Standardised Policy, there are some changes in how we want to carry out promotion via Whatsapp.

5.1.1 Reasoning

A lot of our members have muted the current whatsapp groups. Which are not divided based on interests of our members but rather on year group. Which makes sense for promotion of companies but not for the broader stress activities.

5.1.2 Methods

We will make a Stress Whatsapp community where members can join the groups they are interested in. For example an external group, Borrel group, escalation group, sports group etcetera.

5.2 KPIs from Standardised Policy

KPI	Measurable goal
Instagram Engagement	15% increase
New followers on Instagram and LinkedIn	30 more per account.

5.3 Difficulty with Promotion

Promotion will be slightly harder than normal since the board will not be in the room as much as normal. This gap has to be filled by other means of promotion. We believe that the change to the community will already help but we also ask the GMA and any other active member to take a proactive approach in visiting the website and looking through events and inviting their friends. To make this possible our goal is to have events already on the website for the coming module at the start of the module. Even if this means that the full details aren't available yet.

5.3.1 Goals

- To have events on the website far in advance

5.3.2 Methods

We will use the monthly meetings with all the chairmen to plan the events for the next module. To ensure that poster requests are filled in on time and a good overview of the coming events is kept.

5.4 PR committee

The PR committee will receive a lot of new responsibilities. Four experienced members from the PR committee will take over the tasks of the commissioner of PR and together with the commissioner of PR keep overview over the promotion and representation of stress.

5.4.1 Goals

- Reduce the workload of the commissioner of PR while keeping the promotion and representation on par with a regular year.

5.4.2 Methods

This will be done by dividing the promotion of the events over the experienced members of the PR committee, who will then be responsible for the whatsapp promotion, instagram posts and poster of the event. Uploading to the website will still happen in cooperation with the board and the chairman of the committee. The details needed for the uploading will be discussed at the chairman meeting to ensure correctness.

6 External Affairs

External Affairs gives, besides income for the association, a way for students to develop themselves professionally. We aim to provide students with a solid overview of career possibilities after graduation, as well as an in-depth understanding of where their interests lie. In addition, we aim to give students the opportunity to find a suitable company for their graduation projects. We formulate the mission for external affairs as follows:

"To offer a wide variety of valuable career-related events so that students feel supported in discovering their professional opportunities."

The following sections describe how the 2026–2027 board aims to achieve this mission.

6.1 Changes Standardised Policy

Quality of career events over quantity of events will be prioritsed. Career Vision has not been in operation for the last two years and therefore will not be changed at all from what currently stands in the Standardised policy.

6.1.1 Reasoning

The 2026–2027 board aims at maintaining continuity and quality within External Affairs being prioritised over expanding the portfolio of activities. We believe that by making use of existing structures, knowledge from previous boards, and support from the former Commissioners of External Affairs when necessary, we can continue to offer valuable career opportunities to members while keeping the workload manageable.

6.1.2 Methods

- Focus on maintaining the quality and variety of career events rather than increasing the total number of activities.
- Utilise existing partnerships and acquisition channels where possible.
- Consult the former Commissioner of External Affairs for advice regarding acquisition, event organisation, and partner relations when needed.
- Involve the External Affairs Committee actively in organising and supporting events.

6.2 KPIs from Standardised Policy

To measure the achievement of variety, we continue to use the matrix designed by the 50th board. This matrix divides events in four categories that describe the purpose of the event.

Events	Formal	Informal
Orientating	Lunch lectures, Company fairs	Networking drinks, “Borrel lezing”
In-depth	Case, Inhouse day, Training, Company dinner	Sports activity, Pubquiz

The KPIs for this upcoming year will be slightly different to previous years. The three standard events will continue in the same manner, however the lunch lectures, borrel lectures and so on, will be less this year due to having limited time.

