Deliver your research in 3 minutes

Learn how to make every word count when you only have a short amount of time in which to talk about your research, whether for a Three Minute Thesis competition, an elevator pitch, or something else

Salis Institute
BUILDING INDEPENDENT RESEARCHERS

Prof. Amanda Salis

I am an NHMRC-funded Senior Research Fellow at the University of Western Australia. I have given over 70 oral presentations at national and international conferences in the past 35+ years and have helped members of my research team to prepare oral conference and Three Minute Thesis presentations, some of which led to awards. I have experience of talking with diverse audiences about my research via interviews with local, national and international TV and radio stations, live (face-to-face and online) workshops for the general public and researchers about research and research methodology, many of which were booked to capacity. https://orcid.org/0000-0001-9176-1574

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1 **KNOW THE REQUIREMENTS for different types of talks**

1.1 Three Minute Thesis competition
(includes how to use language appropriate for a non-specialist audience)

1.2 Elevator pitch

2 **TECHNIQUES for delivery**

2.1 Use your voice in a way that everyone can understand

2.2 Use expressive (not distracting) words and body language

3 **PRACTICE and get feedback**

Friday 1 – 2 pm

Friday 2 – 3 pm

Q&A and polls
Slido.com
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1.1 Three Minute Thesis competition

THE UNIVERSITY OF QUEENSLAND AUSTRALIA | Three Minute Thesis

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3MT® THREE MINUTE THESIS

FOUNDED BY THE UNIVERSITY OF QUEENSLAND

About 3MT

Virtual 3MT

Watch 3MT

Hold a 3MT

https://threeminute
thesis.uq.edu.au

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Competition rules

- A single static PowerPoint slide is permitted. No slide transitions, animations or 'movement' of any description are allowed. 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 either movement or speech.
- The decision of the adjudicating panel is final.

https://threeminutethesis.uq.edu.au/resources/competition-rules

3MT® Competition Judging Rubric

PRESENTER: _____

SCHOOL/INSTITUTE/FACULTY: _____

UNIVERSITY: _____

3MT TITLE: _____

SCORING CALIBRATION:

1	2	3	4	5	6	7
Does not meet expectations	Demonstrates competency but some major weaknesses	Demonstrates competency but some significant weaknesses	Good, but some flaws	Very good, only very minor flaws	Excellent, almost flawless	Outstanding, no flaws

Please include a score between 1 and 7 in the 2 sections below.
The competitor will then be provided with an overall score out of 14

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	
Score out of 7	

This is what you are aiming for (not just to score high in or win the competition, but to learn to communicate your research)

Significance can be shown with an opening that resonates with listeners and that sets the scene (e.g., an anecdote, an 'imagine if', a statistic, an analogy like a cake, etc.)

Avoid the mistake of trying to present too much – carefully choose a tangible aspect of your research

Link this back to your opening

https://threeminutethesis.uq.edu.au/files/4240/3MT%20-%202021%20Judging%20Rubric.pdf

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	
Score out of 7	

OVERALL SCORE	/14

COMMENTS

This very brief comment will be used to provide feedback to unsuccessful entrants via email. Please identify one positive and one area for improvement (the most obvious area). **e.g. xxx was good but you need to work on xxx**

Use everyday words, or annotated jargon, for your technical terms, and use the same terminology consistently throughout (no variations) – see later slide

Practice repeatedly in front of different 'audiences', and adjust your talk and slide as you go, until they are clear and compelling (come along on Friday)

Note that none of the judging criteria relate to the importance of the research itself. The competition is judged entirely on how well you explain your research. You can even present proposals instead of results.

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Three Minute Thesis

Search this site 🔍

☰ Menu

3MT competitor guide

🏠 / Resources

Even the world's best public speakers prepare before important presentations. To assist you with your preparations, please find a few suggestions below that will help you in writing your presentation, creating your slide and practising your presentation.

