



# Magnetic Confinement Fusion: The Path to the Spherical Tokamak and NSTX-U

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University of Michigan – Ann Arbor



# I am a Michigander/Wolverine like many of you!



2009-2013



## Undergraduate

- Physics and Math major
- UROP participant
- HED/ICF related research
- + honors thesis

2013-2019



## Grad School

- Started research in MCF
- Focus on energetic particles

2019-2021



## PostDoc

- Still in MCF
- Participated in DT-experiments on JET

2021-Present



## Scientist

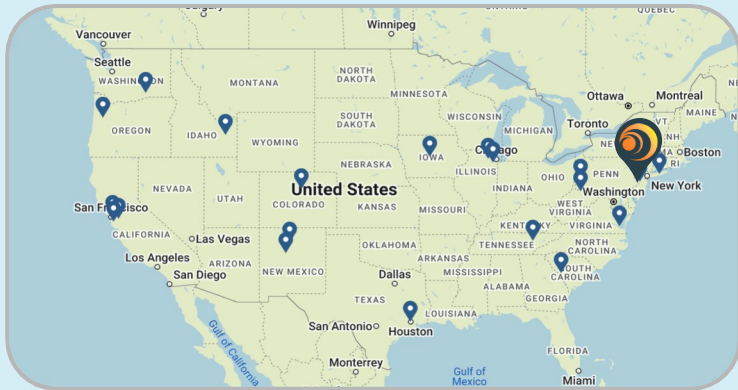
- Still in MCF
- Worked on almost every type of MCF device
- Experimental and computational research

# Princeton Plasma Physics Laboratory



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**ENERGY**

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Energy National Labs

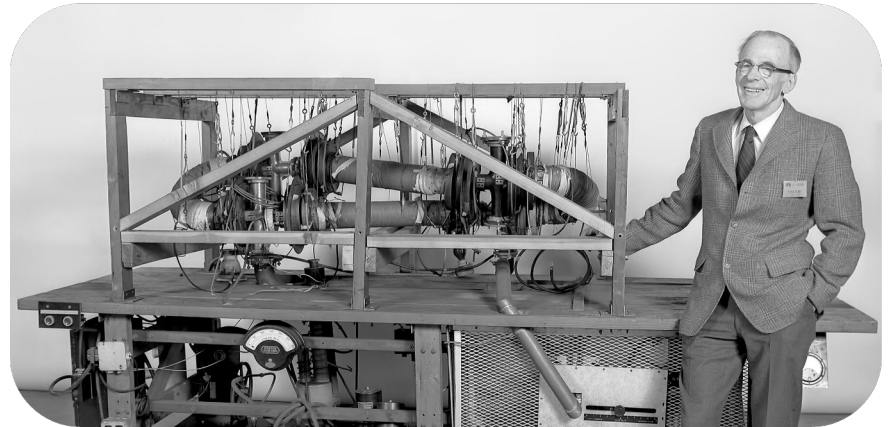


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**PRINCETON  
UNIVERSITY**

- Magnetic fusion research at Princeton began as a classified government project in 1951 under renowned physicist Lyman Spitzer Jr., using the code name “Project Matterhorn”
- PPPL Today: 700+ employees, \$150 Million+ government funding, 300+ annual publications



# What will we learn today?

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- Why do we need fusion?
- What is fusion?
- Why do we need confinement?
- How do we confine a plasma?
  - Magnetic confinement: pinches, magnetic mirror, stellarator, tokamak, spherical tokamak
  - Pros and cons of each design
  - Potential positives of the spherical tokamak and NSTX-U
- What are the biggest obstacles and problems?
- Where are we now?

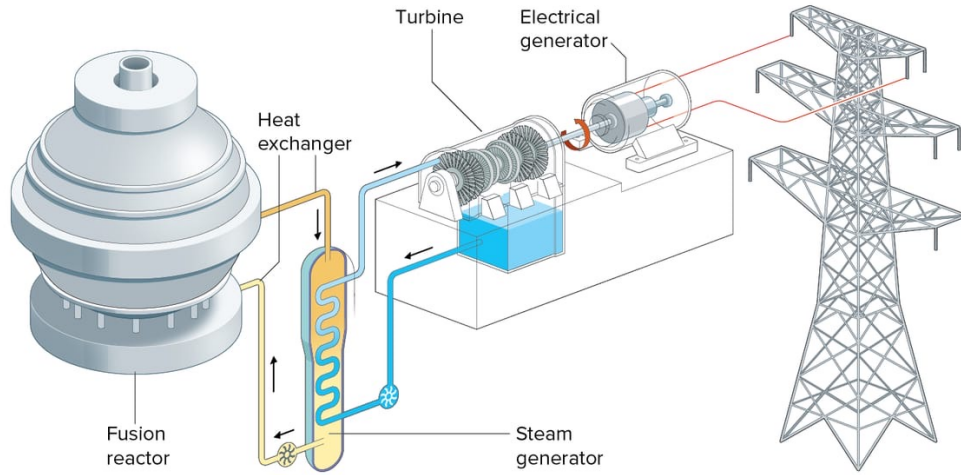
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# Fusion Power: Safe, Abundant, Energy Dense, Clean, & Sustainable

## A fusion power plant



SOURCE: REPORTING BY M. MITCHELL WALDROP

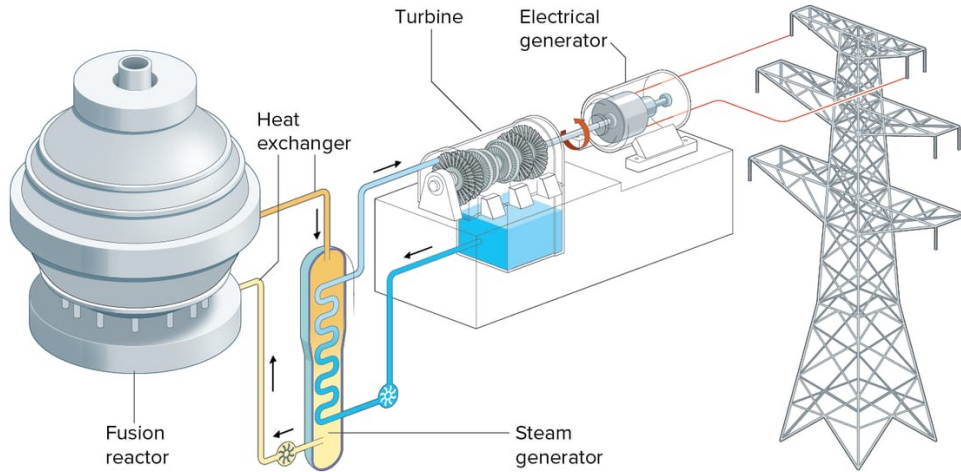
5W INFOGRAPHIC / KNOWABLE

- Cannot have runaway reactions
  - Only small amount of fuel present
  - If particles cool, fusion stops
- Abundant fuel supply
  - D from seawater
  - T bred from Li in earth's crust
- Very high energy density
  - Most efficient process per mass
- Minimal radioactive waste: short-lived, low-level
  - Trace T, neutron activated material
- No CO<sub>2</sub> production

# A Fusion Power Plant will Function just like a Fission Plant

- Use neutrons to heat water, to produce steam, to drive a turbine

## A fusion power plant



- Surround machine in water blanket to capture neutrons for energy production
- Surround machine in Li or FLiBe blanket for T production (tritium breeding)

SOURCE: REPORTING BY M. MITCHELL WALDROP

5W INFOGRAPHIC / KNOWABLE

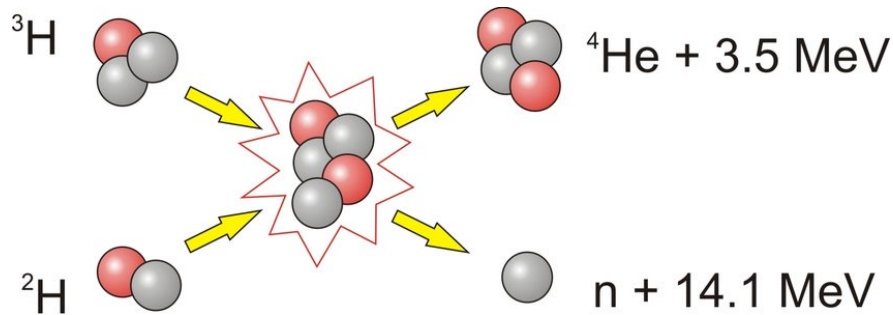
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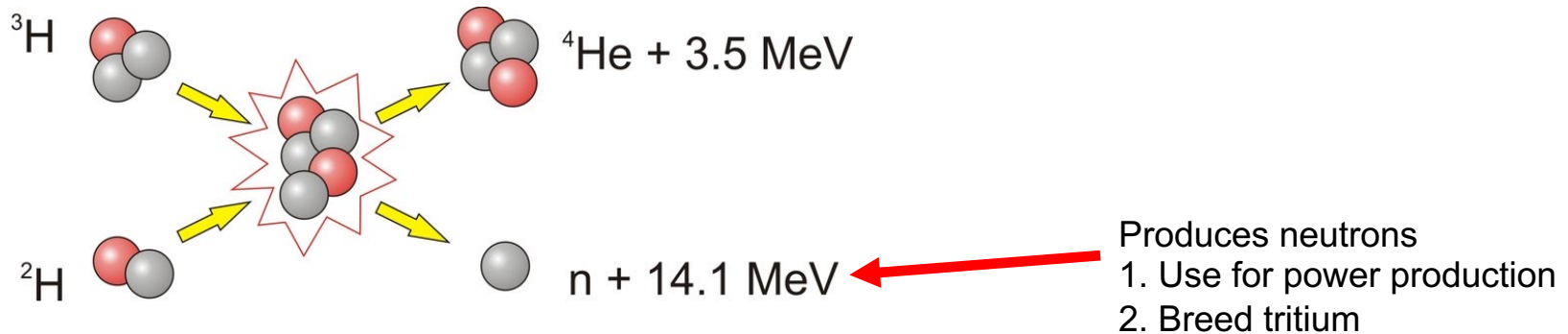
# Fusion Combines Smaller Nuclei to Larger Nuclei

- Converting binding energy (mass) to energy:  $\Delta E = mc^2$



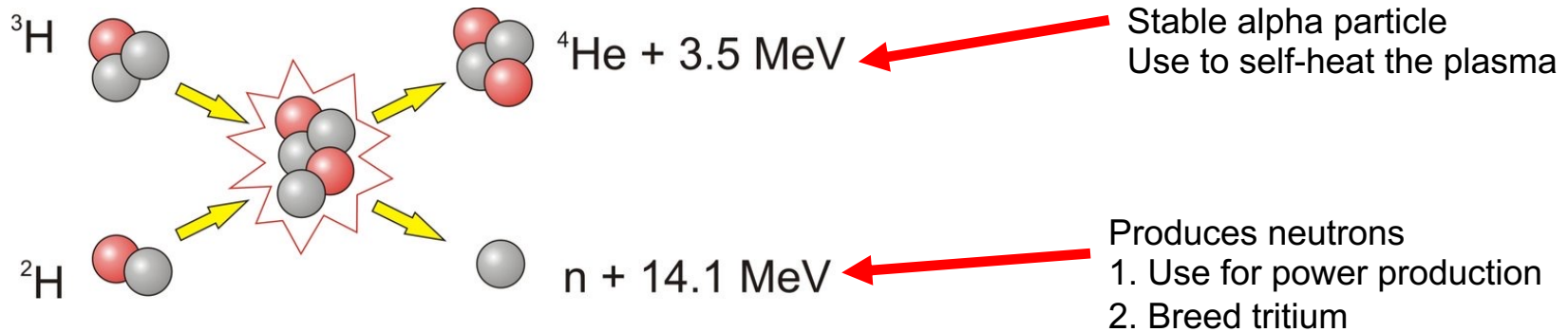
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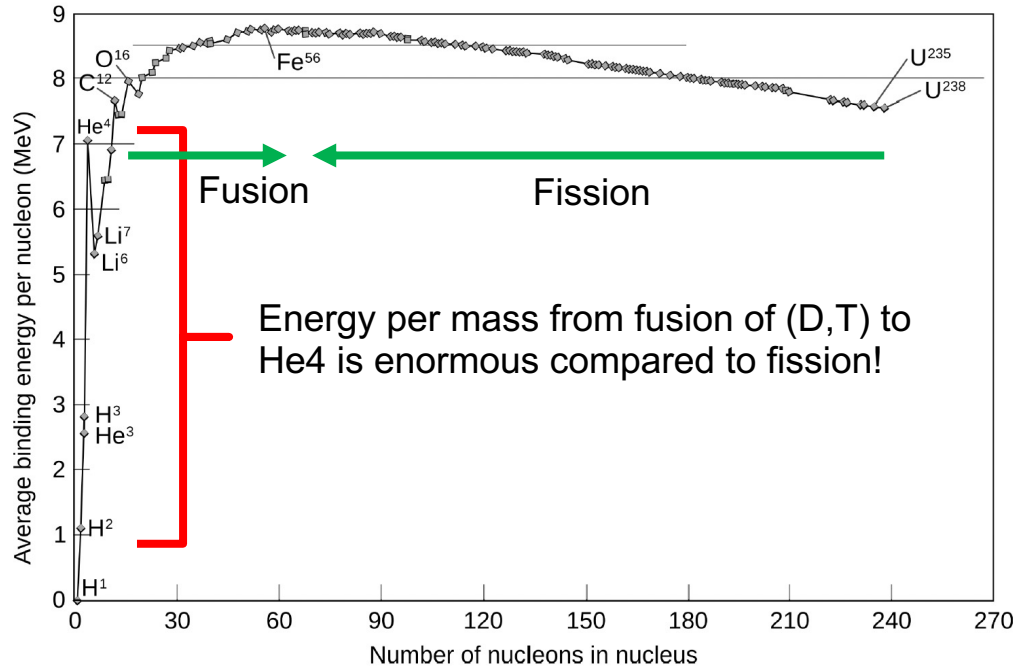
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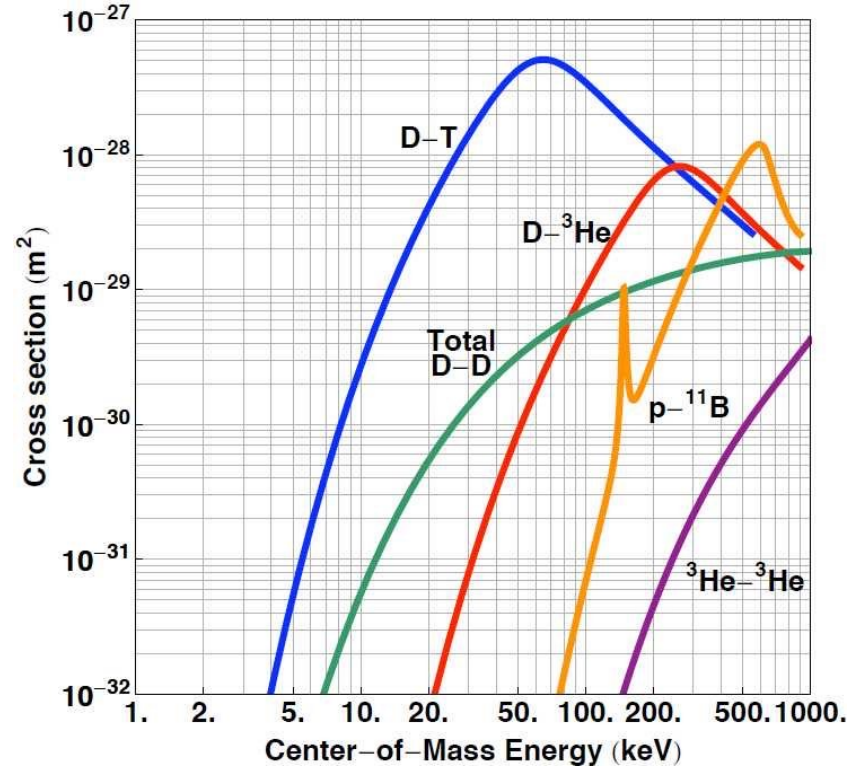
# Fusion is more Energetically Advantageous than Fission

- Converting binding energy (mass) to energy:  $\Delta E = mc^2$



# DT-Fusion has the Largest Cross-section (Easiest!)

- Requires temps. 10-20 keV (radiative and transport losses prevent higher temps.)
- Maintain a high temperature and dense plasma to induce fusion reactions

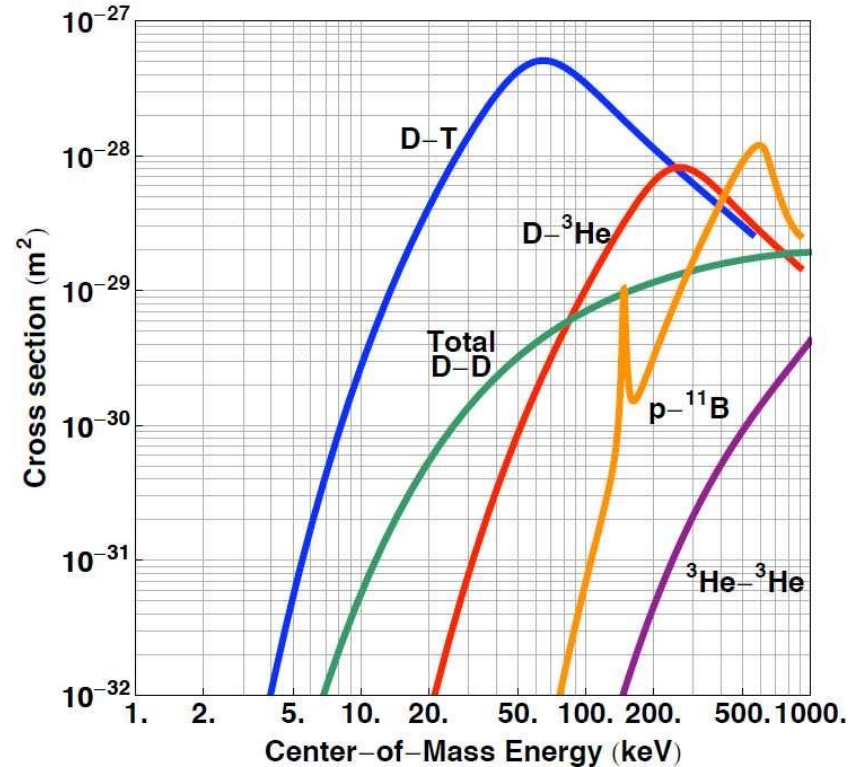


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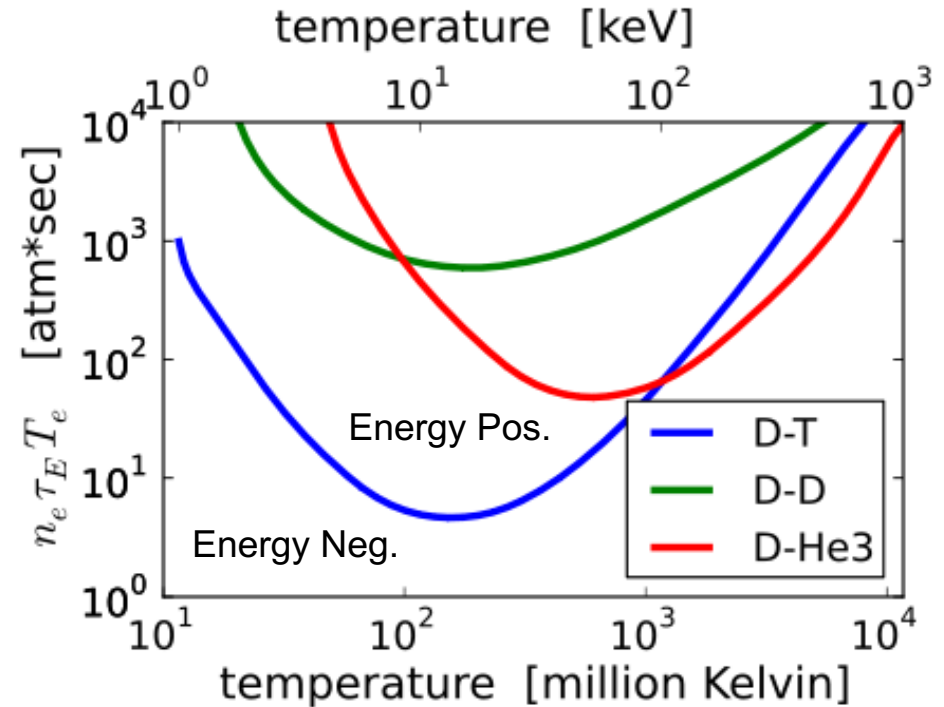
## Notes

