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**Title:** Strong Singularity Constants for Subfactors of  $II_1$  Factors

**Abstract:** We investigate the property of  $\alpha$ -strong singularity (defined by Sinclair and Smith) for proper subfactors of  $II_1$  factors. We produce an absolute constant  $c$  for which all proper singular subfactors of any  $II_1$  factor are  $c$ -strongly singular and observe that, unlike the case for masas, singularity is not equivalent to the weak asymptotic homomorphism property. We give a family of finite-index examples for which the constant may be improved.