KPI	Measurable goal	Method
Career Events	Organise approximately 15 career events throughout the year. 6 lunch lectures	By utilizing the external affairs committee and the former external Affairs board committee.
Event Variety	Ensure that all 4 event categories remain represented during the year.	Use the matrix that the 50th board designed to help track this.
Thesis Market	Successfully organise a thesis market with at least 6 companies.	Start company acquisition well in advance.
Stress Congress	Organise a smaller Congress this year than previous years, with 100-150 people and approximately 20 companies.	By maintaining close contact with partners.

6.3 Additional Topic 1

6.3.1 Goals

- Ensure continuity of External Affairs despite reduced board capacity.
- Maintain a healthy portfolio of partner organisations while keeping acquisition efforts realistic.
- Make deliberate choices about which activities provide the greatest value to students, companies and the association.

6.3.2 Methods

- Use existing company contacts, previous agreements, acquisition documents and handover information to reduce unnecessary workload and maintain continuity between boards
- Maintain regular contact with current partners throughout the year, rather than approaching them only when an event or collaboration is being organised.
- Prioritise activities based on their expected value for students, companies and the association, as well as the time and capacity required to organise them.

7 Integration and Cohesion

Regarding social safety, Stress will remain committed to being a space open to all of its members, no matter their ethnicity, sexuality, gender identity, religious beliefs, or any other characteristic. Harassment of any sort - physical, mental, sexual, is unwelcome within our community.

The mission for Integration and Cohesion is unchanged from the Standardised policy, being:

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

The Stress Room remains at the core of making Stress feel like a community alongside being an association. Ensuring that it remains open and accessible for our members allows members to integrate and improve cohesion naturally. Exactly how the room is kept occupied is expanded upon in (section 10.1).

7.1 Changes Standardised Policy

Regarding Cohesion, the most notable change of policy is that we will communicate with programme management and schedulers to attempt to have more parts of the study take place within Ravelijn.

No explicit changes are planned for this year's policy in relation to social safety.

7.1.1 Reasoning

The Candidate Board acknowledges Stress is not yet a flawless environment when it comes to inclusion. Nonetheless, the CB identifies no major issues in this regard, nor any "low hanging fruit" that would make a notable impact for a realistic effort with the time afforded to us.

Having more parts of the study take place in Ravelijn makes for closer proximity to the Stress room and is intended to encourage members and students to consider studying nearby and making use of the Stress room.

7.1.2 Methods

- Identifying courses with attendance rates that would allow them to take place within the Ravelijn rooms.

7.2 KPIs from Standardised Policy

KPI	Measurable goal
Better proximity of study to Stress Room	(New) Bachelor classes taking place in Ravelijn

8 Alumni Relations

We think that alumni play an important role in the development of our members. We have seen that in previous years, realising alumni events or getting alumni to Stress events has remained a challenge. Nevertheless, we think the steps we take now are important for contact with alumni in the long term and we experience a strengthened relation with Bekader and the Alumni Office of the University. Therefore, our mission for Alumni Relations is:

"To support students as they progress through their studies, by bringing them into contact with alumni and by keeping contact with alumni, through utilising the relationship with Bekader and the Alumni Office.

8.1 Changes Standardised Policy

There are currently no plans for forming an Alumni Committee. As the Board will not have capacity to spend a lot of time on organising alumni events, it is important that we collaborate with Bekader more closely and use the network of the Alumni Office. The mission of the Alumni Committee means that we will not organise a specific alumni event, but we will include alumni in the symposium and bring together students and alumni in events together with Bekader.

8.1.1 Goal

- Increase familiarity with Bekader amongst students
- Use the relationship with Bekader and improve collaboration
- Utilise the network of the Alumni Office

8.1.2 Method

We want to increase the familiarity with Bekader by collaborating on some of their events and promoting them. We want to use the relationship with Bekader by promoting their events, such as the Thesis Awards, to students, so they can meet with alumni. The network of the Alumni Office can be utilised by asking them to do some promotion for events where alumni can join, such as the symposium.

8.2 KPIs from Standardised Policy

KPI	Measurable goal
Organise activities where alumni and students meet	At least three events

9 ICT

Stress has been managing its own ICT systems for a long time. Even though issues have arisen from time to time, these have not caused major problems. The reasons why Stress wants to be self-sufficient regarding these systems are: learning opportunities for members, and increased flexibility in making changes and decisions.

