



**3MT**<sup>®</sup> **THREE  
MINUTE  
THESIS**

FOUNDED BY THE UNIVERSITY OF QUEENSLAND

**2022 3MT  
INFORMATION SESSION  
HDR CANDIDATES**

# What is 3MT?



Three Minute Thesis (3MT<sup>®</sup>) is a research communication competition developed by The University of Queensland (UQ).

PhD students have three minutes to present a compelling oration on their thesis and its significance.

3MT challenges students to consolidate their ideas and research discoveries so they can be presented concisely to a non-specialist audience.

# Competition Dates



## Wildcard Competition

Wednesday 24 August 2022

1:45pm registration for a 2:00pm start, competition concludes at 3:00pm

The University of Queensland, St Lucia QLD 4072, Australia

## UQ 3MT Final

Wednesday 14 September 2022

5:30pm registration for a 6pm start, competition concludes at 7:30pm

Customs House, Brisbane QLD 4000

## UQ 3MT Final Livestream - The Red Room

Wednesday 14 September 2022

5:30pm registration for a 6pm start, competition concludes at 7:30pm

The Red Room, The University of Queensland, St Lucia QLD 4072, Australia

## Virtual Asia-Pacific 3MT Competition

Wednesday 19 October 2022 [Zoom Webinar]

<https://threeminutethesis.uq.edu.au/events>

# UQ 3MT Competition



To take part in the 2022 UQ 3MT Competition each participating school, institute and faculty will hold a live in-person competition to select a winner.

The format of the 2022 UQ 3MT Competition at all levels is to be a live in-person event and all competitors are required to be judged on a live in-person performance.

Should the competition need to pivot quickly to a virtual format (Covid-19 restrictions only) then competitors are required to be judged on a live performance via zoom.

No requirement for videos recordings to be submitted.



# Eligibility



## Eligibility

**Active PhD and Professional Doctorate (Research) candidates** who have successfully passed their confirmation milestone (including candidates whose thesis is under submission) by the date of their first presentation are eligible to participate in 3MT competitions at all levels, including the Asia-Pacific 3MT competition. Graduates are not eligible.

## UQ Specific Eligibility

**MPhil and pre-confirmation PhD candidates** who are active in program will still be eligible to participate in the UQ 3MT competition up to Faculty/Institute finals but cannot advance to the UQ 3MT Final.

# Rules



- A single static PowerPoint slide is permitted (no slide transitions, animations or 'movement' of any description, the slide is to be presented from the beginning of the oration).
- No additional electronic media (e.g. sound and video files) are permitted.
- No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted.
- Presentations are limited to 3 minutes maximum and competitors exceeding 3 minutes are disqualified.
- Presentations are to be spoken word (e.g. no poems, raps or songs).
- Presentations are to commence from the stage.
- Presentations are considered to have commenced when a presenter starts their presentation through movement or speech.
- The decision of the adjudicating panel is final.

# Judging Criteria



## Comprehension and Content

- Presentation provided clear background and significance to the research question
- Presentation clearly described the research strategy/design and the results/findings of the research
- Presentation clearly described the conclusions, outcomes and impact of the research

## Engagement and Communication

- The oration was delivered clearly, and the language was appropriate for a non-specialist audience
- The PowerPoint slide was well-defined and enhanced the presentation
- The presenter conveyed enthusiasm for their research and captured and maintained the audience's attention



# Competition Prizes



## School/Institute Heats

- School/Institutes are welcome to provide prizes to participants

## Faculty/Combined Institute Final

- School/Institutes are welcome to provide prizes to participants
- Winner progresses to UQ Final
- People's Choice progresses to Wildcard Competition

