



UNC
GREENSBORO
Board of Trustees

**Academic Affairs Committee
November 11, 2025**

Discussion Item

AAC – 2 3-Minute Thesis (Bell)

Graduate School Dean Greg Bell, joined by graduate students, will present on the Three Minute Thesis (3MT) competition. 3MT began in 2008 during a severe drought in Queensland, Australia, when residents timed their showers to three minutes to conserve water, an idea that inspired the perfect time limit for explaining research clearly. Created by Dean Alan Lawson at the University of Queensland, the competition has grown to over 600 events in 65 countries. Using one static slide and just three minutes, participants present their research to a general audience.

UNCG has hosted 3MT each fall for nearly a decade, with the winner earning \$1,000 and advancing to regional finals. You'll hear from UNCG students who have competed in 3MT as they share their experiences.

Attachment:

AAC – 2.1 Student Biographies

AAC – 2.2 3-Minute Thesis PowerPoint

J. Alan Boyette
Provost & Executive Vice Chancellor

3MT Student Biographies

Victoria Fonville

Nutrition

“Lactation and human milk donation during perinatal bereavement.”

2025 UNCG 3MT Runner-up

Victoria Fonville is a third year Ph.D. student working under the supervision of Dr. Maryanne Perrin in the Department of Nutrition at UNCG. Prior to her enrollment at UNCG, Victoria earned her Master of Science in Nutrition degree from Meredith College. It was during her time at Meredith when she discovered her passion for maternal and infant nutrition, lactation and academia. Now, her dissertation work focuses on lactation and human milk donation following infant loss and she also serves as a teaching assistant in the nutrition department. After she earns her PhD, Victoria hopes to continue her research on lactation and human milk donation and to teach nutrition science to university students.

Praveen Pasupathi

Kinesiology

“Neurocognitive effects of mindfulness and exercise of symptoms of anxiety.”

2025 UNCG 3MT Winner

Praveen Pasupathi is a Ph.D. candidate working under the supervision of Dr. Eric Drollette in the Department of Kinesiology at UNCG. Originally from India, he earned a master’s degree in Kinesiology from Louisiana Tech University. Growing up, mindfulness was a natural part of his family’s daily life, teaching him the focus and resilience that led to winning a national-level volleyball championship. His experience and cultural background is reflected in a novel mind-body practice that combines mindfulness and movement in innovative ways. His work focuses on how simple and everyday health behaviors, including mindfulness, exercise, and this new mind-body approach, can help children manage anxiety, strengthen their overall well-being, and potentially support older adults in improving mental and cognitive health. His passion is making mental health tools more accessible, particularly for children and older adults who may not have access to traditional care."



Three Minute Thesis Competition

UNCG Graduate School

Competition Overview

3MT celebrates the exciting research conducted by PhD students.

Cultivates students' academic, presentation, and research communication skills.

Supports students' capacity to effectively explain their research and its significance in three minutes, in a language appropriate to a non-specialist audience.

3MT is now a globally-recognised competition.

Over 900 institutions across more than 85 countries are holding a 3MT event.

Competition Rules

- A single static slide is permitted, presented from the beginning of the oration.
- No additional electronic media or props are permitted.
- Presentations are to be spoken word.
- Presentations have commenced when the presenter starts their presentation through movement or speech.
- Presentations are 3 minutes and competitors exceeding 3 minutes are disqualified.
- The decision of the adjudicating panel is final.

Victoria Fonville

Faculty Mentor: Dr. Maryanne Perrin

Nutrition

**Lactation and Human Milk Donation During
Perinatal Bereavement**



M I C H A E L



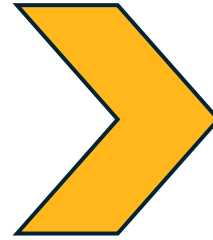
Praveen Pasupathi

Faculty Mentor: Dr. Eric Drollette

Kinesiology

**Neurocognitive effects of Mindfulness and
Exercise on symptoms of Anxiety**

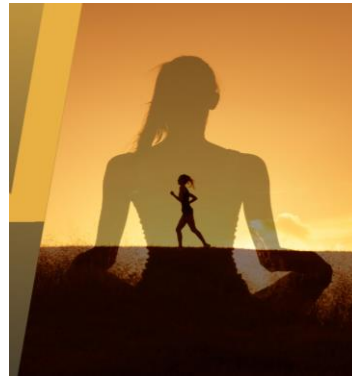
Anxiety



Health Behaviors

Mind-Body Practice

MEDITATION



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