

# Graduate Studies Update

## Meet the Graduate Studies Team:



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Well, grad students, spring break is right around the corner! Everyone here in the Office of Graduate Studies hopes you have plans to take at least a little time off from studying!

As always, be sure to check out the dates and deadlines below as this semester unfolds further.

In this issue you'll also find a reminder to sign up for the 3MT® competition, information regarding the Celebration of Student Research and Creativity, a chance to experience La Crosse culture, and a new student spotlight!

You can find additional helpful information on the Graduate Studies website ([uwlax.edu/graduate-studies](http://uwlax.edu/graduate-studies)), our Facebook page ([UW-La Crosse Graduate Studies](https://www.facebook.com/UW-LaCrosseGraduateStudies)), and by following us on Twitter ([@UWLGradStudies](https://twitter.com/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](mailto:gradstudies@uwlax.edu) or call (608) 785-8124 for information.

## Important Dates and Deadlines

<b>Mar. 7</b>	Poster Making Workshop
<b>Mar. 8</b>	3-Minute Thesis Information/Preparation Session
<b>Mar. 10</b>	Applications for 3MT Due
<b>Mar. 10</b>	Applications for Graduate Student Professional Travel Funds Due
<b>Mar. 31</b>	3-Minute Thesis Competition
<b>Apr. 6</b>	GSO Focus Group to discuss this newsletter & make suggestions as to what you want to read about!
<b>Apr. 12</b>	Debt Management Workshop
<b>Apr. 20</b>	20th Annual Celebration of Student Research & Creativity
<b>Apr. 21</b>	Graduate Thesis Deadline
<b>May 8</b>	Graduating Graduate Student Exit Interview Event
<b>May 12</b>	Applications for Graduate Student Professional Travel Funds Due

# Its not too late to register for the Three Minute Thesis (3MT®) competition! (Did we mention the winner gets \$500?)

**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 1400 at 6 p.m. 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 8<sup>th</sup> 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.



## Graduate Student Organization

Thanks to everyone who came to GSO's last meeting! Students offered some great suggestions for new resources specifically for grad students on campus.

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 organiza-

tion 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 second meeting for the spring semester will be April 6th from 5:00 – 6:00 p.m. in the new Student Union room 3145 to discuss this newsletter and offer suggestions regarding which information students want to read about.** All interested graduate students are welcome to attend!

## Coming Up on Campus: 20th Annual Celebration of Student Research & Creativity

On Thursday, April 20th, come check out our campus' student research on display in the new student union! There are oral presentations, poster displays, gallery exhibits, and artistic performances by both undergrad and graduate students on just about any topic you can think of! Check it out!

## Get to Know LaCrosse: 2017 Grandad Half Marathon

Want to explore the city on foot and get to know the gorgeous scenery surrounding it? Its not too late to sign up for the Grandad Half Marathon on May 6th! There is also a half relay and a 5k!

If you're not interested in participating, show up at Riverside Park around 9:30am to cheer on the runners as they finish!

Register at: <http://www.grandadhalfmarathon.com/>

**If you want to nominate someone to be featured in the next student or faculty spotlight, or if you have any suggestions to improve this publication,**

please contact Katherine Sell at [sell.katheri@uwlax.edu](mailto:sell.katheri@uwlax.edu)

## Graduate Spotlight



Second year students in the Doctor of Physical Therapy program are able to participate in a Research Practicum experience with a staff member of their choosing. In small groups, they work to design,

implement, and analyze a research project to address a clinical question in physical therapy.

Tess' group's question is, "The Effect of Exercise Intensity on Motor Learning in Females." They assessed drop landings in college-aged females using a force plate system to measure peak vertical ground forces, as well as a 2D motion capture system with Kinovea software to analyze hip and knee joint angles at various points during the landing. Participants underwent baseline testing including 30 drop landings with visual feedback to help learn the proper landing form, followed by 30 minutes of aerobic exercise on a stationary bicycle at either a low, moderate, or high intensity level based on heart rate. They were then asked to return a week later for retention testing. Tess' group collected over 80 participants' data and are now beginning to analyze the results to see how the different exercise intensities compare to a control group on motor learning retention. They hope to present their findings at the WPTA spring conference in Green Bay.

Tess said, "Overall, this experience gives students the chance to see behind the scenes of all that goes into 'Evidence Based Practice.' It is our professional responsibility to not only provide therapy that is sound in the current evidence, but also to make efforts to add to the knowledge pool to help our fellow clinicians. This project gives students the confidence to realize that they can, and should, perform research to advance our profession."

Tess, we're looking forward to your results!