- Some groups are investigating non DT-concepts, such as  $\text{PB}^{11}$  or  $\text{DHe}^3$  (aneutronic, but harder...)
- DT-experiments are rare... JET in 2022-23, JET in 1997, TFTR in 1995
- DD-plasmas are the most common for basic fusion research



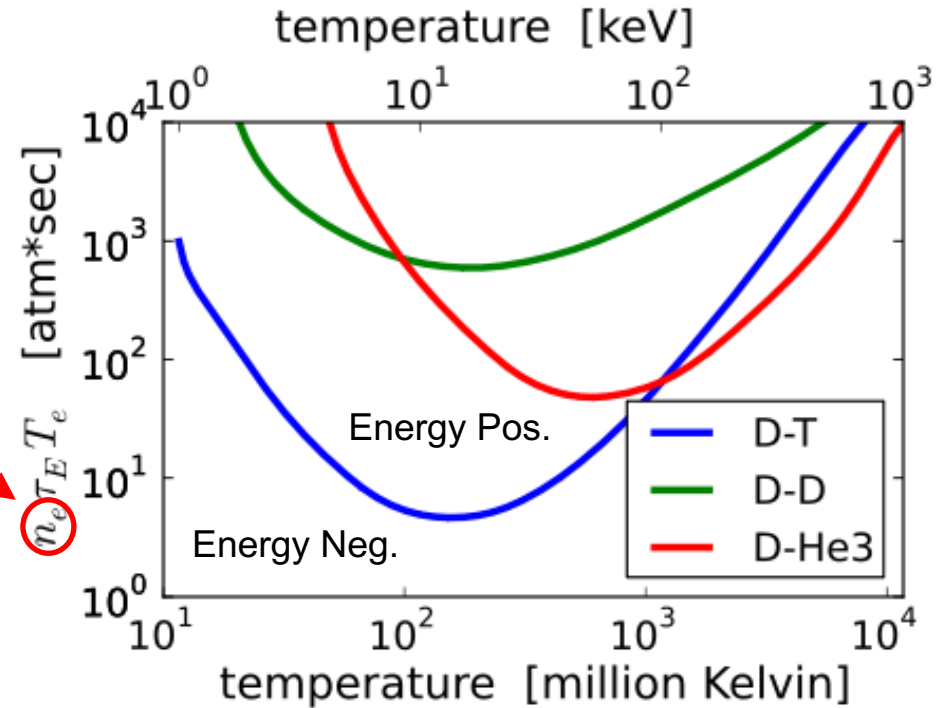
# Lawson Criterion - Parameters needed for Fusion

- Create a plasma of DT-ions to overcome Coulomb repulsion and fuse



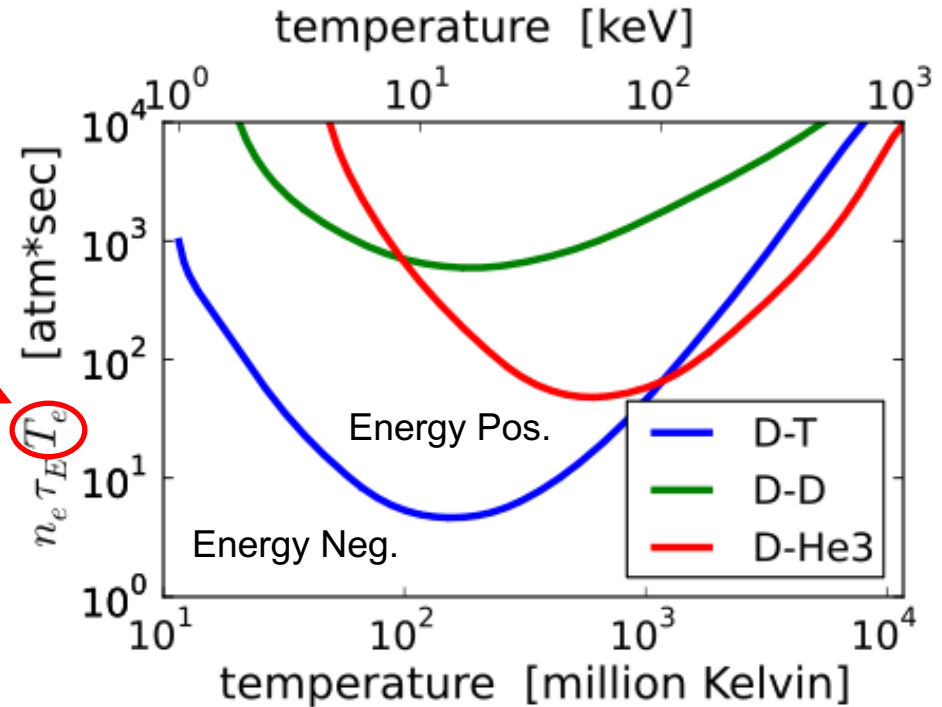
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- Create a plasma of DT-ions to overcome Coulomb repulsion and fuse
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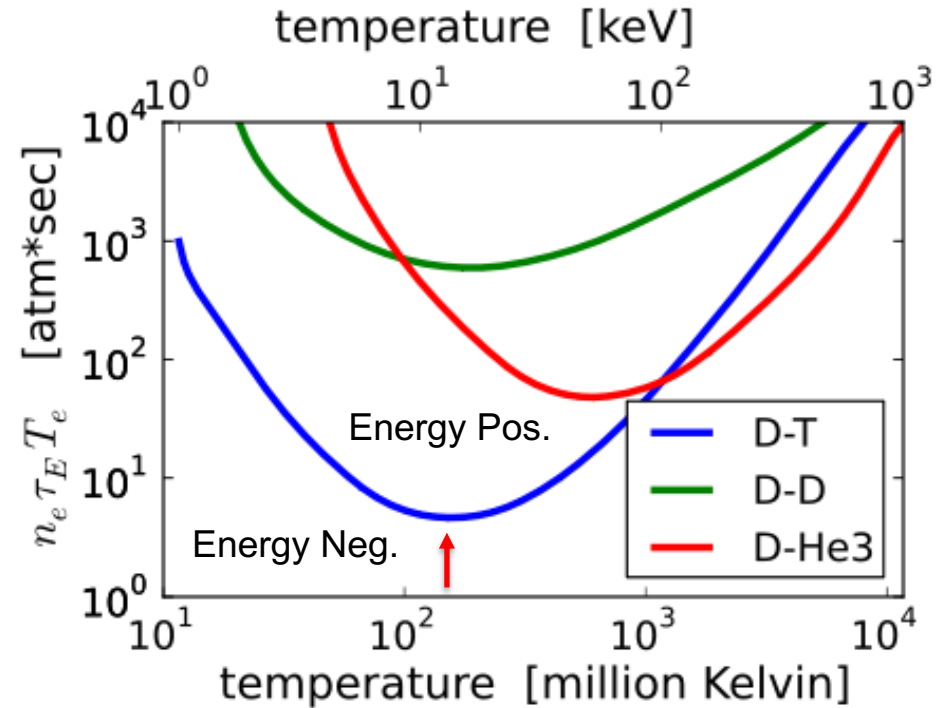
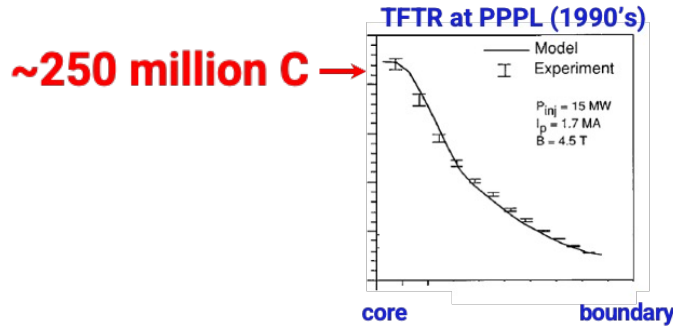
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  - High density
  - High temperature



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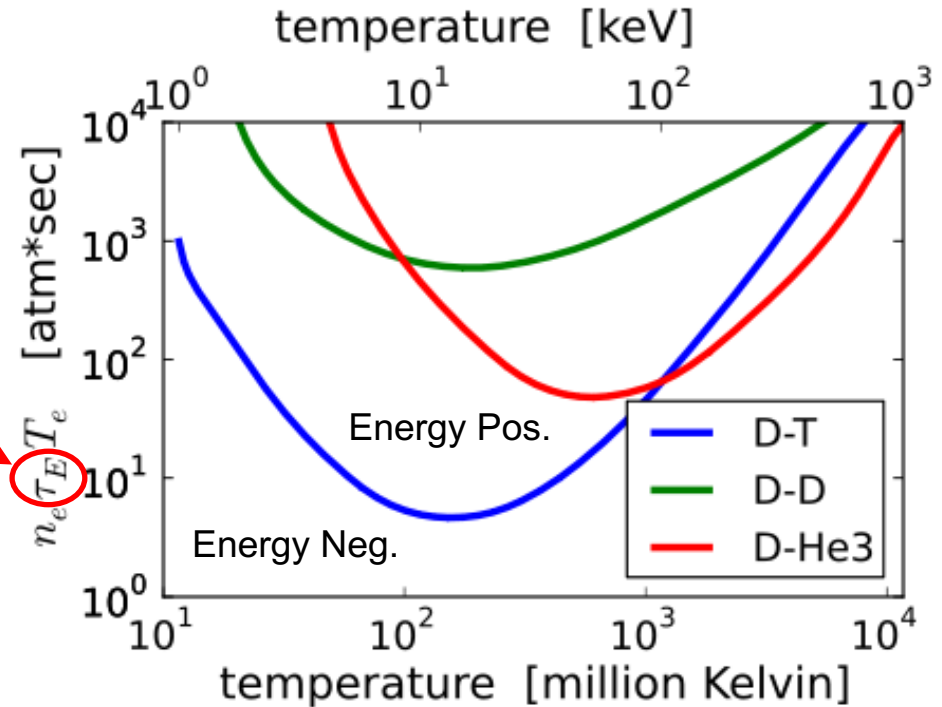
- Create a plasma of DT-ions to overcome Coulomb repulsion and fuse
  - High density
  - High temperature
    - We have already achieved the necessary temperature in magnetic confinement fusion



# Lawson Criterion - Parameters needed for Fusion

- Create a plasma of DT-ions to overcome Coulomb repulsion and fuse
  - High density
  - High temperature
  - High confinement time

Why confinement?



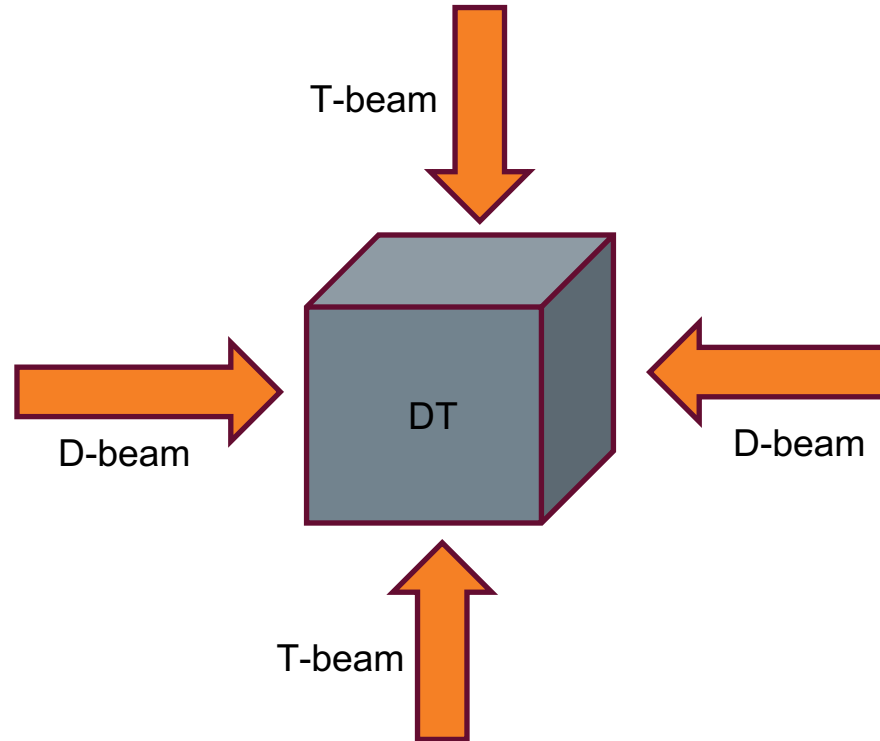
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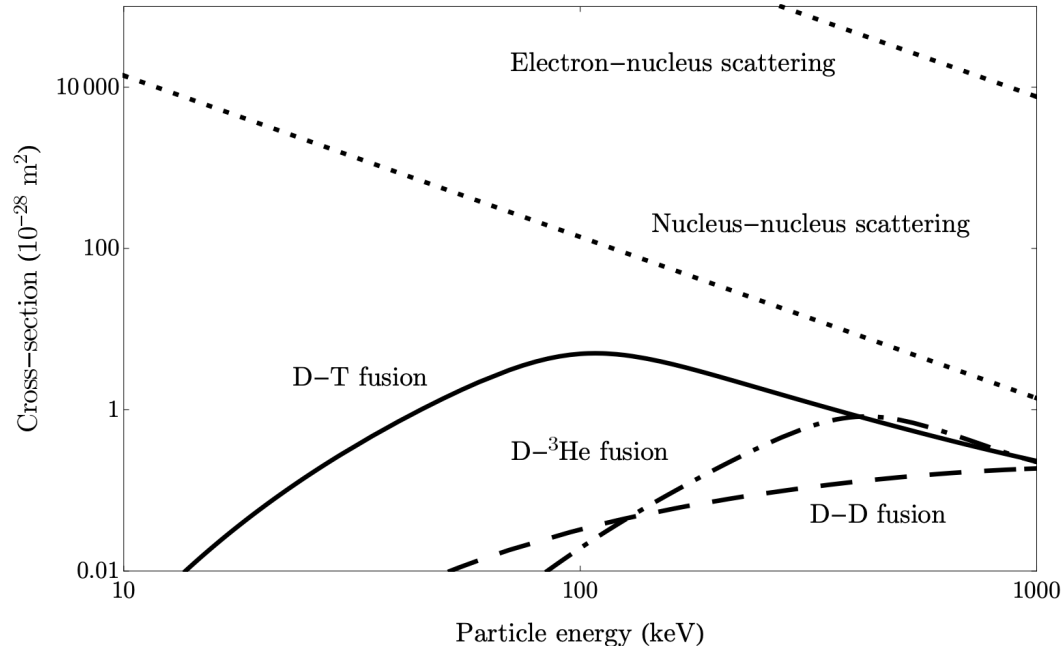
# Why do we need confinement? We can get to high energies and densities with beams

- Can't we take a high energy beam and blast some high-density fuel? Or beam-beam?



# Collisional scattering dominates over fusion reactions!

- Need long time periods for fusion reactions to occur
- Must have sustained confinement of ions  $\rightarrow$  many scattering events before fusion



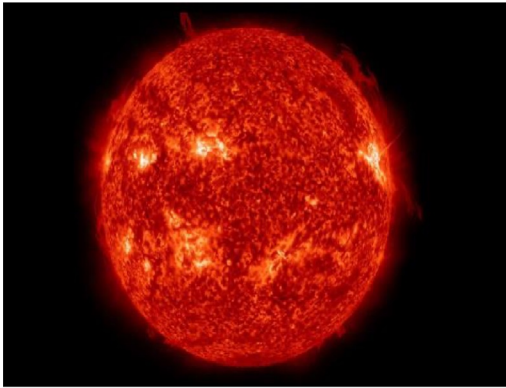
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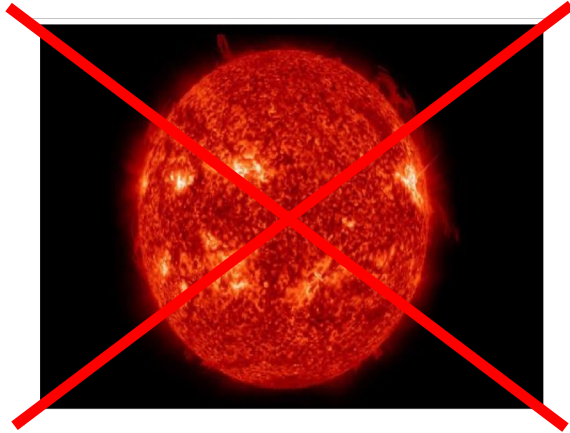
# How can we confine a plasma?