> *"To optimise and design the digital processes within Stress and make them as efficient and effective as possible"*

9.1 Changes Standardised Policy

The board intends to not upgrade or alter the working systems as there will not be much available time to do so during the part-time board year. But we will focus on keeping the current systems, mainly the SSS, running smoothly. Currently the SSS is not running on Mendix anymore, but changed to a Claude generated Typescript program, which works, but still needs a few final touches.

9.1.1 Reasoning

Unmanaged accounts, unclear access rights (like access of previous boards) and poorly documented tools (like Claude systems) create security and continuity risks. These risks are more important than adding features. A maintenance-first approach reduces dependency on individual knowledge and makes the digital environment manageable for a part-time board.

9.1.2 Methods

- Maintain an overview of critical systems, owners, administrators and recovery information.
- Review access rights after board and committee changes and remove unnecessary access promptly.
- Use central association accounts and storage instead of personal accounts where possible.
- Document recurring maintenance, supplier contacts and technical decisions in the ICT handover.
- Assess privacy, security, cost and continuity before introducing new software or integrations.

9.2 KPIs

KPI	Measurable goal
Up-time of SSS	Days the SSS didn't work
Clear access management	Produce a clear legacy tree of systems and access
Error response	How long does it on average take to fix an error

9.3 SITcom

Because some of the old members of SITcom left and because there are no big plans to change the IT infrastructure of Stress. There will not be a full SITcom committee this academic year. We will try to recruit a SITcom during this year, that way the next board will have a SITcom again.

9.3.1 Goals

- Recruit 2 to 3 members during 2026-2027 for the SITcom 27-28

9.3.2 Limitations

- No dedicated committee to fix issues that arise during the year
- Big projects will be on hold for 26-27

10 Other Plans

This chapter contains other plans that are not included in the previous chapters for the main topics.

10.1 Stress room

10.1.1 Opening times

To ensure that the Stress Room remains open from 09:00 to 18:00 on working days, a pool of former-board members and active members will be established to support the board. In addition, we will encourage our members to contribute to maintaining a welcoming, respectful, and pleasant environment for everyone using the Stress Room.

10.1.2 Goals

- Ensure that the Stress room remains open from 9:00 to 18:00 on working days

10.1.3 Methods

- Set up a pool of former-board members and active members to support the board.

10.1.4 Improvements

As the Stress Room is the association's most visible community space, it is important that it is maintained in excellent condition. To preserve its functionality, appearance, and welcoming atmosphere, we propose implementing the following improvements:

10.1.5 Goals

- Show pictures of events to decorate the Stress Room

10.1.6 Methods

- The current hexagon pictures on the coloured wall are outdated. We would like to replace them with new ones.
- Replace old/broken furniture with new one

10.2 Book exchange/ second-hand channel

Currently the sale of books through our affiliation with wo4you provides only a small number of books for our members. Whether it is for reasons of price, sustainability issues, or delivery times, the current deal is not attractive to our members. We recognise the contract Stress has to adhere to via OS and aim to honour it, but also provide additional value for our members in helping them to study in their preferred ways.

We believe the way to do this is by assisting the members in finding buyers and sellers for themselves. We plan to give a platform for students to be able to offer their old books to members who are looking for physical copies within the community of Stress, through Whatsapp. Even if the members have little success in finding their desired books or finding sellers for their old books, this can still be maintained due to its low maintenance effort.

10.2.1 Goals

- To not replace, but enhance our current method of making books available to members
- And potentially in doing so provide a space for our members to resell and buy other items, such as clothing or furniture items

10.2.2 Methods

- Within the Stress Whatsapp Community that is to be built as originally mentioned in 5.1.2, an open Book Exchange group will be created
- This group will be digitally promoted to members at module starts (with potential for in-person promotion), but no other effort will be made for the exchange of books by Stress

10.3 General Members Assembly (GMA)

10.3.1 Goals

General Members' Assemblies (GMAs) are attended primarily by former board members. We aim to encourage broader participation by creating a more diverse attendance, ensuring that members from different committees, years, and backgrounds are represented. A more balanced representation will lead to a wider range of perspectives and strengthen member involvement in the association's decision-making process.