## Wildcard Competition

- No prize is provided for this event
- Winner advances to UQ 3MT Final

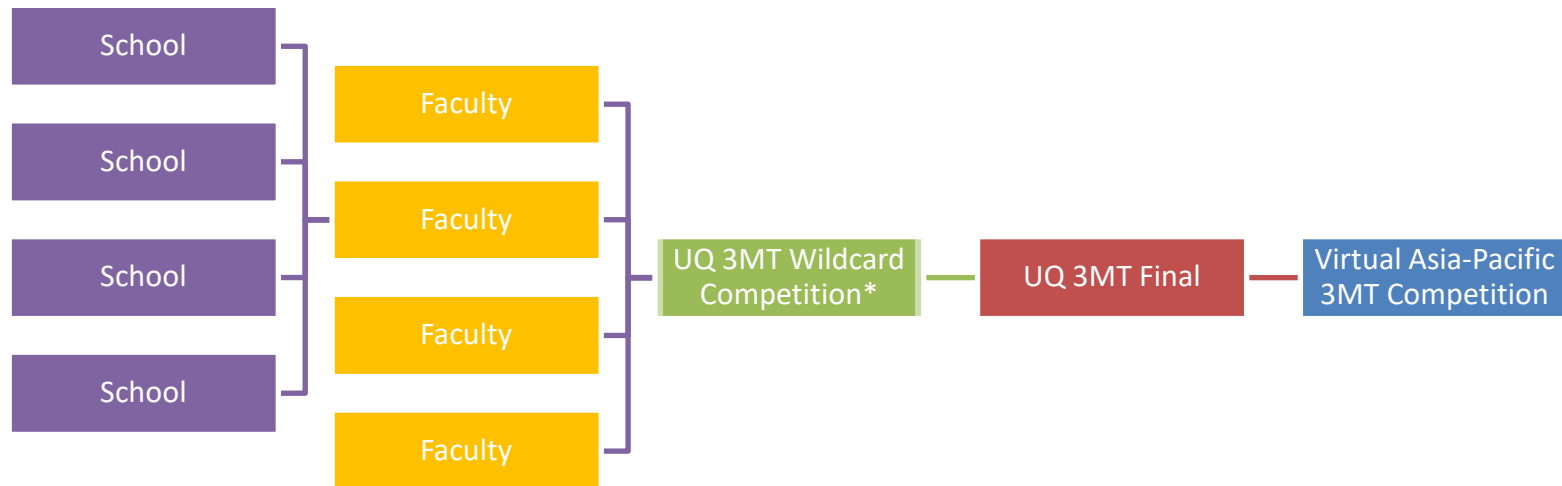
## UQ 3MT Final

- First Prize: \$5000 research grant
- Runner-Up: \$2000 research grant
- People's Choice: \$1000 research grant
- Winner represents UQ at [Virtual Asia-Pacific 3MT Final](#)
- Winner represents UQ at [Virtual U21 3MT Competition](#)
- UQ Finalists only – professional in studio recording of their 3MT presentation

## Asia-Pacific 3MT Final

- First Prize: \$5000 research grant
- Runner-Up: \$2000 research grant
- People's Choice: \$1000 research grant

# Progression



The winner of each heat or final is expected to represent their school/faculty/university at the next stage of the competition. If the winner does not wish to proceed, the runner-up will proceed to the next round of the competition in their place.

# Why Participate?



During your PhD there is a strong focus on the production of your thesis. The ability to communicate the importance of your research project and articulate your findings is very valuable.

## **The Three Minute Thesis competition provides you with the opportunity to:**

- Communicate your ideas effectively to the wider community;
- Describe your research findings to a non-specialist audience;
- Crystallise your thoughts about your thesis;
- Increase your profile within the UQ research community, staff and wider community; and
- Network with other HDR students.

Participation in the 3MT also counts as an eligible activity to gain points for the purpose of the **Career Development Scholarship (CDS)**

# 3MT Drafting



## Write for your audience

- Avoid jargon and academic language.
- Explain concepts and people important to your research - you may know all about all the theories but your audience may not.
- Highlight the outcomes of your research, and the desired outcome.
- Imagine that you are explaining your research to a close friend or fellow student from another field.
- Convey your excitement and enthusiasm for your subject.

## Tell a story

- You may like to present your 3MT as a narrative, with a beginning, middle and end.
- It's not easy to condense your research into three minutes, so you may find it easier to break your presentation down into smaller sections.
- Try writing an opener to catch the attention of the audience, then highlight your different points, and finally have a summary to restate the importance of your work.

## Have a clear outcome in mind

- Know what you want your audience to take away from your presentation.
- Try to leave the audience with an understanding of what you're doing, why it is important, and what you hope to achieve.

## Revise

- Proof your 3MT presentation by reading it aloud, to yourself and to an audience of friends and family.
- Ask for feedback.
- Ask your audience if your presentation clearly highlights what your research is about and why it is important.