## Gravity



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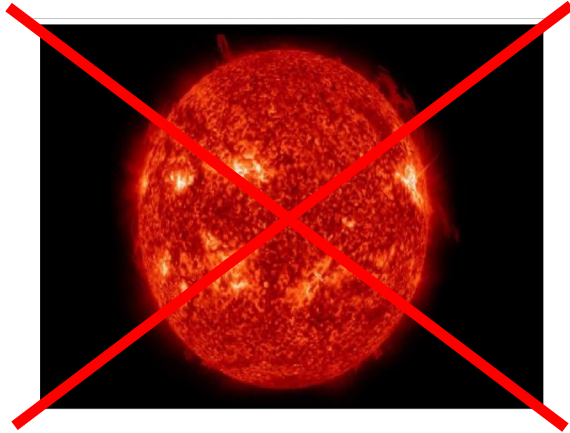
Gravity



Too slow

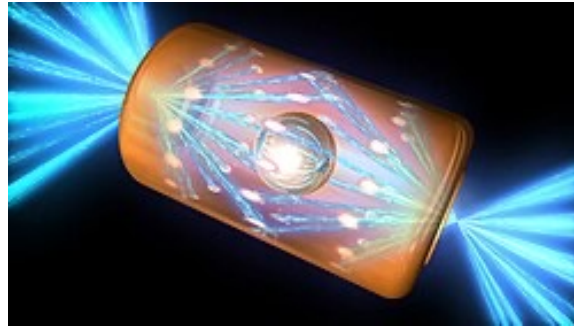
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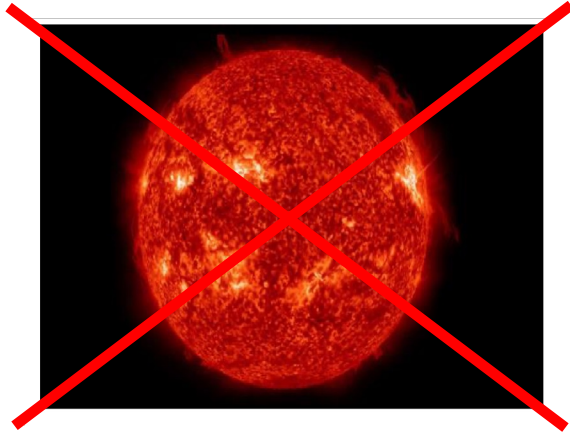
Too slow

Inertial Confinement  
Fusion (ICF)



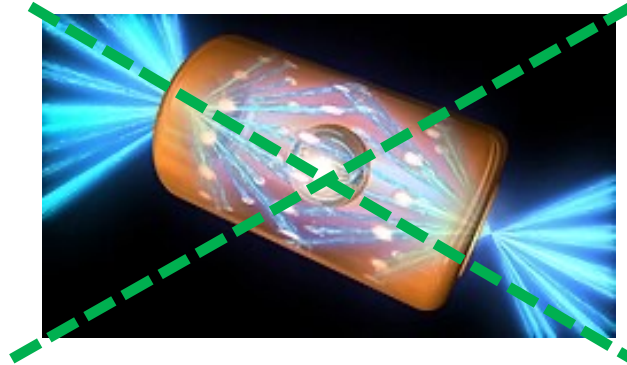
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Inertial Confinement  
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Radiative compression

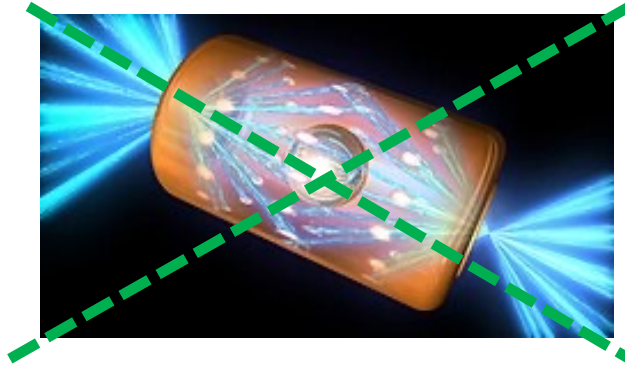
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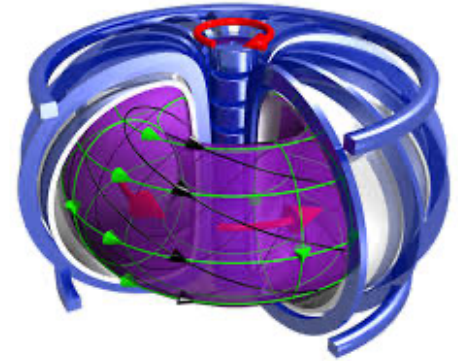
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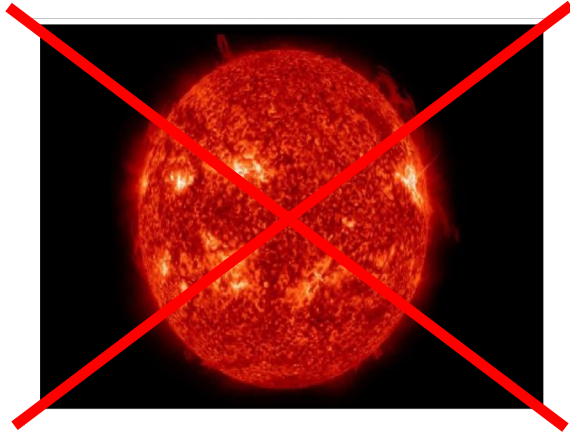
Magnetic Confinement  
Fusion (MCF)



“Magnetic Bottle”

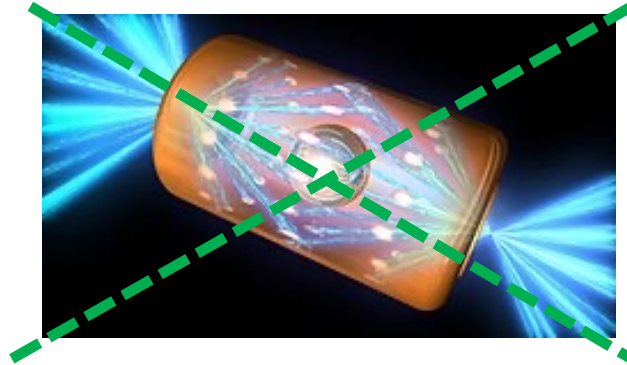
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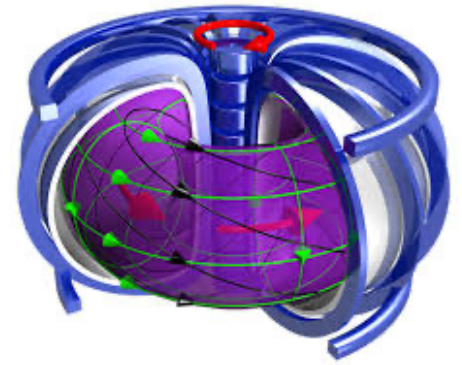
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Inertial Confinement Fusion (ICF)



Radiative compression

Magnetic Confinement Fusion (MCF)



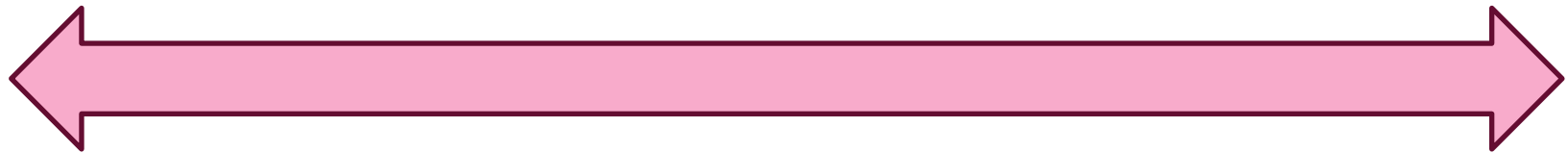
"Magnetic Bottle"

# Create a Magnetic Field Structure to Hold the Plasma

- Goal: Heat gas to high temperature to make plasma and confine with B-field
- Plasmas are a soupy mixture of electrons and ions susceptible to EM-fields, but they can also generate their own EM-fields
- B-field: external magnets and/or internal currents in the plasma

Self-organized plasmas

Purely external B-field



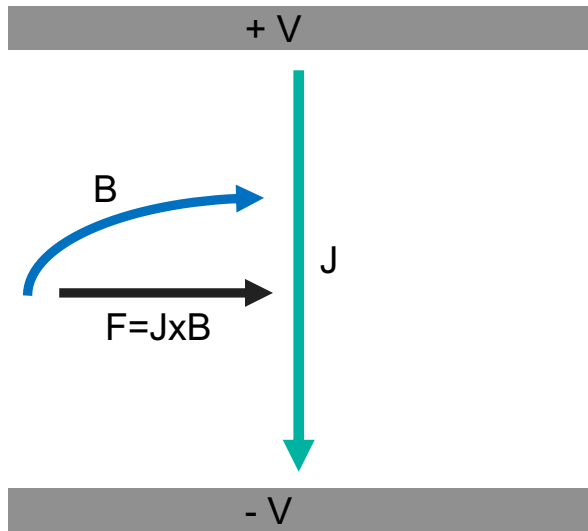
Pinches

Tokamaks

Stellarators

# Z-pinch: Easy but Unstable

- Drive an axial current to induce an azimuthal B-field
- $J \times B$  force compresses plasma radially inward



## Pros

- Very simple (no magnets!)

## Cons

- MHD stability
- Engineering and scaling issues

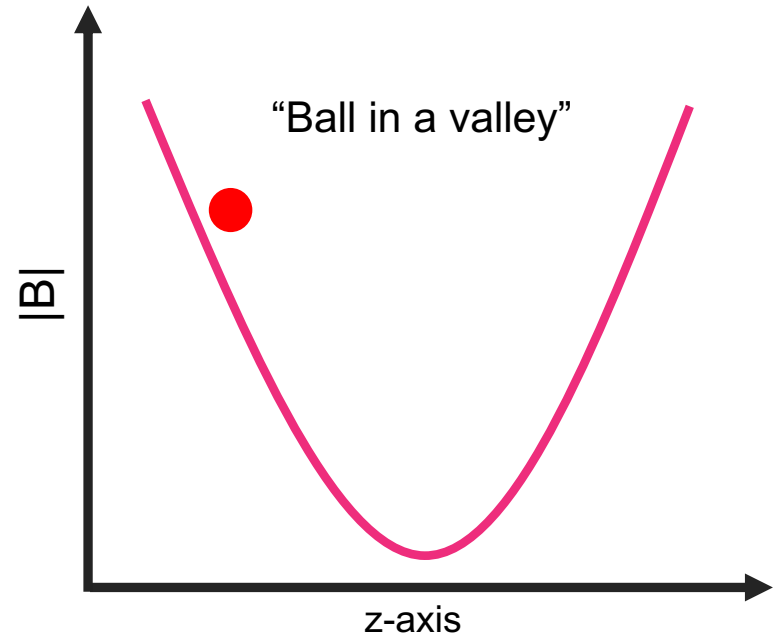
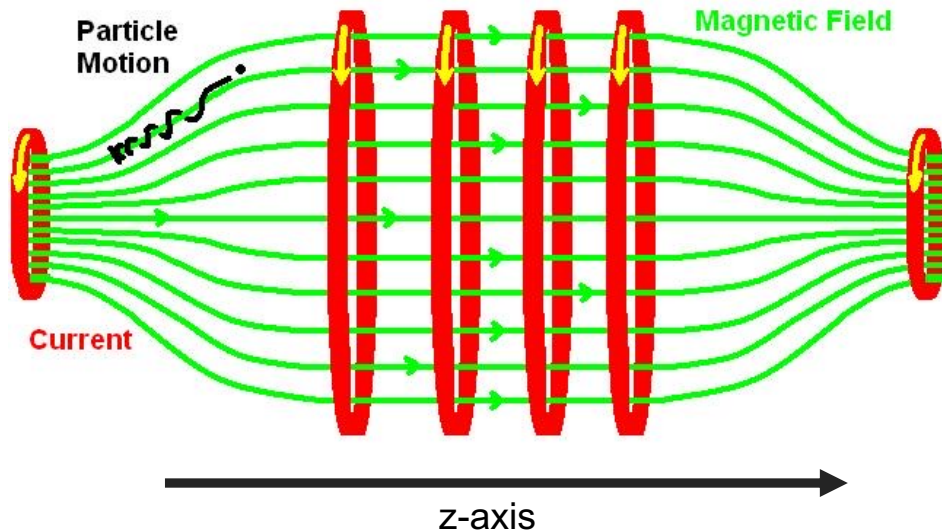
## Active Solutions

- Shear-flow stabilization

# Magnetic Mirror: Traps Particles in Magnetic Well

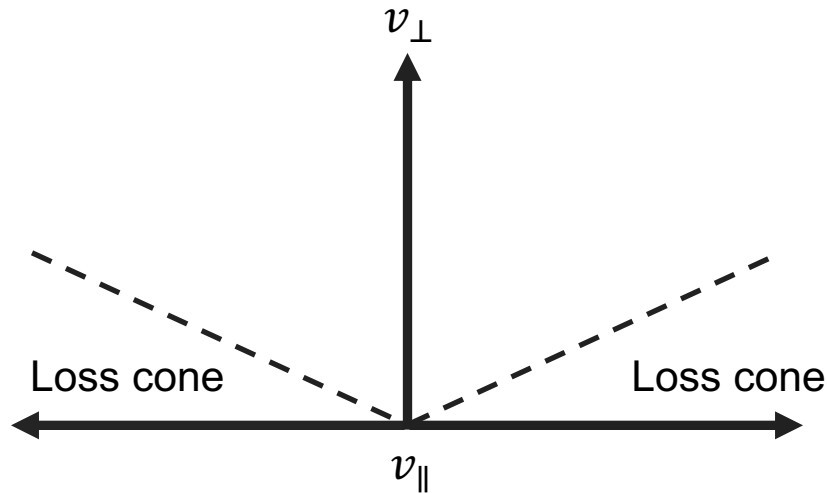
- Axial field capped by high magnetic field
- Particles transit back and forth and reflect at choke points

**Basic Magnetic Mirror Machine:**



# Magnetic Mirror: Simple but Lossy and Unstable

- Particles with sufficient energy will escape the magnetic well and escape
- Loss cone is produced in velocity-space (parallel defined w.r.t. to the magnetic field)



## Pros

- Very simple

## Cons

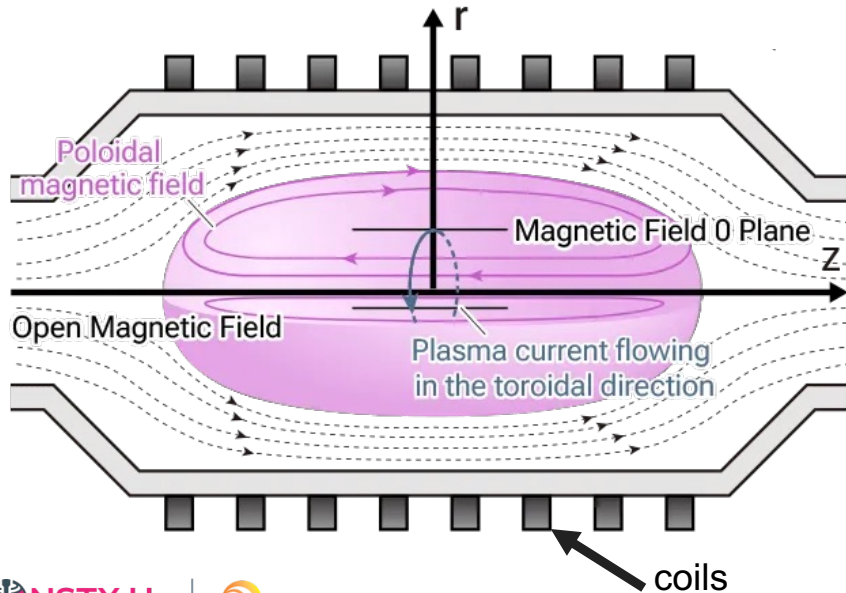
- Inherent losses
- MHD stability
- Traditionally very long (1-2 km)

## Active Solutions

- Stronger magnets for higher B-field
- Kinetic stabilization with beam and ECH ions
- Create good field curvature in end cells

# Field Reversed Configuration: Exploits Self-Organization

- Use coils to set a B-field axially, then quickly reverse the magnetic field; Magnetic reconnection occurs at the ends producing closed field lines
- Other formation methods: collisional merging, beam injection, etc.



## Pros

- Most of the magnetic field is self-organized
- Weak B-field relative to pressure

## Cons

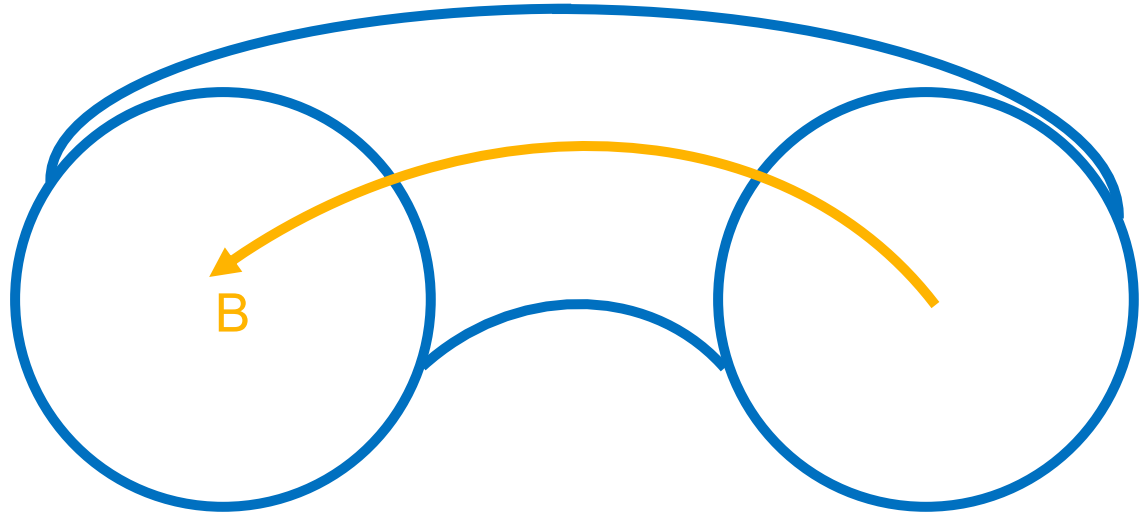
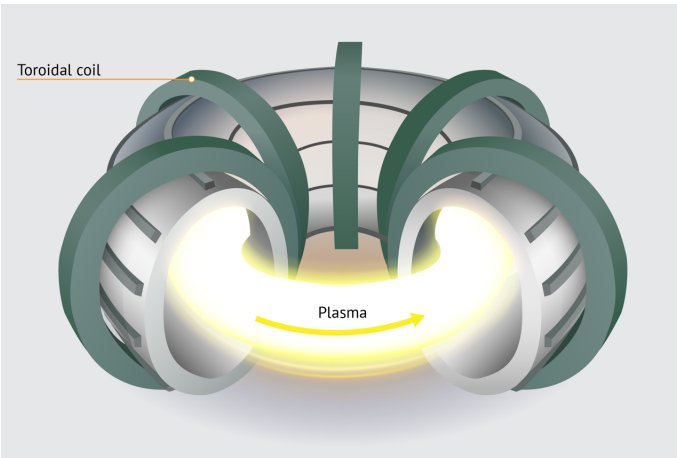
- MHD stability
- Need for active control
- Current sustainment
- Large orbits due to low field

## Active Solutions

- Shaping coils and beams
- Coils and active feedback mechanisms
- Neutral beams

# Let's Wrap the Magnetic Field on Itself to Make a Donut

- Natural to make closed magnetic field lines by wrapping them on themselves

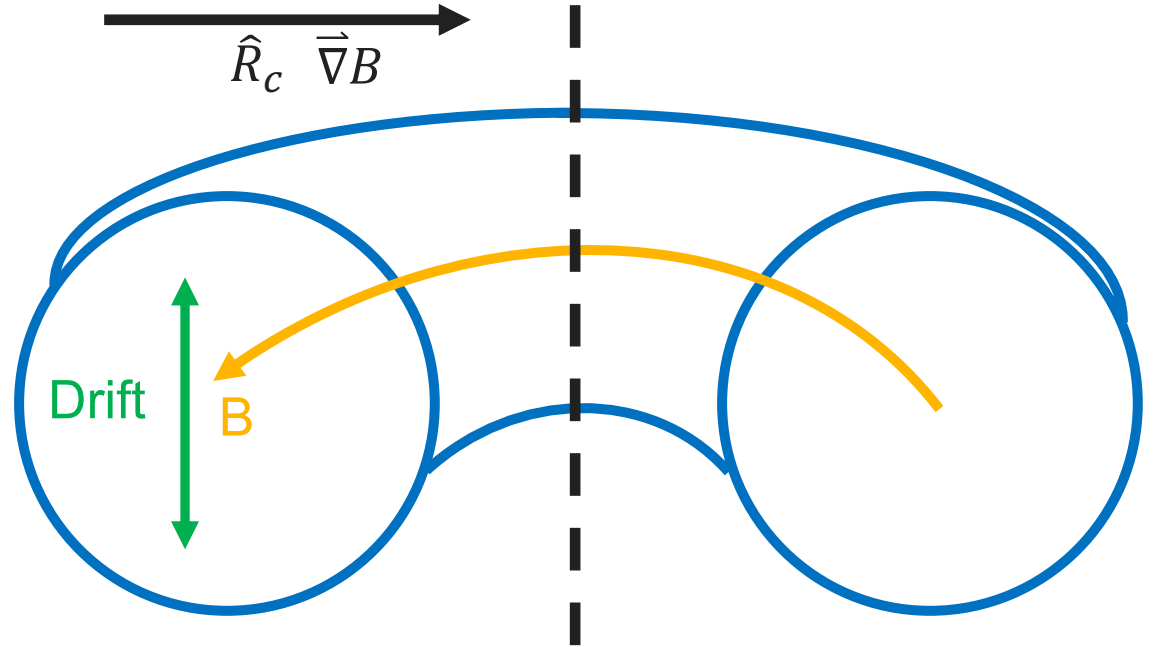


# Forces Perpendicular to a Magnetic Field Create Velocity Drifts

- Natural gradients in the magnetic field from coils and curvature will produce vertical drifts

$$\vec{v} = \frac{2E_{\parallel}}{qB} \left[ \frac{\hat{B} \times \hat{R}_c}{R_c} \right]$$

$$\vec{v} = \frac{E_{\perp}}{qB} \left[ \frac{\hat{B} \times \vec{\nabla} B}{B} \right]$$