10.3.2 Methods

- Actively promote attending GMAs
- Organise a ‘How to GMA’ before the mid-year GMA

10.7 Stress Snack System (SSS)

Currently, merchandise is sold exclusively through the Stress website. To increase the visibility of these products and stimulate purchases, a selection of merchandise items will also be made available for direct purchase from stock in the Stress Room via the SSS. This allows members to see the products in person and purchase them immediately, making the merchandise more accessible while increasing its exposure. It is now possible to sell products with different VAT rates.

10.7.1 Goals

- Increase visibility and purchases of Stress merchandise

10.7.1 Methods

- Offer a selection of merchandise items via the Stress Snack System.

11 Appendix

11.1 Committee list

1. Almanac
2. Bartenders
3. Boeken.com
4. ConnecCie
5. Dies Committee
6. Education Committee
7. EscalaCie
8. Events Committee
9. External Affairs Committee
10. Freshmen Committee
11. GalaCie
12. KIDS committee
13. MasterCie
14. MediaCie
15. PartyCie
16. PilsCie
17. PR Committee
18. Quest Committee
19. SITcom
20. SportCie
21. Stress Band
22. Stress Congress Committee
23. StressTrip Committee
24. Symposium Committee
25. WISCie

11.2 Glossary

Abbreviation	Full name
AC	Association Council
AMA	Active Members Appreciation
BMS	Behavioural, Management and Social Sciences
CoT	Council of Trust
EAC	External Affairs Committee
GMA	General Members Assembly
(I)BA	(International) Business Administration
IEM	Industrial Engineering & Management
ICT	Information and Communication Technology
KasCo	Audit Committee
KPI	Key Performance Indicator
OLC	Program Committee
OS	Organisational Study Association
SITcom	Information Technology committee
SSS	Stress Snack System
UT	University of Twente

11.3 OGSM

OGSM 2026–2027

Study Association Stress · Enschede

Overview

OBJECTIVE	*To create a nourishing environment that stimulates initiative and ownership, so that members are empowered to reach their potential and make an impact.*

GOALS	STRATEGIES	DASHBOARD	ACTIONPLANS
Positive Environment Creating a place where every member feels safe, welcome, and at home within Stress.	Ensure the Stress room is accessible, open and welcoming for everyone.	• Number of days the room could not be opened • Number of 'easy to join' events organised • Number of activities for first-years	Try to maintain opening hours, through a pool of former-board and active members
	Organise events that are easy to join, with a low barrier to entry for any member.		Organise weekly drinks, in cooperation with Dimensie
	Create a broad range of activities specifically aimed at first-years, so they know all Stress has to offer.		
	Safeguarding a safe and welcoming environment for every student.		Continuation of Social Safety commitments
Proactive Growth Guiding committees and their members develop faster by taking on real responsibility.	Give committees and their members more responsibility and ownership.	• Number of committees with a mixed-experience composition • Number of members attending a workshop	Weekly committee updates, monthly meetings with committee chairmen
	Mix the level of experience within committees, so inexperienced committee members can benefit from peers their experience.		Trial with Eventcie and EAC, regarding member attrition
	Reorganise the trainings for active members, to teach and introduce skills more effectively.		Organise a workshop week
Involvement Getting members, students, and staff actively engaged with each other and with Stress.	Actively promote and support members taking initiative.	• Number of member-initiated activities / projects • Number of (I)BA/IEM lectures held in Ravelijn • Number of joint student–staff events organised	Increase awareness of member-initiative through online and word-of-mouth promotion
	Try to get more lectures to take place in Ravelijn in module 1 and 2.		Identify courses with attendance levels suitable for Ravelijn rooms and coordinate with programme management
	Facilitate students and teachers meeting each other outside the lectures.		