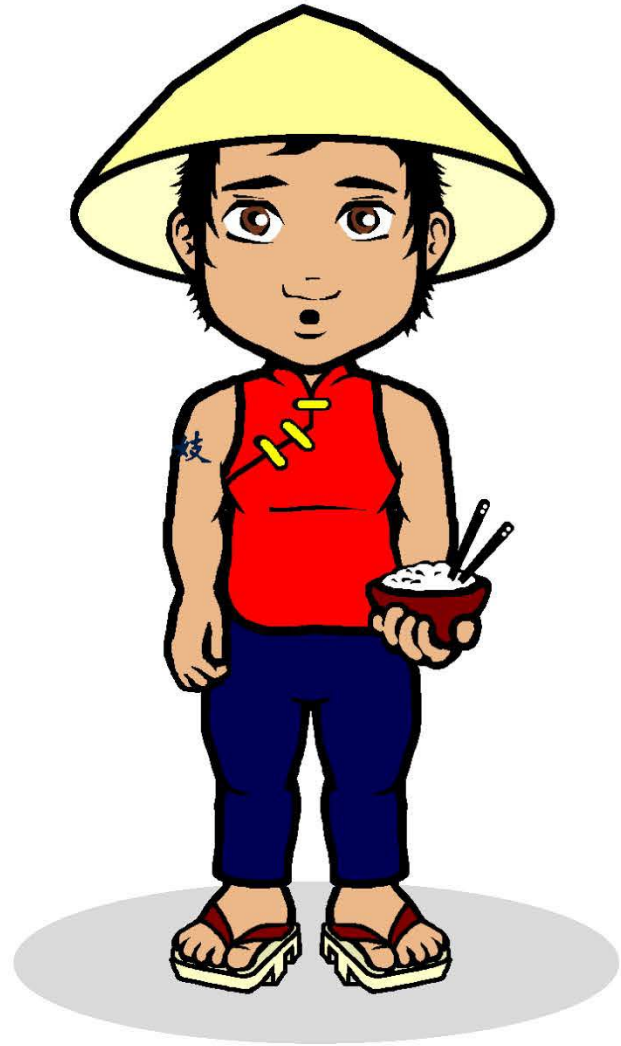
# PowerPoint Slide



- **Less is more:** text and complicated graphics can distract your audience – you don't want them to read your slide instead of listening to your 3MT.
- **Personal touches:** personal touches can allow your audience to understand the impact of your research.
- **Creativity drives interest:** do not rely on your slide to convey your message – it should simply complement your oration.
- **Work your message:** think about how your slide might be able to assist with the format and delivery of your presentation – is there a metaphor that helps explain your research?
- An engaging visual presentation can make or break any oration, so make sure your slide is **legible, clear and concise.**



**HOW I SEE MYSELF**



**HOW OTHERS SEE ME**

# 3MT Presentation



## Practice, practice, practice

- Feeling nervous before you present is natural, and a little nervousness can even be beneficial to your overall speech. Practice so you can present with confidence and clarity. Practicing will also help you gauge the timing of your 3MT so that you keep within the time limit.

## Vocal range

- Speak clearly and use variety in your voice (fast/slow, loud/ soft).
- Do not rush – find your rhythm.
- Pause at key points as it gives the audience time to think about what you are saying.

## Body language

- Stand straight and confidently.
- Hold your head up and make eye contact.
- Never turn your back to the audience.
- Practise how you use your hands and move around the stage. It is okay to move around, however it is also appropriate for a 3MT presentation to be delivered from a single spot on stage.
- Do not make the common mistakes of rolling back and forth on your heels, pacing for no reason or playing with your hair as these habits are distracting for the audience.

# 3MT Presentation



## Record yourself

- Record/listen to your presentation to hear where you pause, speak too quickly or get it just right.
- Then work on your weaknesses and exploit your strengths.

## Watch

- Watch other presentations from academics, politicians and journalists, and break down their strengths and weaknesses.
- Analyse how they engage with their audience.
- View presentations by [previous 3MT finalists](#).

## Dress

- There is no dress code, if you are unsure of how to dress, dress for a job interview.
- If you are presenting on a stage that has a wooden floor, be aware of the noise your footwear might make.
- Do not wear a costume of any kind as this is against the rules (as is the use of props).



# Student Resources



## Student Resources

- Available to view on the 3MT Website. Go to → [2022 UQ 3MT Competition](#) to view all the resources for competitors.
  - [3MT Competitor Guide](#)

## CDF Session

- Monday 14 March: [Presenting for the 3MT - 10am \[CDF - Zoom\]](#)

# Contact Information



[www.threeminutethesis.org](http://www.threeminutethesis.org)



[3MT@uq.edu.au](mailto:3MT@uq.edu.au)



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