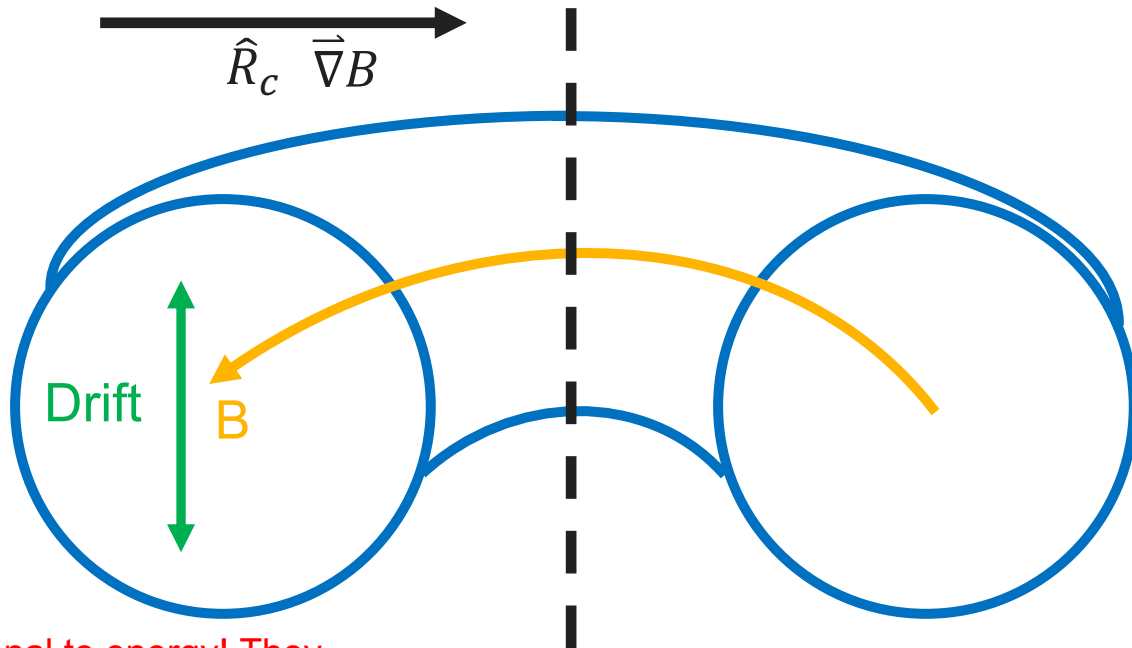


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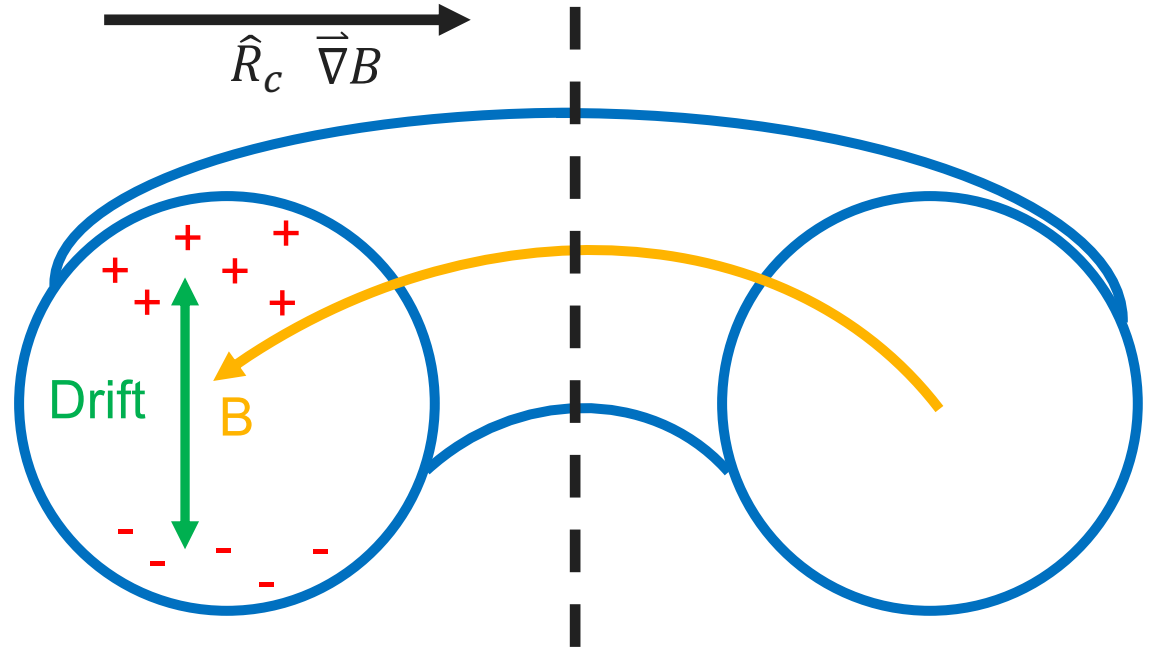
$$\vec{v} = \frac{E_{\perp}}{qB} \left[ \frac{\hat{B} \times \vec{\nabla} B}{B} \right]$$



Drifts are proportional to energy! They are stronger for more energetic particles such as DT-alfas!

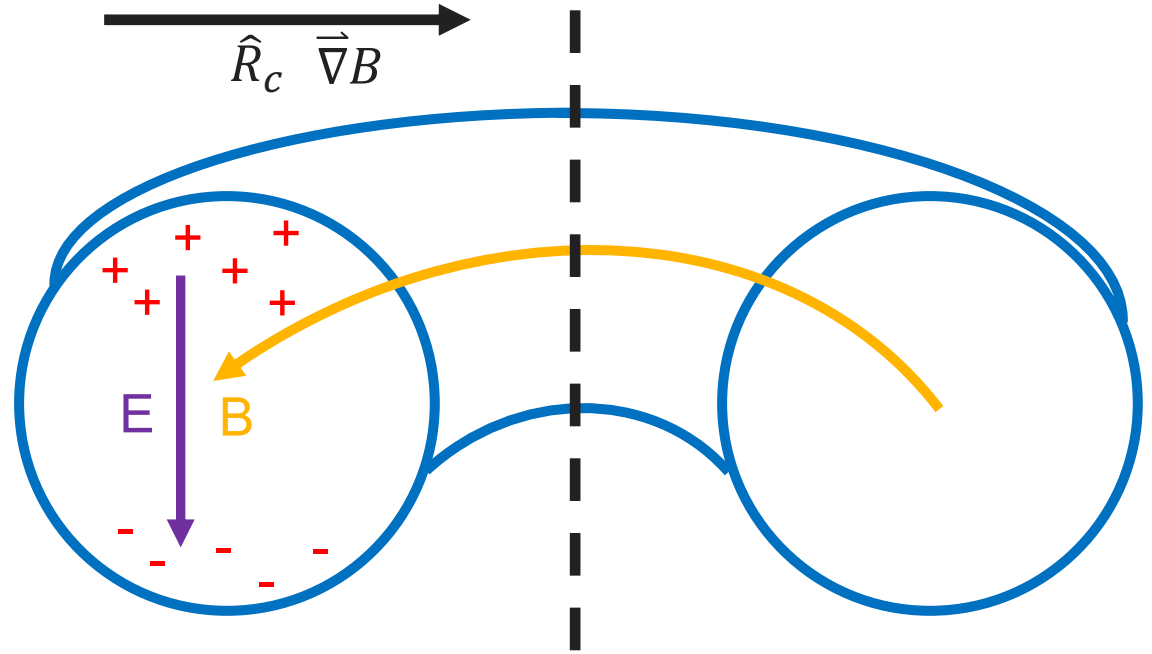
# Forces Perpendicular to a Magnetic Field Create Velocity Drifts

- ions go up, electrons go down
- Charge separation will occur



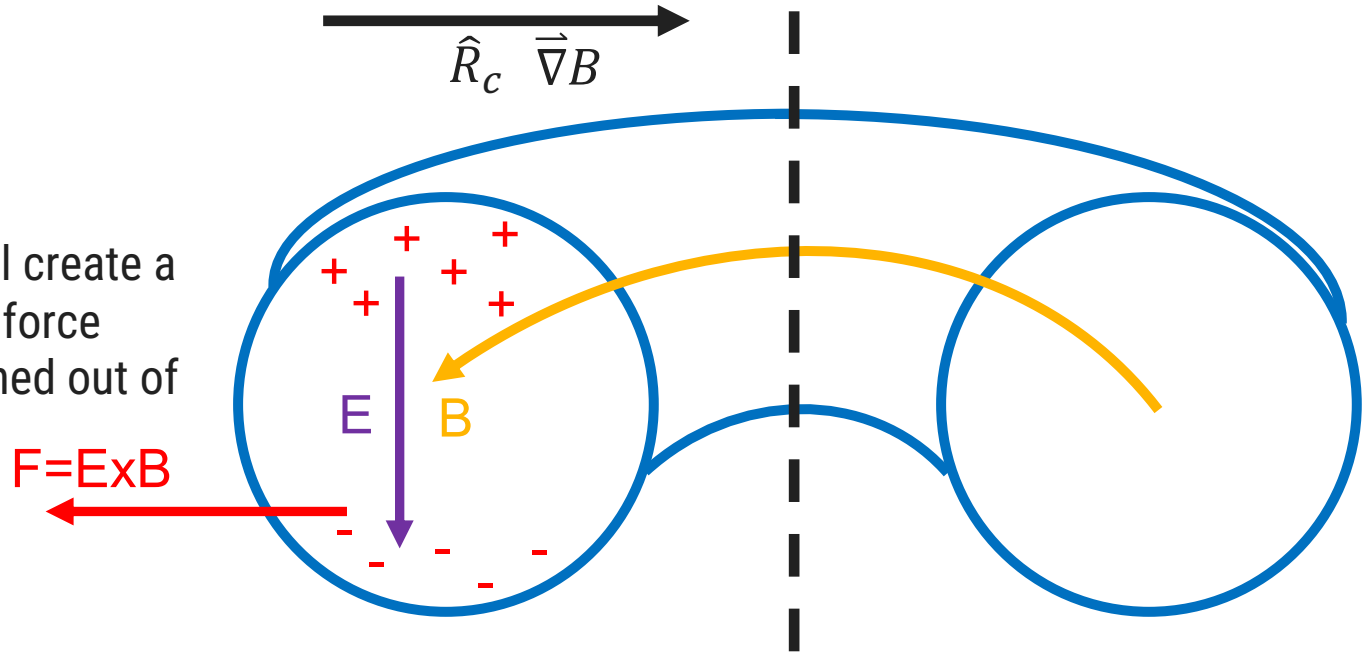
# Forces Perpendicular to a Magnetic Field Create Velocity Drifts

- Charge separation induces a downward electric field



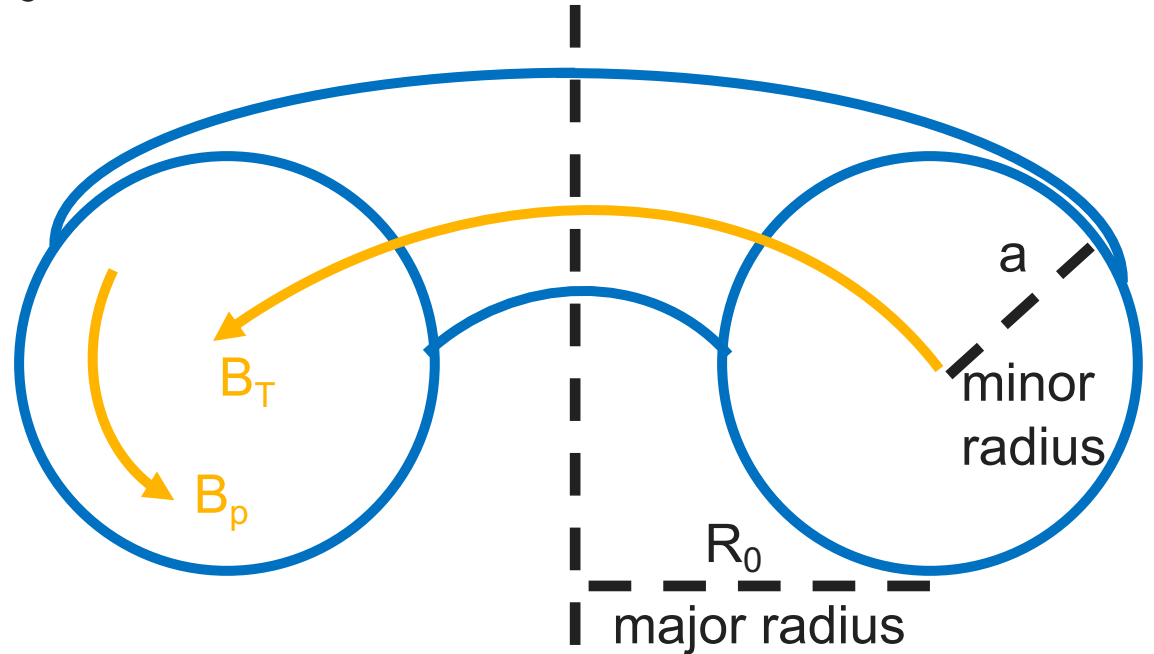
# Solenoidal Magnetic Field will not Confine Particles

- New electric field will create a radially outward  $E \times B$  force
- Particles will be pushed out of the plasma!



# We Solve this by Adding a Helical Twist

- As particles go around toroidally, they will experience different drifts as they move poloidally incurring a net radial drift close to 0
- Toroidal = long way around the donut
- Poloidal = short way around the donut



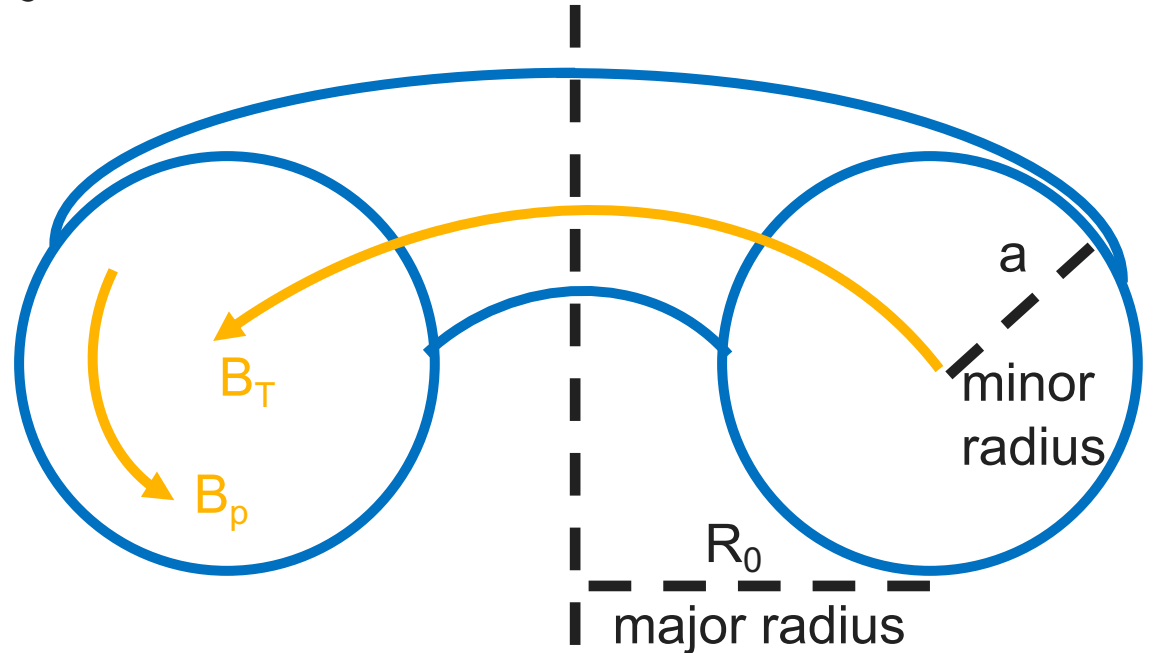
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## Safety Factor or q-profile

$$q = \frac{r B_T}{R B_p}$$

ratio of the number of times a field line travels toroidally per poloidal transit

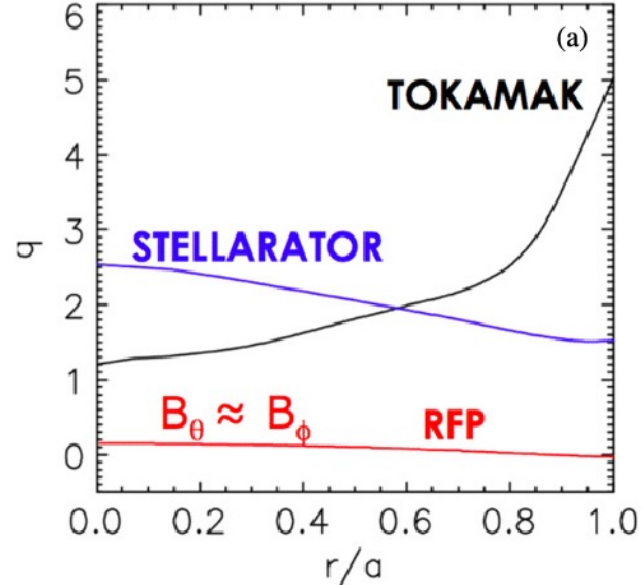


# The q-profile (Safety Factor) is Profoundly Important

- q-profile defines your magnetic topology and equilibrium
- Iota-profile is used in stellarators:  $\iota \sim 1/q$
- Name “safety factor” is historical. At low q-values, plasmas become strongly unstable
- Defines many stability properties as well:  $q < 1.0$ ,  $q = m/n$ ,  $dq/dr \sim$  shear, edge value ( $q_{95}$ ), etc.

