11eg Gynhadledd Dysgu ac Addysgu

11th Annual Learning and Teaching Conference

4-6 Gorffennaf 2023 | 4-6 July 2023

3 Minute Thesis Presentation

Kate Parsons

Seicoleg | Pyschology

Congratulations to Kate Parsons, winner of this year’s [3 Minute Thesis.](https://www.aber.ac.uk/en/grad-school/current-students/public-engagement/3-minute-thesis/)

Kate is a third-year PhD student, holding a Margaret Wooloff scholarship. Her research focuses on physical activity behaviour change in autistic young people and employs a mixed methods approach. Her three-minute thesis centred on her qualitative study where she had the pleasure of interviewing young autistic people about their experiences of physical activity.

Kate has a keen interest in Behavioural Science and Implementation Science, generally, and has applied her learning to different behavioural problems during her studies. She has supported the design and delivery of a behaviour change workshop for penguin conservationists in South Africa, delivered a case study talk on breastfeeding initiation for the Behavioural Science and Public Health Network, won an award for best intervention design at the European Social Marketing conference in Greece, and supported the design of public health campaigns relating to obesity, mental health help-seeking, and gender-based violence.

Alongside a fellow PhD student, Kate organised and delivered Aberystwyth University’s first Neurodiversity Network Conference to kick off the first Welsh Neurodiversity Network.

Outside of University life, she is a level 1 judo coach, a judo black belt, and a fitness fanatic.

Kate is keen to continue in academia and has recently enjoyed her first teaching experience within the psychology department, delivering the third-year Critical Review module.

