

Graduate Studies Update

Meet the Graduate Studies Team:



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Welcome back grad students! Everyone here in the Office of Graduate Studies hopes you had a relaxing winter break!

With every new semester comes new events, workshops, and opportunities so be sure to check out the dates and deadlines below.

In this issue you'll also find information on how to enter UWL's first annual 3MT Competition! Its an opportunity you don't want to miss!

You can find additional helpful information on the Graduate Studies website (uwlax.edu/graduate-studies), our Facebook page (UW-La Crosse Graduate Studies), and by following us on Twitter (@UWLGradStudies).

The Office of Graduate Studies, located at 223 Graff Main Hall, is available to all graduate students who have questions regarding resources on campus, thesis submission, grant applications, and much more. Stop in and see us today! You can also email gradstudies@uwlax.edu or call (608) 785-8124 for information.

Important Dates and Deadlines

Feb. 2	Grant Writing Workshop
Feb. 10	Deadline for PROPOSALS for RSEL Grant
Feb. 16	GSO Focus Group to discuss creating more graduate student resources on campus
Mar. 7	Poster Making Workshop
Mar. 8	3-Minute Thesis Information/Preparation Session
Mar. 10	Applications for Graduate Student Professional Travel Funds Due
Mar. 31	3-Minute Thesis Competition
Apr. 6	GSO Focus Group to discuss this newsletter & make suggestions as to what you want to read about!
Apr. 12	Debt Management Workshop
Apr. 20	20th Annual Celebration of Student Research & Creativity
Apr. 21	Graduate Theses Deadline
May 8	Graduating Graduate Student Exit Interview Event
May 12	Applications for Graduate Student Professional Travel Funds Due

UWL to host Three Minute Thesis (3MT®) competition

AN 80,000 WORD THESIS WOULD TAKE 9 HOURS TO PRESENT. YOUR TIME LIMIT.... 3 MINUTES.

UWL's first annual 3MT® Competition will be held on March 31st in Centennial Hall. 3MT® is a competition that challenges graduate students to condense their research into a brief, engaging presentation and communicate the significance of their projects to a general audience in just **3 minutes, using a single presentation slide**. Any graduate student thesis, paper, or project is eligible to enter.

Rules

- A single static PowerPoint slide is permitted (no slide transitions, animations or 'movement' of any description, the slide is to be presented from the beginning of the oration).
- No additional electronic media (e.g. sound and video files) are permitted.
- No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted.
- Presentations are limited to 3 minutes maximum and competitors exceeding 3 minutes are disqualified.
- Presentations are to be spoken word (e.g. no poems, raps or songs).
- Presentations are to commence from the stage.
- Presentations are considered to have commenced when a presenter starts their presentation through movement or speech.
- The decision of the adjudicating panel is final.

Judging Criteria

- Comprehension & Content: Did the presentation help the audience understand the research? Was the thesis topic and its significance communicated in language appropriate to an intelligent but non-specialist audience?
- Engagement & Communication: Did the oration make the audience want to know more? Did the speaker have sufficient stage presence, eye contact and vocal range; maintain a steady pace, and have a confident stance?

People's Choice

Although the judges will select the winner and 1st and 2nd runner up, the audience will also select their favorite! So, contestants, bring your friends ;)

Following all presentations, the audience is asked to vote on who they thought gave the most convincing 3MT presentation (based on their understanding of the criteria outline above). A finalist can be the winner or a runner-up and still receive the People's Choice award.

Scholarships

- Winner: \$500
- 1st Runner Up: \$300
- 2nd Runner Up: \$100
- People's Choice: \$300

How to Enter

[Click here](#) and enter your

- 1.Full name
- 2.Title of thesis/paper/project
- 3.Degree/program
- 4.a 100 word summary

by March 10th!

[Click here](#) to register to attend the 3MT Information/Preparation Session on March 8th at 5 p.m. in Murphy 150.

Need a Little Inspiration?

Visit <http://threeminutethesis.org/3mt-showcase>

to view the presentations of last year's winners from around the world.



Coming Up on Campus: Summer and Part-Time Job Fair

Do you have time off this summer? If you're looking to pick up a summer or part-time job, Career Services is hosting a summer and part-time job fair on Wednesday, February 15th from 10-3 in the Multipurpose Room of the Student Center.

Meet with summer camp employers from throughout the US seeking employees and on- and off-campus employers looking for summer and part-time employees.

Get Involved:

Ugetconnected is a free, online resource for local agencies to advertise volunteer opportunities. La Crosse is working together to post volunteer opportunities in one central, online location.

Visit www.uwlax.edu/ugetconnected and use your UW-L student log-in information to create your profile and begin responding to needs today!

Graduate Spotlight

Mitch Cook is one of the Graduate Assistants for the Clinical Exercise Physiology Program. He says he is very excited to be working on his thesis entitled, the "Effect of Intensity Sequencing on Exercise Session Energy Expenditure."



He is seeking to determine whether changing where the most difficult portion of a workout occurs alters the caloric expenditure, perceived exertion, or level of enjoyment of the workout. This study utilizes a stationary cycle with an electronic workload computer to put participants through various interval routines, while collecting data relating to oxygen consumption, heart rate, blood lactate, and ratings of perceived exertion. The current hypothesis is, there will be no difference in caloric expenditure between sessions, but ratings of perceived exertion and level of enjoyment will differ based on individual preferences about exercise. Be sure to check out his poster at the Celebration of Research & Creativity on April 20th! After completing his degree at UWL, Mitch hopes to pursue a career as either a Physician's Assistant or a fitness coach specializing in endurance training and cardiac care. UWL is proud of the research our students do!

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Graduate Student Organization

Thanks to everyone who came to GSO's last meeting! We generated a lot of great ideas to meet the goals of a campus-wide fall orientation in a new way.

For those of you who don't know, GSO is the official hub for graduate students of all disciplines to advocate for their programs, voice concerns, and network with other graduate students. By being enrolled at UWL, you are already a part of the club (and the best part, there are no dues)!

While not a political organization like Student Senate, GSO follows

what is happening on campus very closely. At each meeting, we discuss one major topic that affects graduate education. GSO is also a great way to meet new friends and colleagues.

Our first meeting for the spring semester will be February 16th from 5:00 – 6:00 p.m. in the new Student Union room 3145 to discuss creating more graduate student resources on campus like the private study carrels in the library. All interested graduate students are welcome to attend!

Get to Know LaCrosse: Valentine's Heart Throb Walk/Run

Looking for a way to get moving outdoors? The R.W. Houser Family YMCA in Onalaska is hosting a 5 mile or 5k run on Saturday, February 11th. Sign up before the price increases on February 5th!

Register at: <https://raceroster.com/events/2017/9709/valentines-heart-throb-walk-run-2017>

Do You Have Any Suggestions to Improve this Publication?

If so, please contact Katherine Sell at sell.katheri@uwlax.edu