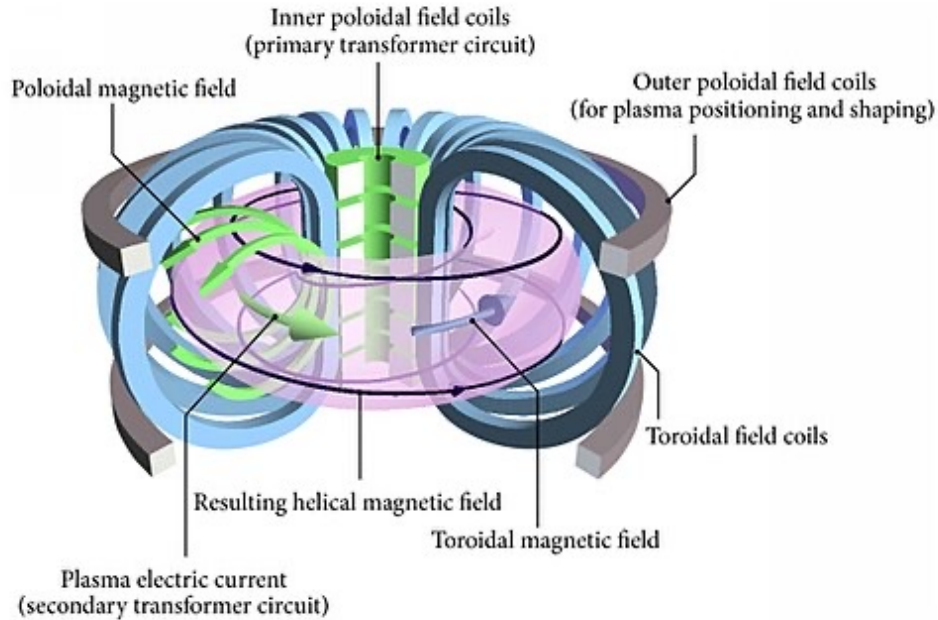
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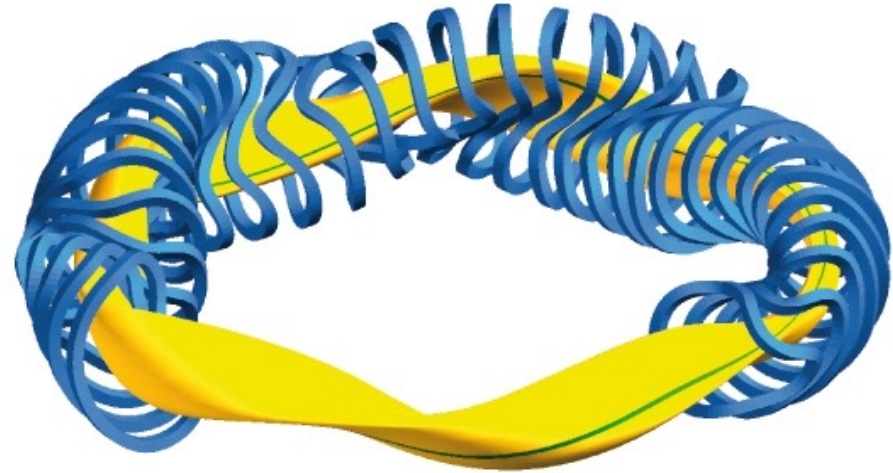


# How do we add the helical twist?

## Tokamak



## Stellarator



# Stellarator adds Twist via Non-Planar Coils

- Literal shaping of the magnetic coils creates the magnetic field

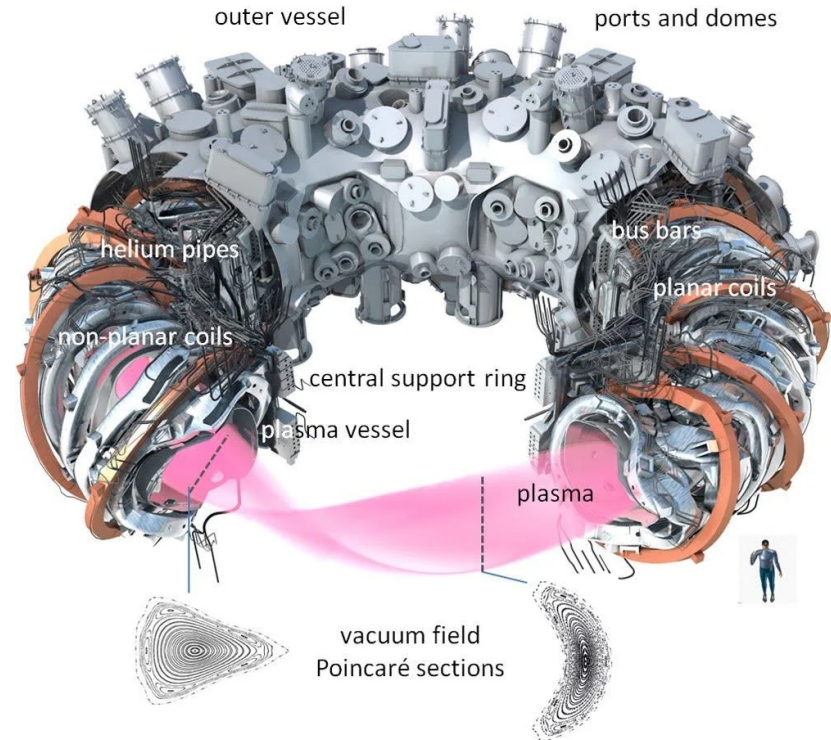
## Pros

- No current drive
- Better MHD stability
- Inherently steady-state

## Cons

- Symmetry breaking (3D problem)
- Engineering complexity
- Must solve for B-field numerically
- Traditionally poor particle confinement

## Wendelstein 7-X (Germany)



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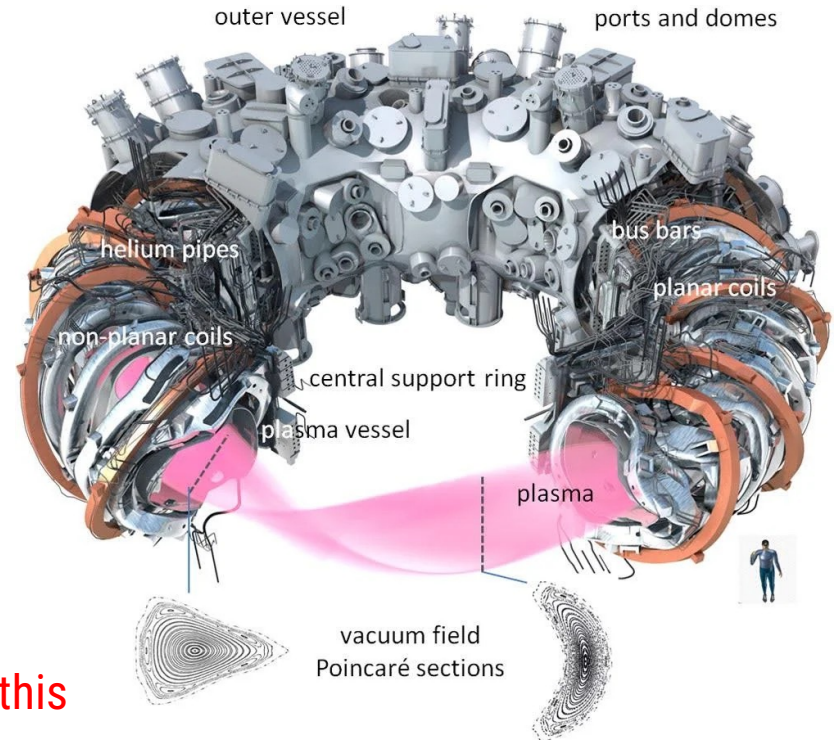
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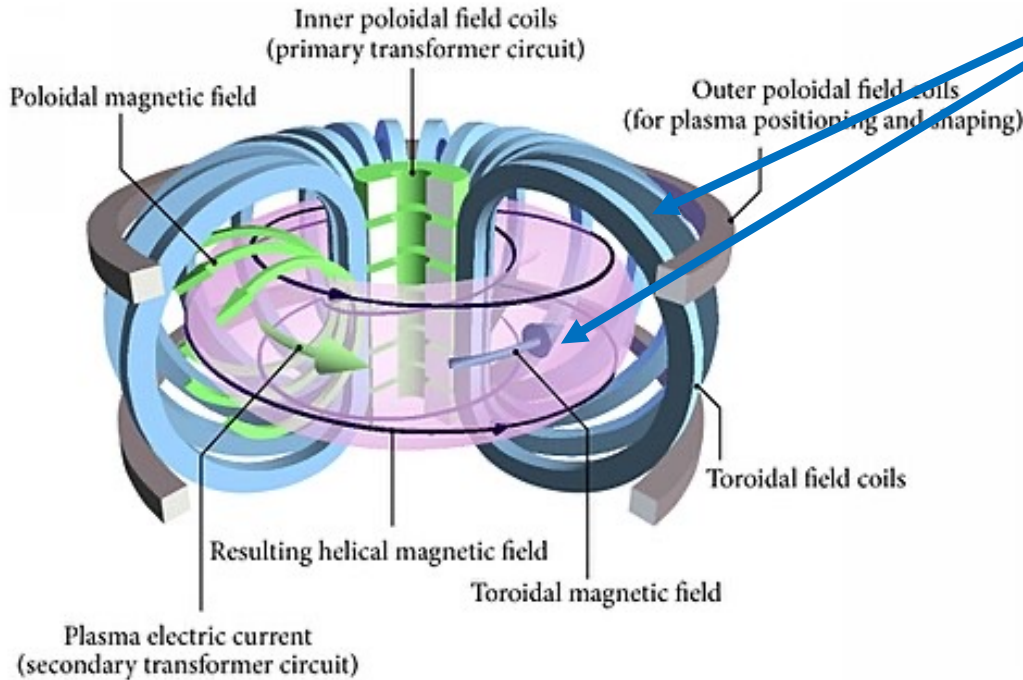
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**\*Computational optimization has largely solved this**

## Wendelstein 7-X (Germany)

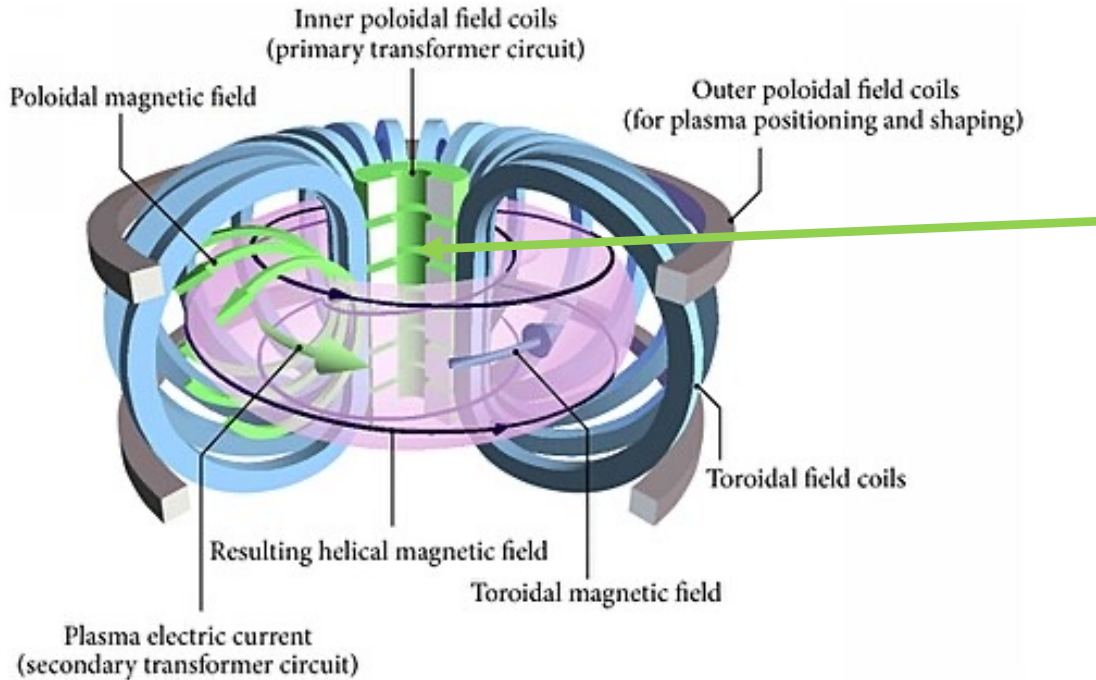


# Tokamak adds Twist via a Plasma Current



1. Drive current in your TF-coils to create toroidal field component

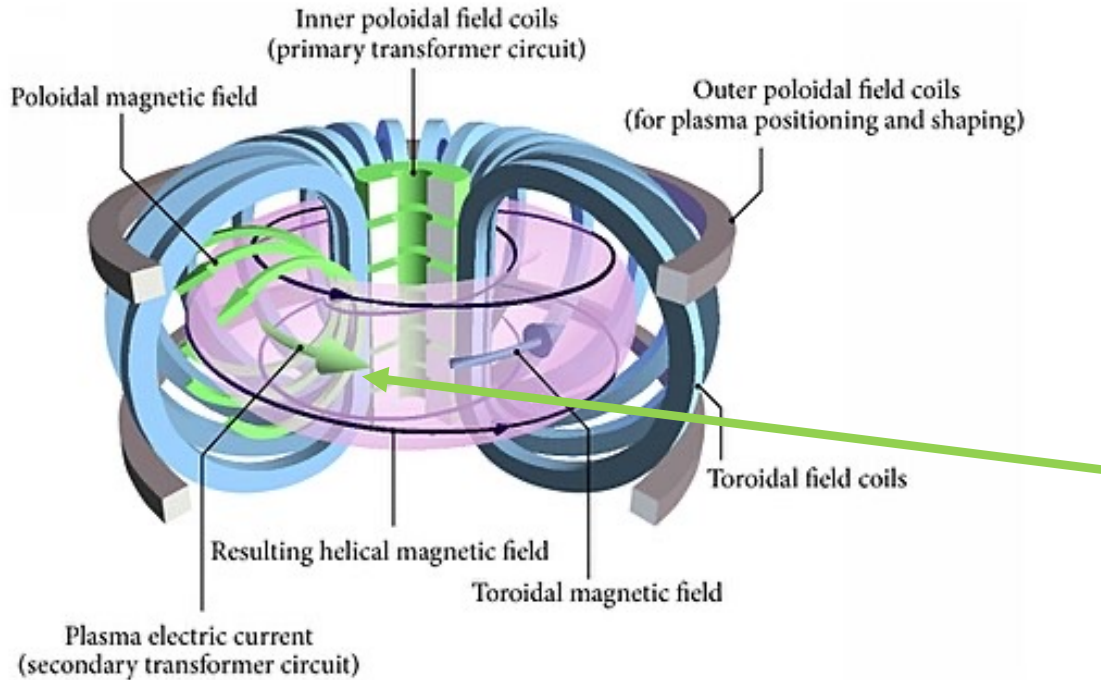
# Tokamak adds Twist via a Plasma Current



1. Drive current in your TF-coils to create toroidal field component

2. Use a transformer to drive an electric field – central solenoid = primary coil, plasma = secondary coil

# Tokamak adds Twist via a Plasma Current

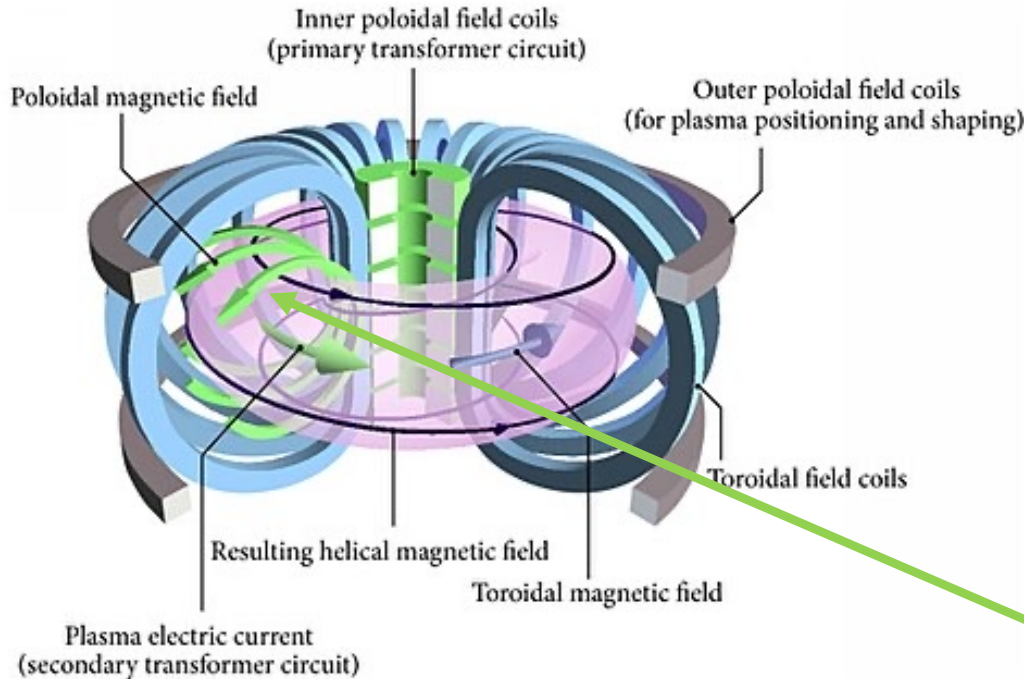


1. Drive current in your TF-coils to create toroidal field component

2. Use a transformer to drive an electric field – central solenoid = primary coil, plasma = secondary coil

3. Electric field induces plasma current

# Tokamak adds Twist via a Plasma Current



1. Drive current in your TF-coils to create toroidal field component

2. Use a transformer to drive an electric field – central solenoid = primary coil, plasma = secondary coil

3. Electric field induces plasma current

4. Plasma current creates poloidal magnetic field component

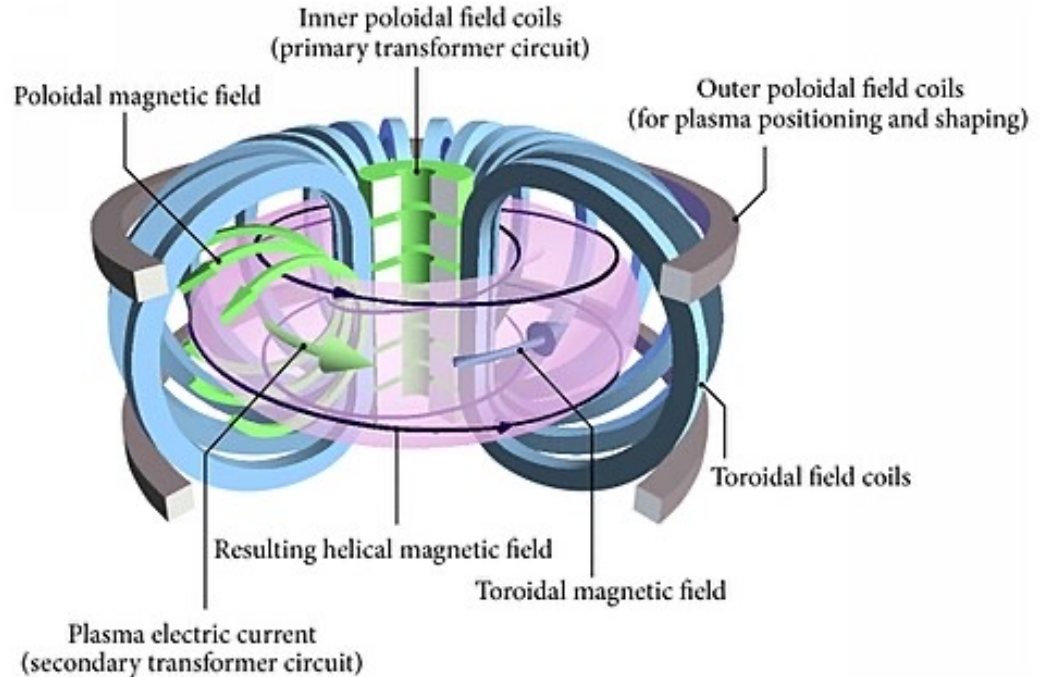
# Tokamak adds Twist via a Plasma Current

## Pros

- Better particle confinement
- Simpler planar coil design
- Simpler power exhaust
- Equilibrium can be solved analytically (Grad-Shafranov eqn.)

