3MT: 3 minutes, 1 slide, ~390 words
The Three Minute Thesis

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What do participants say about 3MT?

- Boost confidence
- Learn to self-promote
- Share my research with broader community
- Improve my public speaking
  - Succinct
  - Memorable

Joy in describing why their research matters!
Elements of a Memorable 3MT?

Understandable: accessible language

Spark curiosity: personal, social, academic implications?

Engage emotion: through story-telling, or personal anecdotes

Intellectually sophisticated: concepts over details

Purposeful slide: image of key message or essential info
Think “brief but bright”

- Start?
- Surprising Result?
- Public value?
- Important to Discipline?
Constructing the talk

- Introduction: Why start? Why surprising?

- Main Body: WHAT- details of your research only as needed to understand conclusions. Why important?

- Closing: Why public value?
  - circle back to initial WHY’s
  - challenge the audience to think
  - clear take-home message
One static slide
From:
Published online 2004 March 8. doi: 10.1073/pnas.0400087101

Fig. 7.
Asleep at the switch: Effects of impaired vigilance on psychomotor reaction times
What made this 3MT a winner?

Understandable

Spark curiosity

Emotionally engaging

Intellectually sophisticated

Purposeful slide
Sample 3MT presentations, group debrief

• [http://www.cags.ca/3mt_videos.php](http://www.cags.ca/3mt_videos.php)

2016 Canadian 3MT® Finalist - Gah Jone Won
2016 Canadian 3MT® Finalist - Joshua Smee

• [https://www.youtube.com/watch?v=epT-OpWDImE](https://www.youtube.com/watch?v=epT-OpWDImE)

2014 Australian 3MT Winner ANU College of Arts and Social Sciences - Rosanna Stevens
Exercise: Draft Your Framework

-draft
-present as much as you have completed to someone OUTSIDE your area
-debrief:
  Speaker: What did I learn?
  Listener: Did I understand the presentation? 1 helpful comment?
-switch roles, debrief
Winning 3MT presentations

1. Understand the target groups
   - Audience
   - Judges
     - clear thinking & communication
     - respect for complex research
     - implications of research
# Winning 3MT presentations

## 2. Understand the task

<table>
<thead>
<tr>
<th>3MT</th>
<th>Lecture, talk, paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core idea</td>
<td>Breadth, depth</td>
</tr>
<tr>
<td>Conclusions</td>
<td>Method</td>
</tr>
<tr>
<td>“Why?”</td>
<td>Results</td>
</tr>
<tr>
<td>Also ...</td>
<td>Also ...</td>
</tr>
<tr>
<td>Lay language</td>
<td>Scientific jargon</td>
</tr>
<tr>
<td>Little/no data</td>
<td>Analysis, data</td>
</tr>
<tr>
<td>Schema in mind</td>
<td>Organize in ppt</td>
</tr>
</tbody>
</table>

- Lay language
- Little/no data
- Schema in mind
Winning 3MT presentations

3. Practice, practice, practice

- Logical flow
- Are you trying to do too much/too little?
- Get feedback

- Video tape, friend, mirror...
- TIME YOURSELF
Winning 3MT presentations

4. Presentation style

- Voice
  - tone
  - pace
  - projection

- Body
  - eye contact
  - gesture and move intentionally
Troubleshooting

Going blank
- Over-practice
- Prepare a clear, visual schema or map
- No expectation of word-for-word memorization
- BREATHE in the moment, take a pause
- Return to last point, repeat for emphasis (and to buy time)
- Remind yourself: This is just for fun!
Troubleshooting

Accent or English as a second language

- Accent tends to increase when you’re anxious
- Anticipate this and practice pronunciation
- Slow down
- Look for friendly face and speak to them
- Consider slide content: more key ideas than emotion?
Troubleshooting

Speaking too fast

- Honour the periods at the end of each sentence
- Breathe between ‘paragraphs’ or sections
- Include pauses and breath marks into your script and practice them

- You may have to cut information!
Your action plan

What is the first step for you when it comes to participating in 3MT?

3 new strategies you will try

2 ideas you will learn more about

1 bad habit you will STOP now
Resources

• Resources for 3MT Adventurers
• Judge’s Scoring Sheet
• http://www.cags.ca/3mt_videos.php

Thank you

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sass.queensu.ca/learningstrategies