## Cons

- Must drive MA plasma current
- Plasma current is source of instabilities
- Prone to disruptions (rapid loss of confinement)



# A Spherical Tokamak is a Tokamak with a Smaller Aspect Ratio

- More of a cored-apple than a donut

## Spherical Tokamak

$$A \sim 1-2$$

$$\kappa \sim 2-3$$

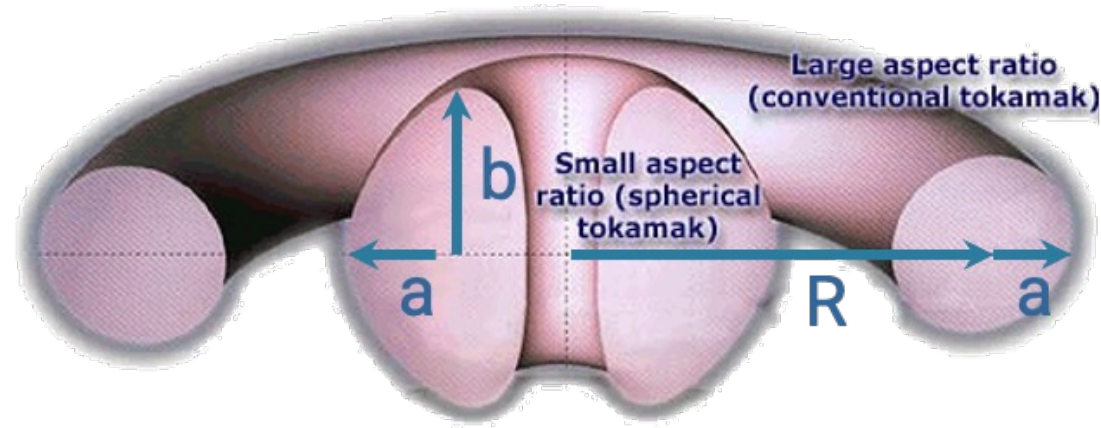
$$\beta \gtrsim 0.1$$

## Conventional Tokamak

$$A \sim 2-4$$

$$\kappa \sim 1.5-2$$

$$\beta \lesssim 0.1$$



$$\text{Aspect Ratio } A = R/a$$

$$\text{Elongation } \kappa = b/a$$

$$\text{Beta } \beta = nT/B^2$$

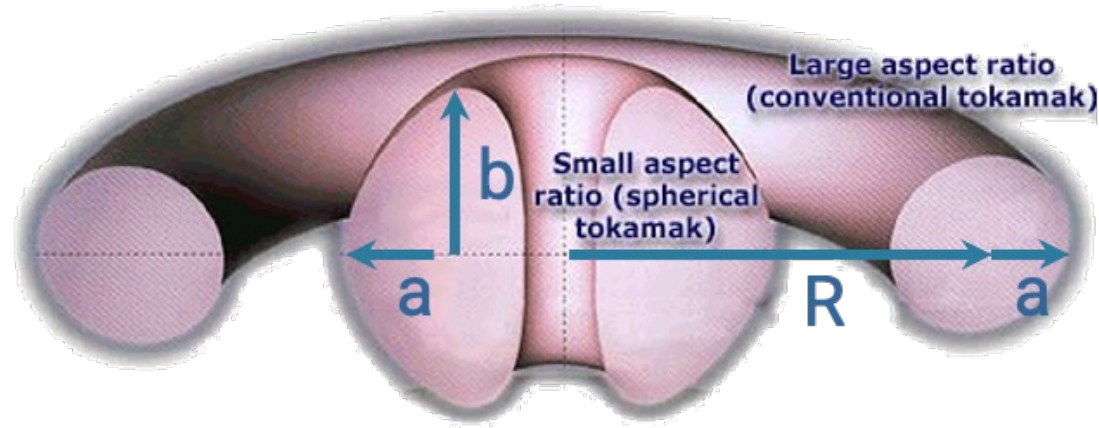
# A Spherical Tokamak is a Tokamak with a Smaller Aspect Ratio

## Pros

- Smaller = lower cost to build
- High beta = more fusion power per magnetic field
- Favorable curvature for MHD stability and confinement

## Cons

- Not much room for central solenoid = inductive current drive is harder
- Higher heat loads
- Too high of beta leads to instabilities

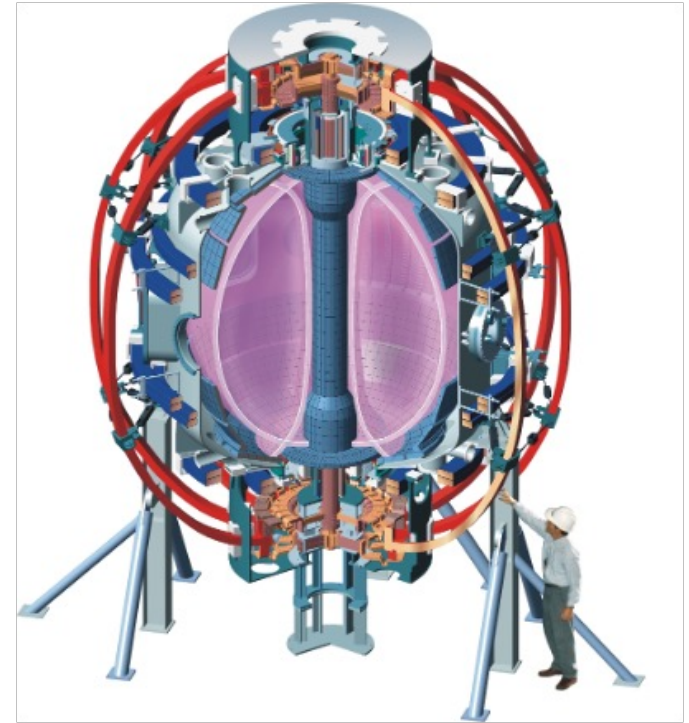
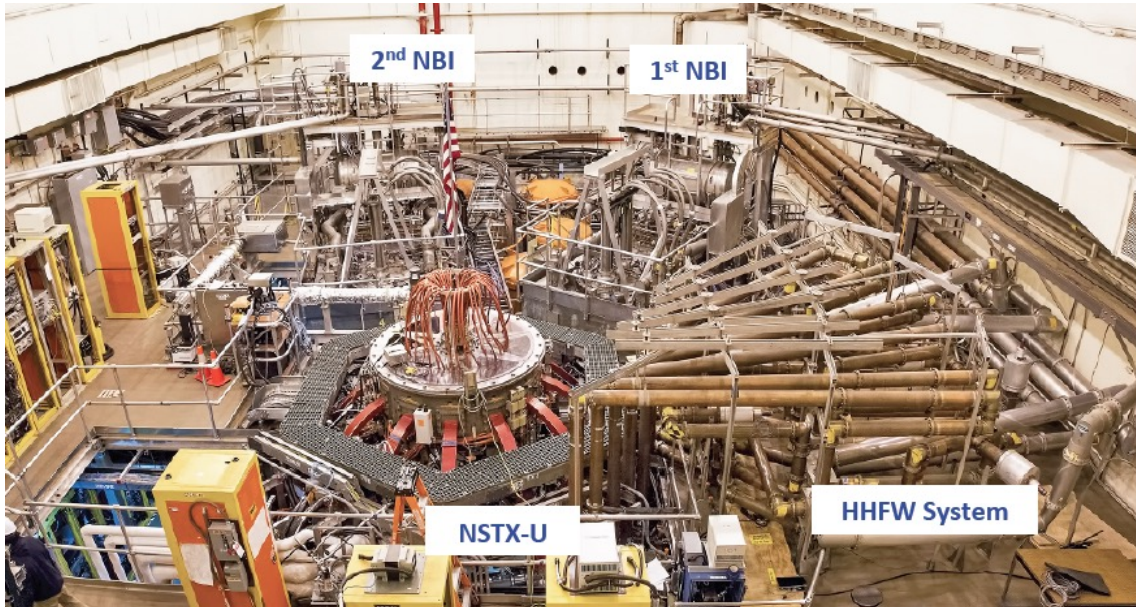


$$\text{Aspect Ratio } A = R/a$$

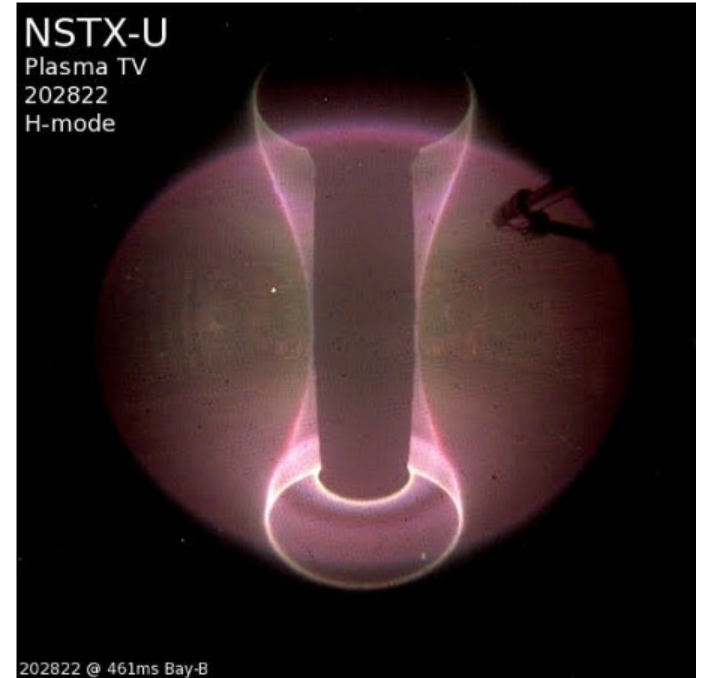
$$\text{Elongation } \kappa = b/a$$

$$\text{Beta } \beta = nT/B^2$$

# NSTX-U Operations will Resume at the End of the Year

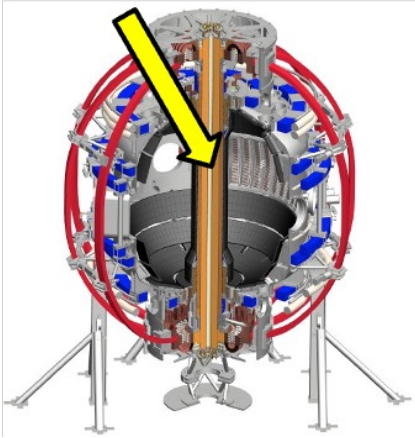


# NSTX-U Operations will Resume at the End of the Year



# NSTX-U Will Have Increased Performance

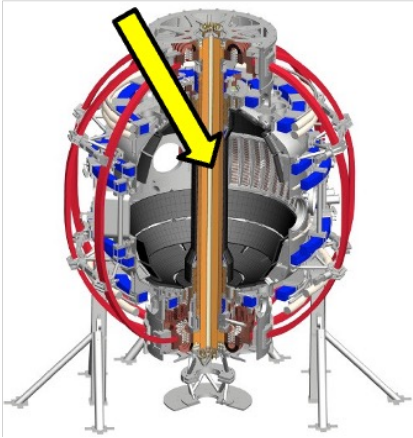
## New Central Magnet



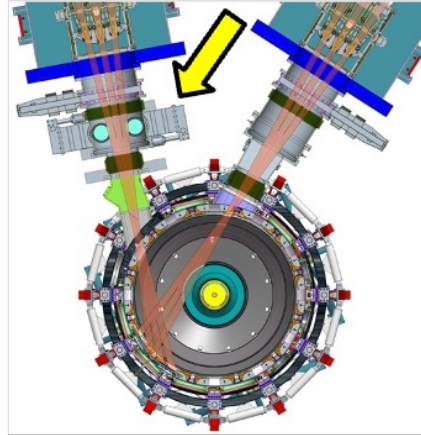
2x toroidal field (0.5 -> 1 T)  
2x plasma current (1 -> 2 MA)  
5x pulse length (1 -> 5s)

# NSTX-U Will Have Increased Performance

**New Central Magnet**



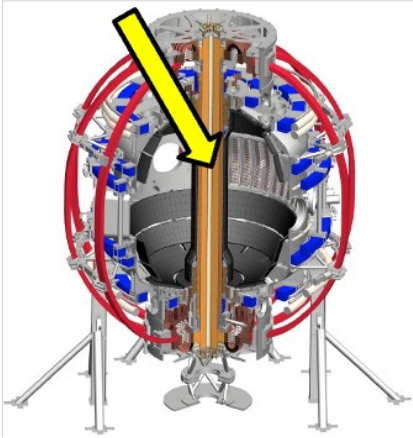
**Tangential 2<sup>nd</sup> Neutral Beam**



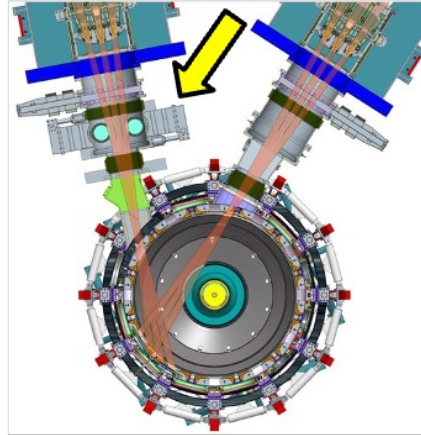
2x heating power (5 -> 10 MW)  
2x current drive (tangential NBI)

# NSTX-U Will Have Increased Performance

New Central Magnet



Tangential 2<sup>nd</sup> Neutral Beam



- NSTX-U will access unexplored plasma regimes
- Up to  $10\times nT\tau_E$
- 4x heat flux to surfaces
- Higher T -> lower particle collisionality
- Fully non-inductive current drive (via beams)
  - Never been demonstrated in high  $\beta$  ST
  - Essential for steady-state

# What will we learn today?

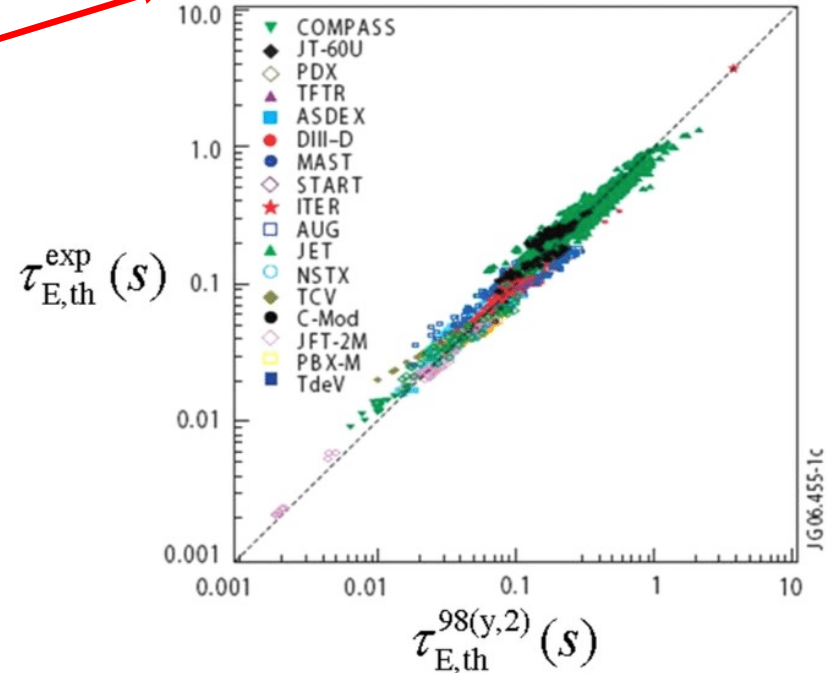
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- Why do we need fusion?
- What is fusion?
- Why do we need confinement?
- How do we confine a plasma?
  - Magnetic confinement: pinches, magnetic mirror, stellarator, tokamak, spherical tokamak
  - Pros and cons of each design
  - Potential positives of the spherical tokamak and NSTX-U
- **What are the biggest obstacles and problems?**
- Where are we now?

# How Does Confinement Time Vary with Aspect Ratio?

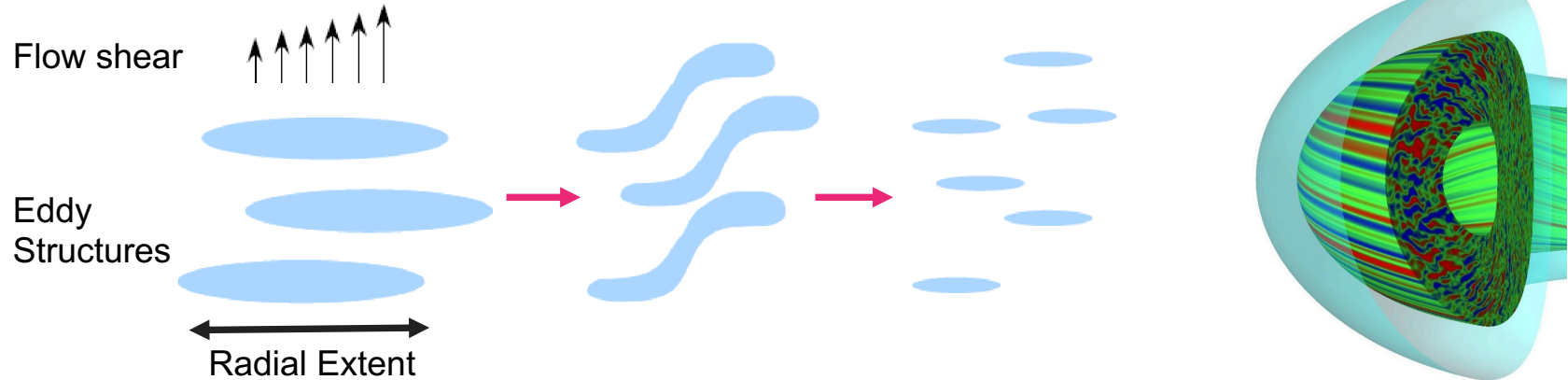
$$\tau_E = 0.0562 I_p^{0.93} B_T^{0.15} P^{-0.69} n^{0.41} R^{1.97} A^{-0.58} \kappa^{0.78}$$

- Power scaling law is found empirically
- Favorable to low aspect ratios
- Can we isolate the effect of aspect ratio on confinement time?
- How can we really compare a low aspect ratio plasma to conventional aspect ratio plasma?
- NSTX-U aims to do self-similarity studies
  - Find subspaces of similar dimensionless variables:  $v^*, \rho^*, \beta, q, A$



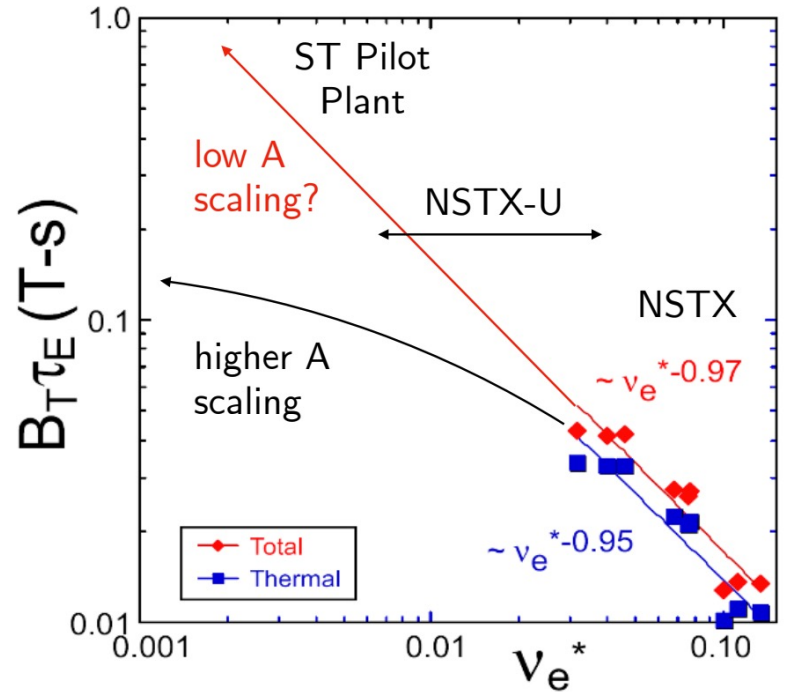
# Tokamaks are Prone to Small-Scale Microinstabilities (Turbulence)

- Plasma turbulence produces eddies which can lead to enhanced outward diffusion of particles and energy
- Plasma flows can reduce turbulent transport by shearing radial structure of turbulent eddies/modes
- STs and conventional tokamaks have different turbulence due magnetic curvature, shear, and  $\beta$



# Confinement Time May be Better in STs at Low Collisionality

- NSTX-U will probe new collisionality regimes
- Low collisionality needs:
  - Higher plasma current
  - Higher toroidal field
  - Higher heating power
  - Density control
- Will low A or high A scaling hold?
  - Smaller STs may be more favorable for a power plant

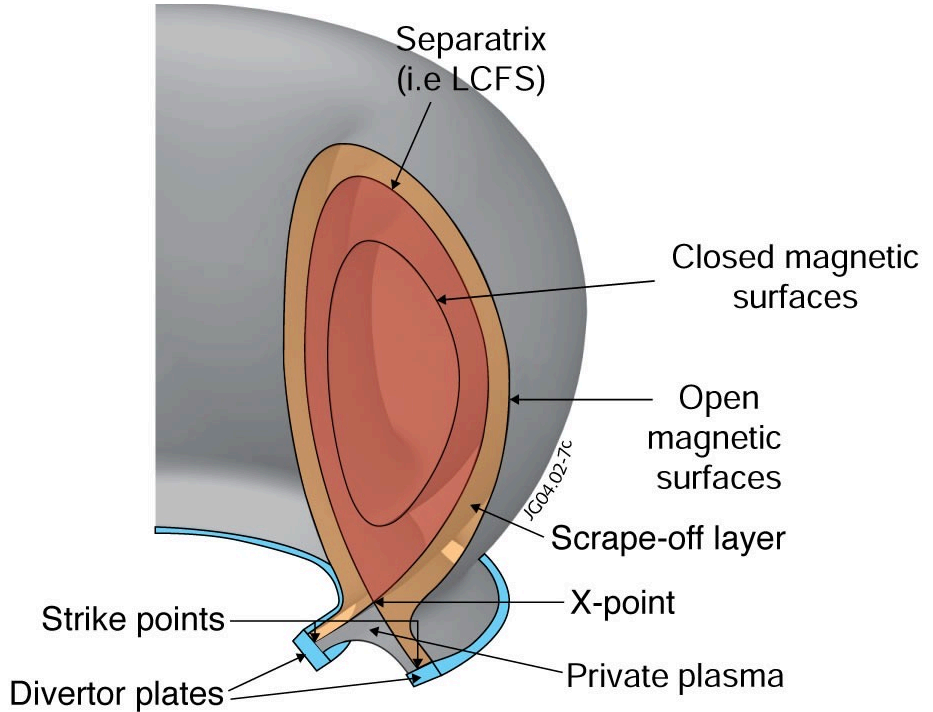


# Wall and Divertor will Experience High Heat Loads

- Plasma flows along separatrix to divertor region
- Wall subject to heat fluxes from edge-localized modes (ELMs)
- Wall materials: C[Z=6], Be[Z=4], W[Z=74]
- May damage wall or lead to radiative power losses from impurities

$$P_{Rem} \sim Z^2$$

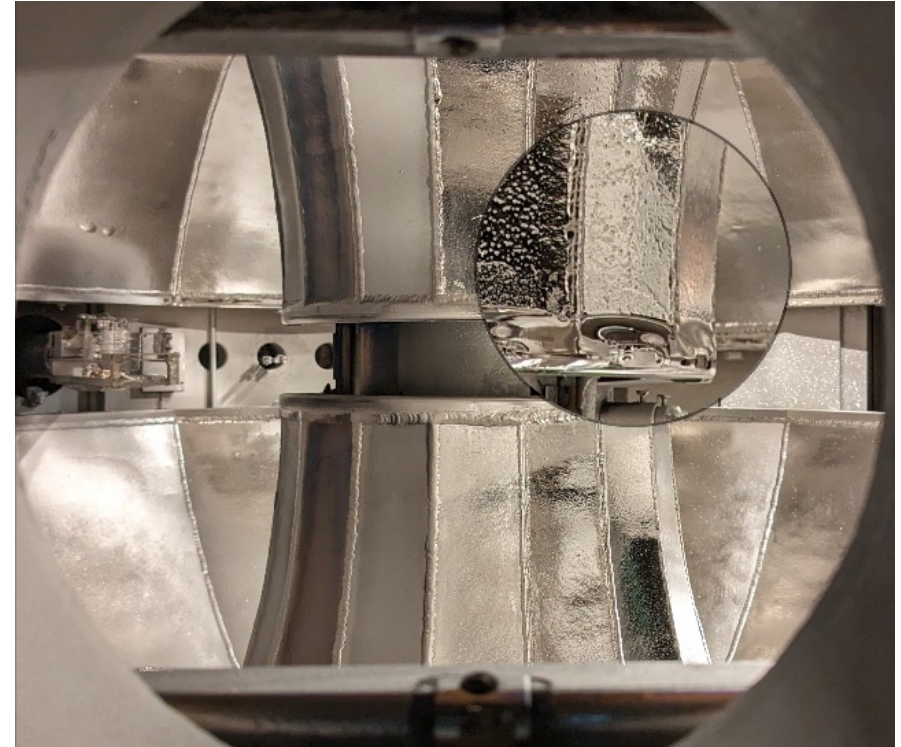
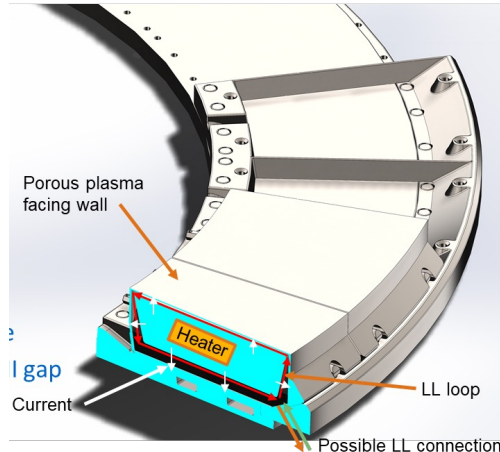
- If plasma cools too much too quick, it will disrupt!



# NSTX-U Will Use Liquid Li to Handle Heat Loads

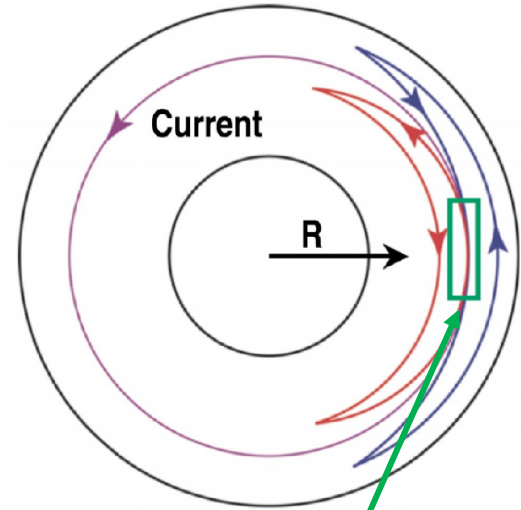
LTX- $\beta$  (Smaller ST at PPPL)

- Li captures hot ions leaving the plasma
  - Reduces heat load to walls and divertor
  - Reduces impurities
  - Improved  $\tau_E$
  - Reduce ELMs
- Explored in NSTX by coating divertor tiles in Li



# STs Need Non-Inductive Current Drive for Long Pulses

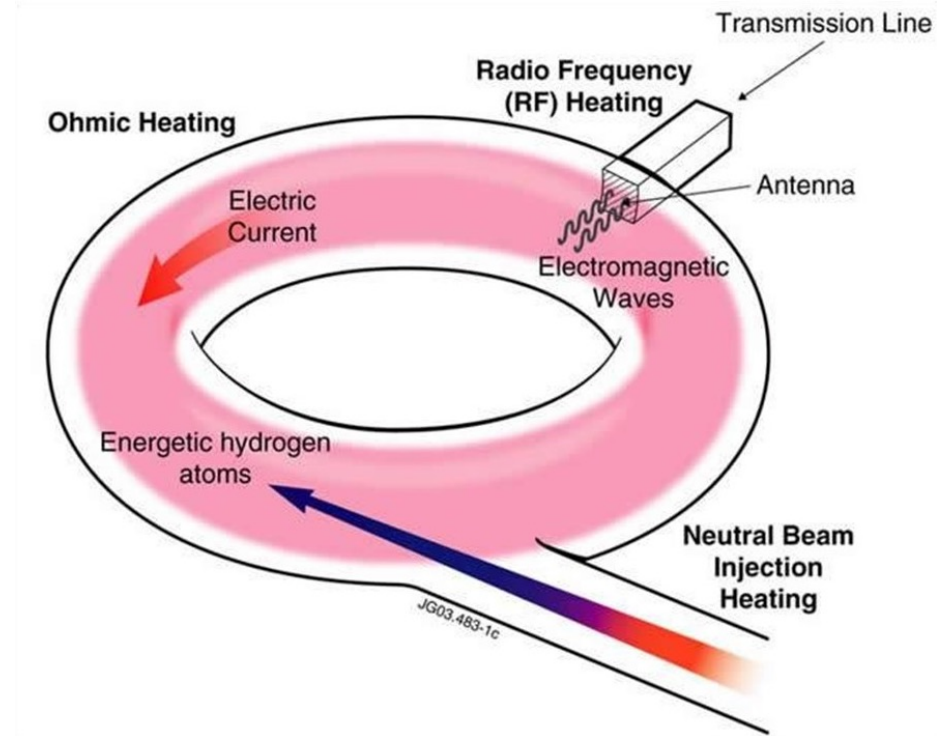
- STs have higher bootstrap current
  - “Free” or “extra” current in the toroidal direction to add more poloidal field
  - Trapped, “banana,” orbits have more particles go one way along a field line than the other
  - Pressure gradient creates a net current that is transferred to non-trapped particles via collisions
  - Higher bootstrap current -> less ohmic current needed
- Stronger in STs due to high beta



Additional “bootstrap” current in toroidal direction

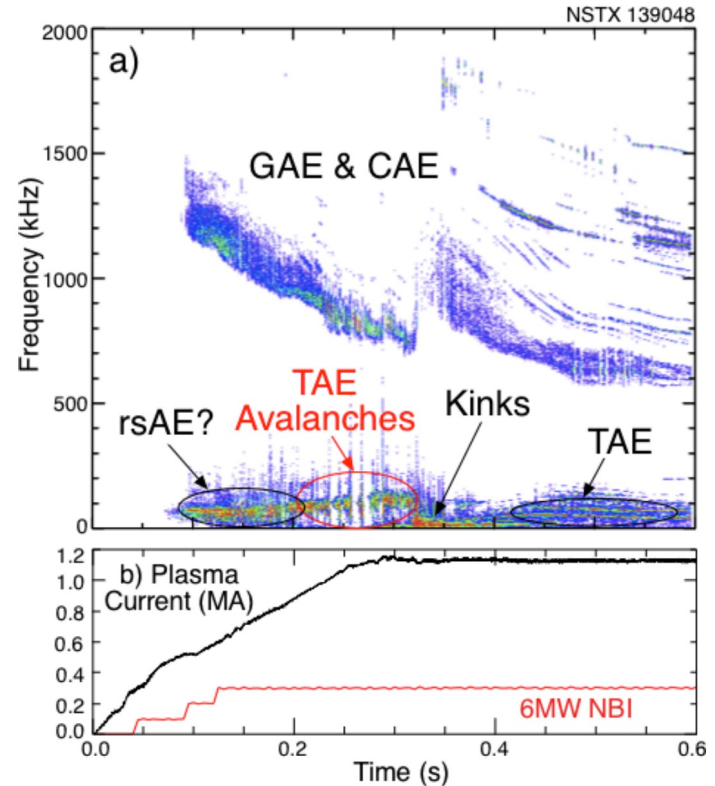
# NSTX-U Will Utilize NBI for Non-Inductive Current Drive

- Neutral particle beams can inject particles tangentially to drive additional plasma current
- With 2<sup>nd</sup> NBI, NSTX-U plans to do 100% non-inductive current drive



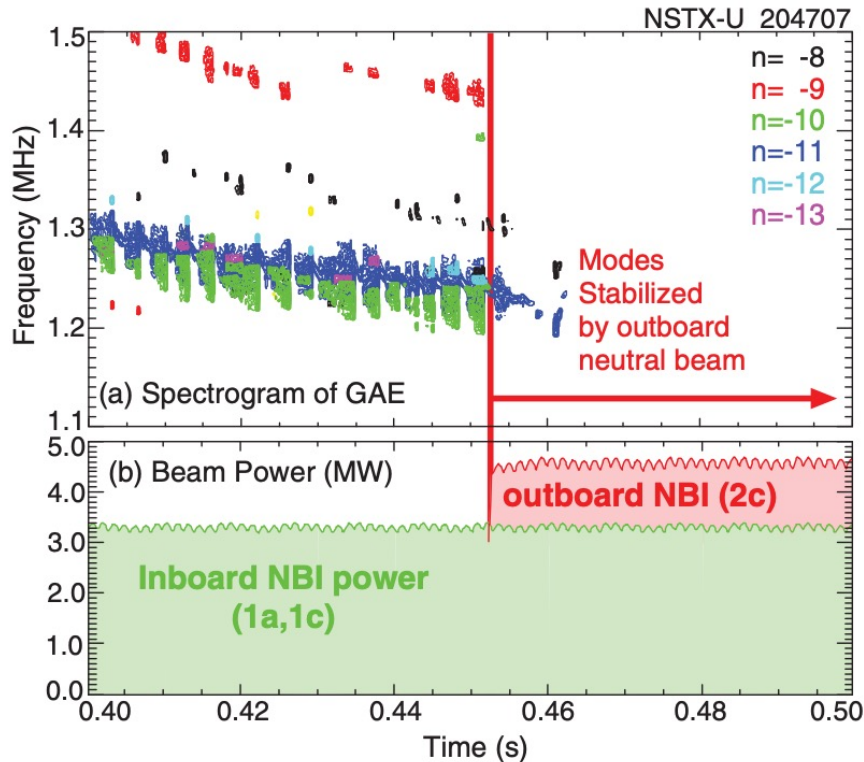
# Fast Ions Can Drive Deleterious Instabilities

- STs experience more fast ion driven instabilities
  - High  $\beta_{fi}$  -> Free energy source for drive
  - $v_{fi}/v_A > 1$ , where  $v_A = B/\sqrt{\mu_0 n_i m_i}$  -> wave-particle resonance  $\omega = k_{\parallel} v_A$
- Whole “zoo” of possible instabilities: TAEs, RSAEs, BAEs, BAAEs, CAEs, GAEs, etc.
- Instabilities in turn induce fast ion transport and losses
- Weaken current drive, reduce heating, increase wall heat flux



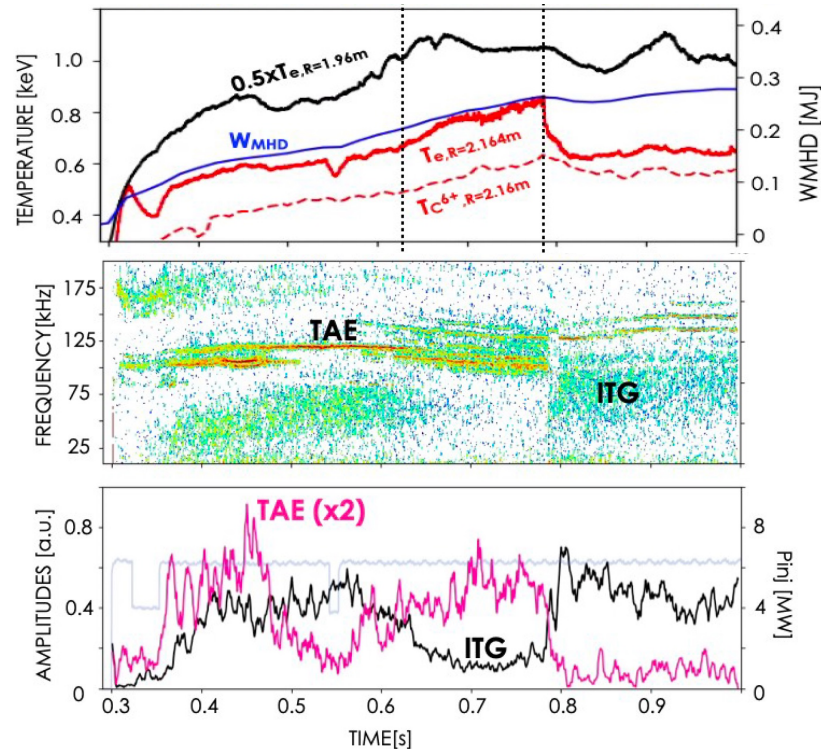
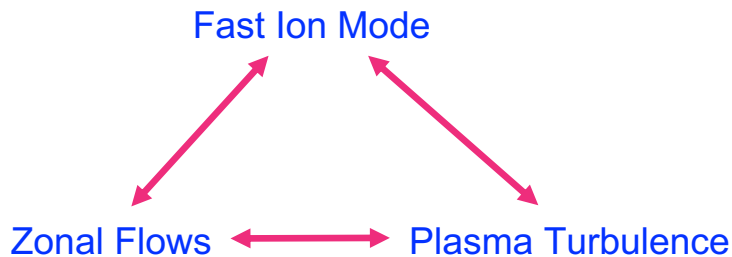
# NSTX-U Will Try to Control Fast Ion Activity via “Phase-Space Engineering”

- Can we reliably and predictably control the fast ion driven modes?
- Can use NBI and RF-antenna to control the fast ion population to preferentially control fast ion instabilities
- Want to maintain current drive and plasma heating while minimizing wave-particle induced transport



# The Interplay of Fast Ions and Thermal Confinement has yet to be Explored in STs

- Conventional tokamaks have observed regimes where fast ion instabilities *improve* plasma performance
- Never been reported or tested in STs
  - First experiments in MAST-U 2 weeks ago!
  - Will be explored in NSTX-U as well



# More Obstacles Exist, but We Have Active Solutions

---

- MHD instabilities: kinks, tearing modes
  - Tailoring of q-profile and current profile
- Disruptions
  - Advanced detections algorithms with various actuators in real-time
- Runaway electrons
  - Detection and mitigation coils
- Edge-localized modes
  - Resonant-magnetic perturbations, pellet injection
- Tritium breeding
  - Rely on past DT-experiments; never been demonstrated at scale

# What will we learn today?

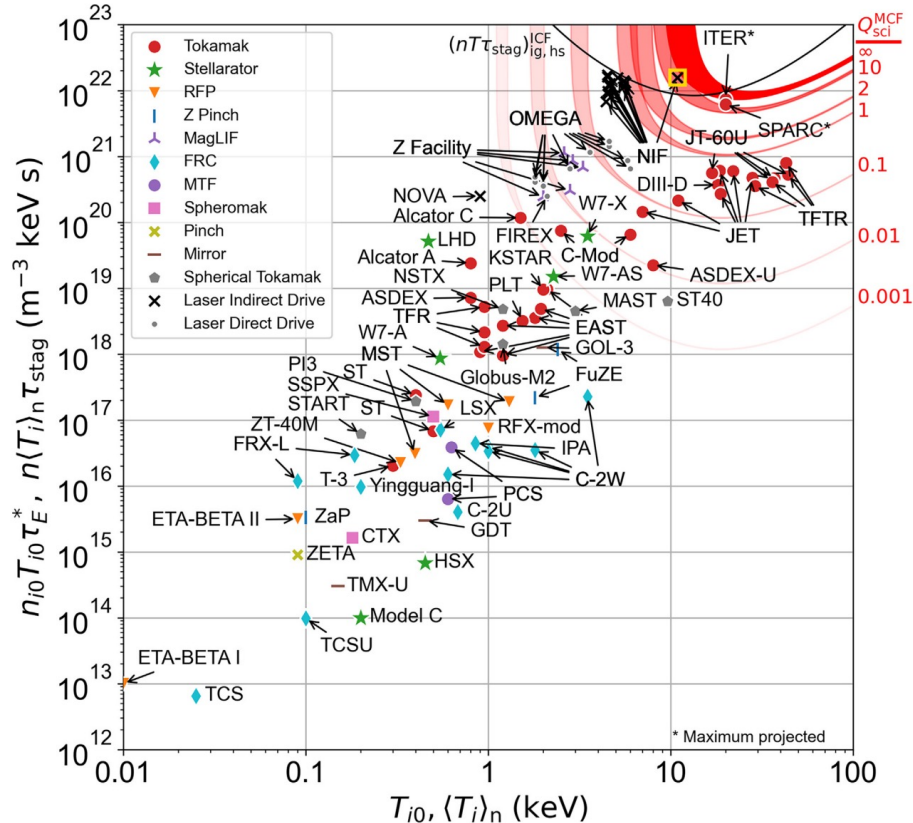
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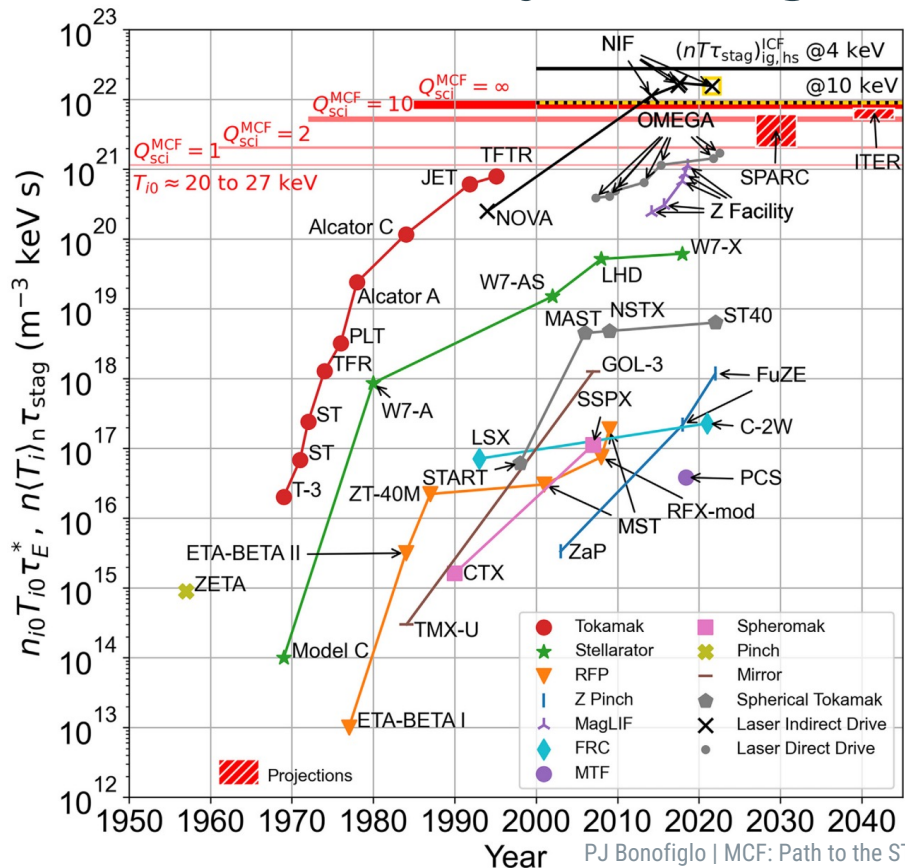
# MCF has Achieved Very High Fusion Gain Factors

$$Q = \frac{P_{fus}}{P_{ext}}$$

- $Q = 0.67$  is MCF record
- $Q = 1$  breakeven
- $Q > 5$  burning plasma with majority self-heating
- $Q > 15$  power plant



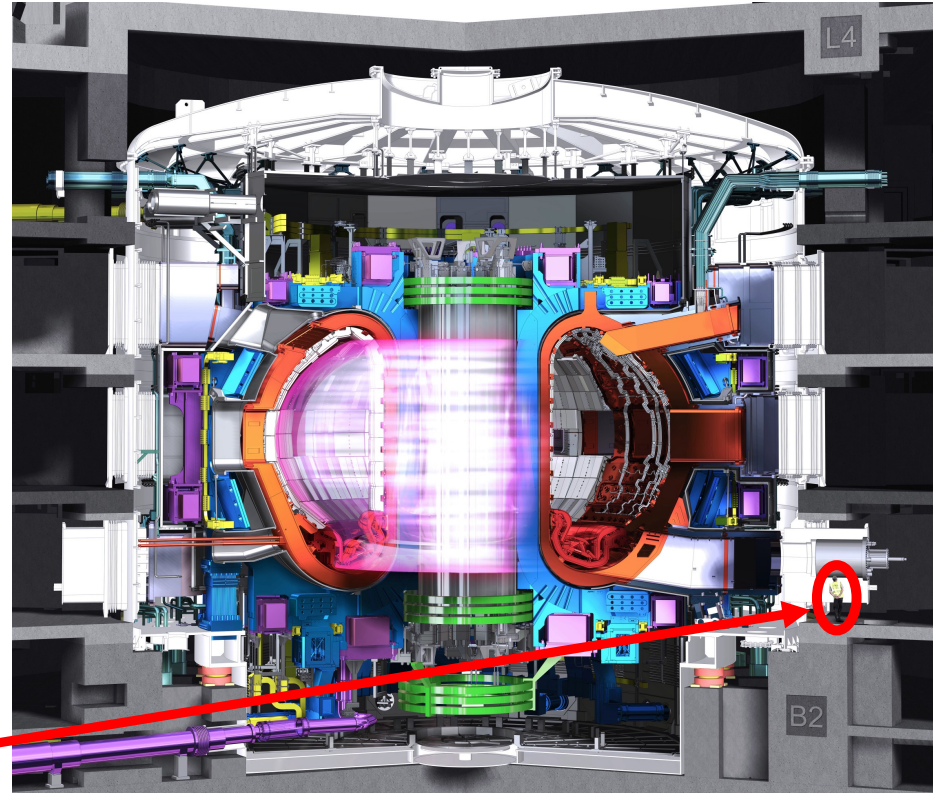
# Experiments are Continually Getting Closer and Closer





# ITER: The World's Tokamak

- Members: USA, China, Japan, EU, Korea, Russia, India
- Demonstrate burning plasmas and investigate route towards a fusion power plant
- Construction begin in southern France in 2010; expect first plasma ~2034
- $Q \sim 10$ ,  $P_{\text{fus}} = 500$  MW



person

# Explosive Growth of Private Fusion Enterprises

- Public-private partnerships are numerous and growing
- PPPL has working relationships/projects with many private fusion companies

## Tokamaks



## Stellarators



## Spherical Tokamaks



## Mirror



## Z-Pinches/MagLif



## Field Reverse Configurations



# How can you get involved?



# Science Undergraduate Laboratory Internship (SULI)

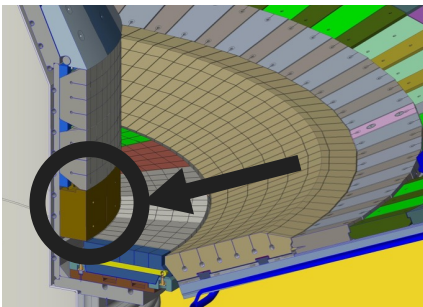
## Princeton Plasma Physics Laboratory

The Science Undergraduate Laboratory Internship (SULI) program at PPPL is for undergraduates interested in performing plasma physics and fusion energy research. Students perform research, under the guidance of laboratory staff scientists or engineers, on projects supporting PPPL's research and participate in the Intro to Plasma and Fusion course hosted at PPPL.

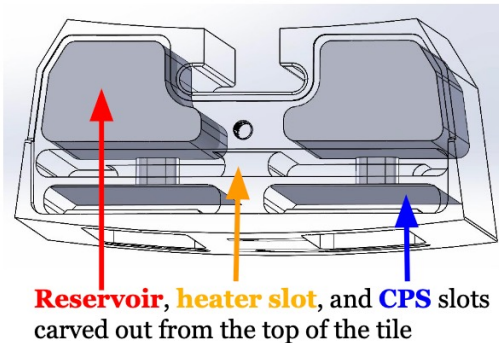


# SULI intern David Wenger (UMich Nuclear Engineering '26): Designed, modeled & prototyped Li Capillary Porous System tile for fusion reactor

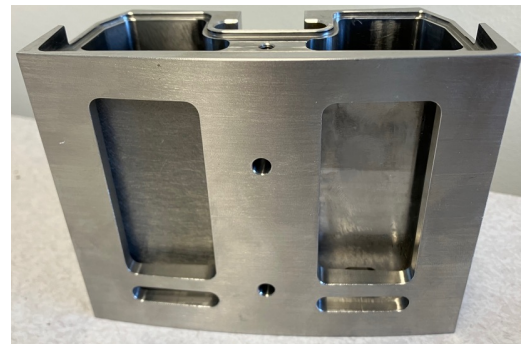
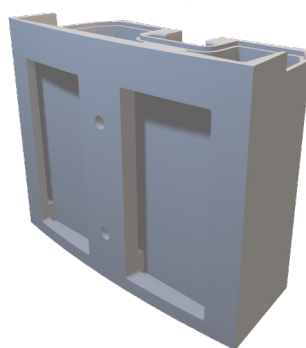
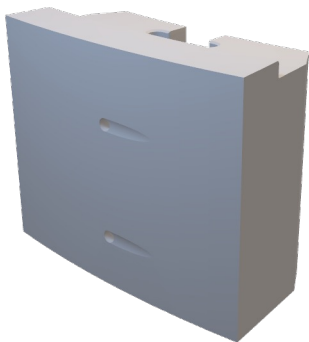
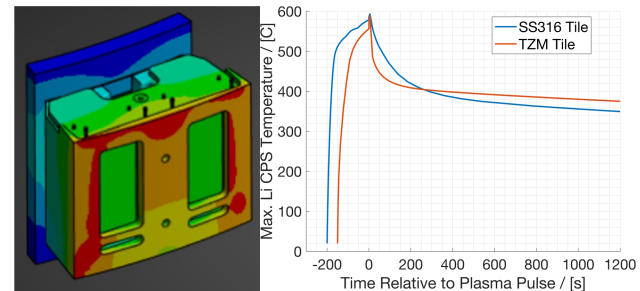
## Existing Tile



## New Lithium-Filled Tile Design



## Modeling + Prototyping



# Graduate Studies

The U.S. Department of Energy's  
Princeton Plasma Physics Laboratory

300+ alumni over a  
60+ year program

Program in Plasma Physics, a graduate program in the Dept. of Astrophysical Sciences at Princeton University, based at PPPL.



The Program in Plasma Physics, based at the Princeton Plasma Physics Laboratory, is 60+ years strong — graduating more than 300 students since it began in 1959. These graduates have shaped the field of plasma physics in recent decades, working in academia, national laboratories, industry and beyond.

## Where Our Alumni Work (2012-2022)

### FIRST-YEAR DESTINATIONS



Total: 57



# Strategic Science Initiative Fellowship

## Calling all postdoctoral researchers

The **Princeton Plasma Physics Laboratory (PPPL)** seeks exceptional postdoctoral researchers with demonstrated leadership potential to play a major role in exploring new research directions at our national laboratory, which is tackling some of the world's toughest science and technical challenges using plasma, the fourth state of matter. This opportunity offers early-career science, technology, engineering, computation and applied mathematics professionals the opportunity to conduct impactful research at a world-leading research institution.



**Scan the  
QR Code  
for more  
info and  
to apply!**



[www.pppl.gov/SSI-associate-research-scientist](http://www.pppl.gov/SSI-associate-research-scientist)

**For questions: [careers@pppl.gov](mailto:careers@pppl.gov)**



# Dr. Robert A. Ellis Fellowship

## Calling all doctoral thesis students and postdoctoral researchers

The **Princeton Plasma Physics Laboratory (PPPL)** seeks doctoral thesis students and postdoctoral researchers who are enthusiastic, passionate and have a deep interest and a strong desire to pursue a career in plasma physics or fusion science, computational engineering or a related field. This prestigious fellowship, which advances the values of scientific excellence and leadership, provides funding for a two-year appointment with the possibility of extension to a third year.



*Dr. Ellis, pioneer in modern, experimental plasma physics.*

**Scan the QR Code for more info and to apply!**



[www.pppl.gov/robert-ellis-fellowship](http://www.pppl.gov/robert-ellis-fellowship)

**For questions: [careers@pppl.gov](mailto:careers@pppl.gov)**



# Conclusions

- Why do we need fusion? – Clean, abundant, efficient, energy
- What is fusion? – Combine (D,T)  $\rightarrow$  He4+n in a hot plasma state
- Why do we need confinement? – Fusion is slow relative to collisions
- How do we confine a plasma? – “Magnetic Bottles”
  - Many confinement schemes: stellarator, tokamak, and spherical tokamak are most popular
  - Spherical tokamak advantages: smaller, lower cost, high beta, improved confinement
- What are the biggest obstacles and problems? – NSTX-U will test these
  - High heat flux – Liquid lithium walls and divertor
  - Non-inductive current drive – Utilize high ST bootstrap current and NBIs
  - Fast ion instabilities – Phase-space engineering; possible improved thermal confinement
- Where are we now? – Very close! Rapid progress in public and private sectors
- We welcome you to get involved!



# Thank You!

## Contact

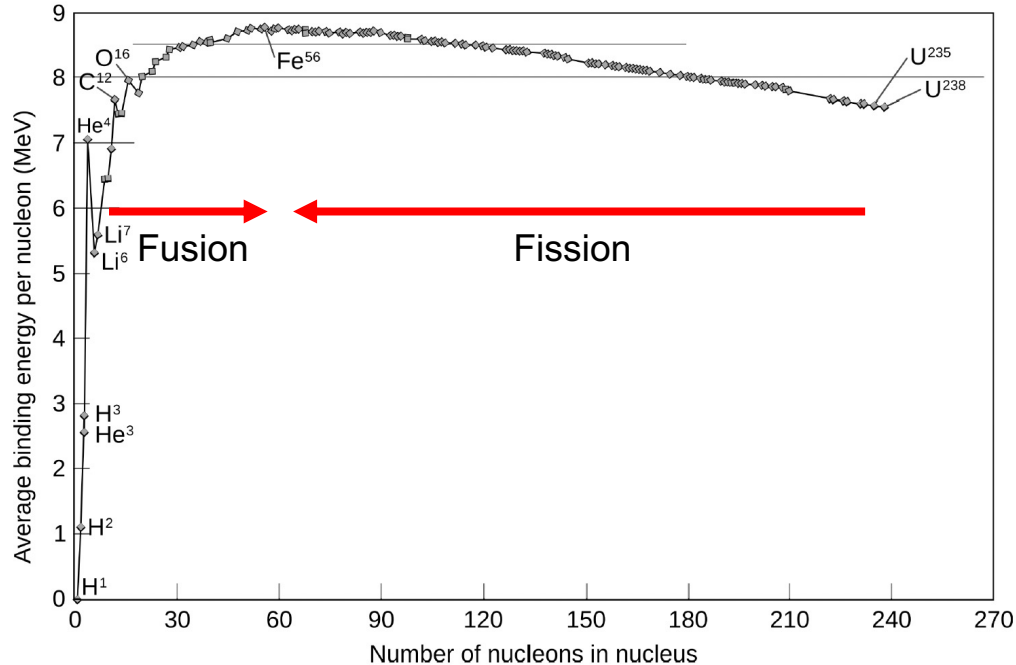
Phillip Bonofiglo  
pbonofig@pppl.gov



# Extra

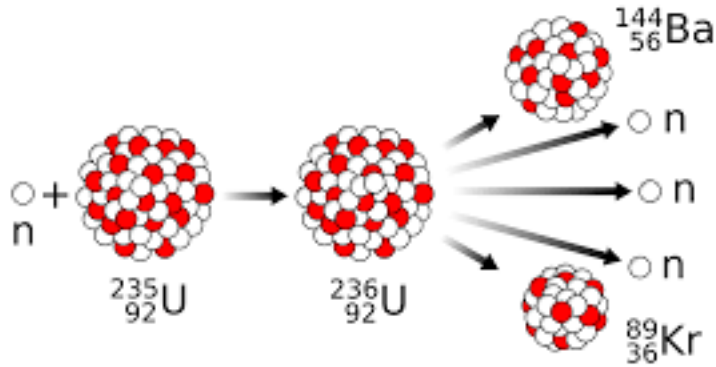
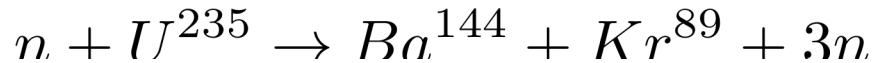
# Fusion is the Same Process that Occurs in Stars

- Converting binding energy (mass) to energy:  $\Delta E = \Delta mc^2$



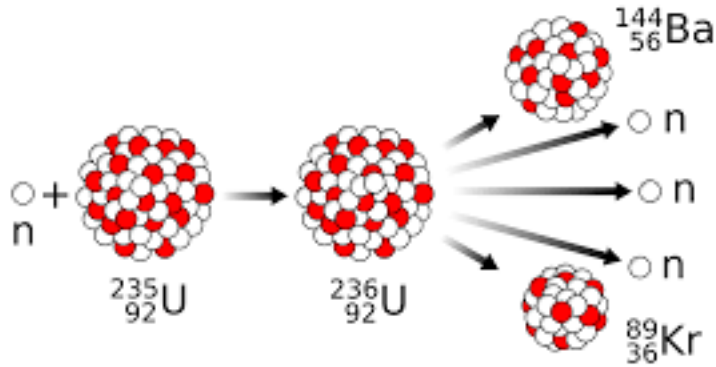
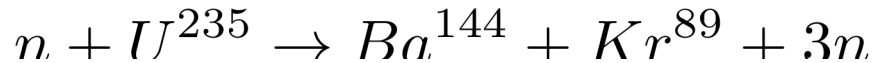
# Fission Splits Larger Nuclei to Smaller Nuclei

- Converting binding energy (mass) to energy:  $\Delta E = \Delta mc^2$



# Fission Splits Larger Nuclei to Smaller Nuclei

- Converting binding energy (mass) to energy:  $\Delta E = \Delta m c^2$



Produces neutrons

1. Use for power production
2. Drive more reactions...

# Fission Splits Larger Nuclei to Smaller Nuclei

- Converting binding energy (mass) to energy:  $\Delta E = \Delta m c^2$