3MT drafting   3MT slide   3MT presentation   **Examples of 3MT presentations**
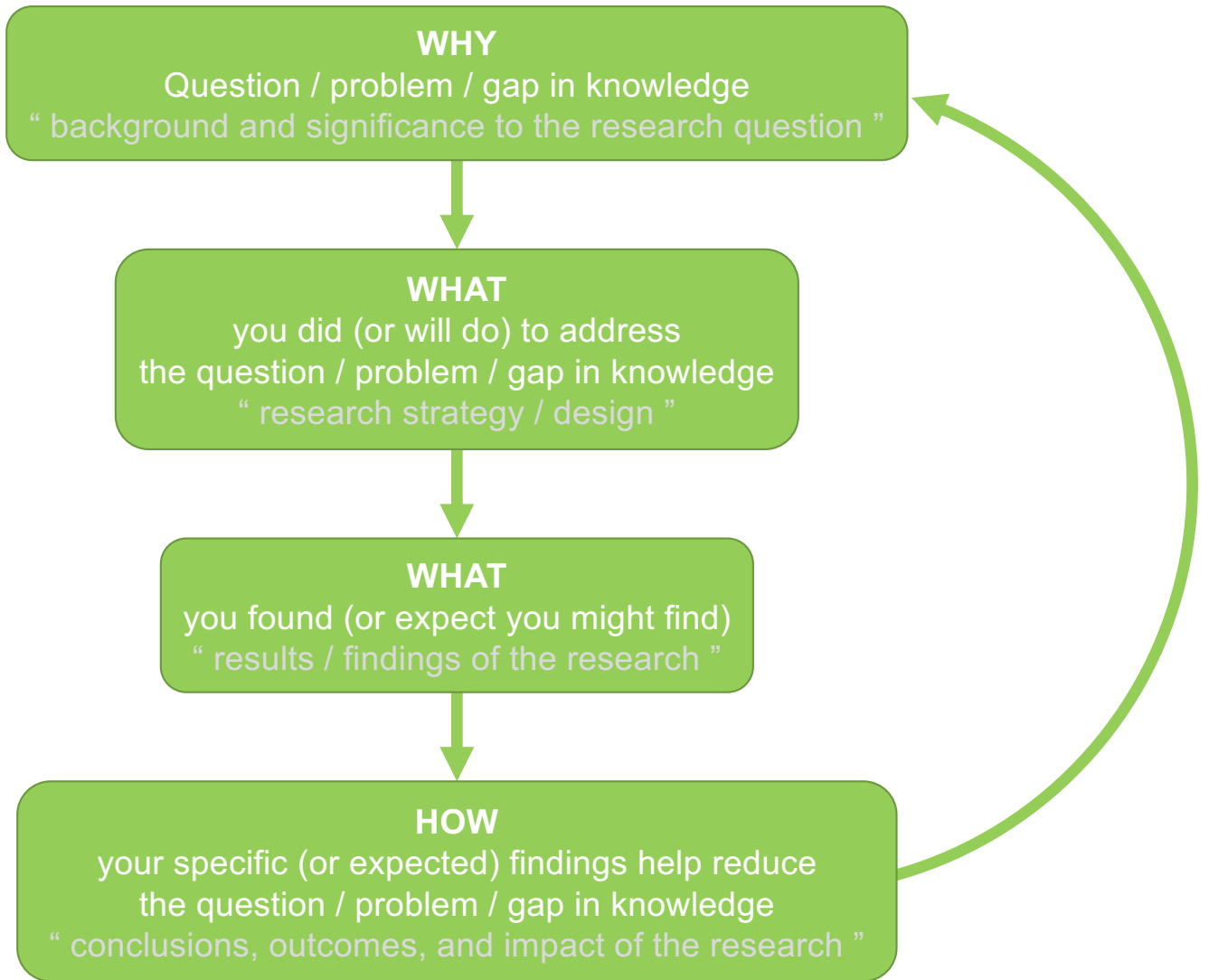
For ideas and inspiration on how to develop your own 3MT presentation, there are many examples of previous 3MT finalists from a broad range of disciplines on our website:
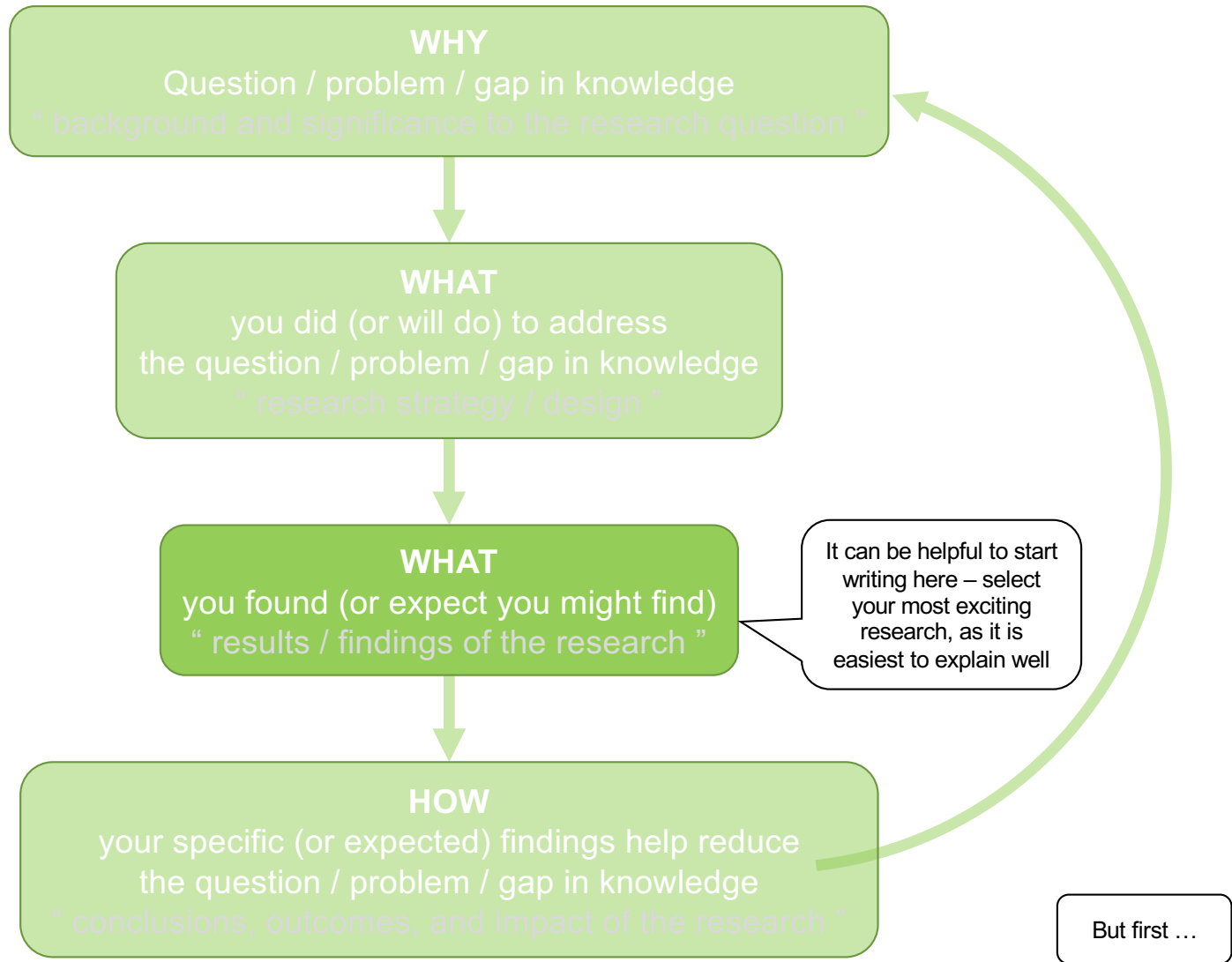
- Past UQ Competition Finalists
- Past Asia-Pacific Competition Finalists
- Past Finalists from around the world

Watch a range of winning speakers, from the 3MT competition and other avenues, and select 'winning attributes' that resonate with you and feel natural

https://threeminutethesis.uq.edu.au/resources/3mt-competitor-guide

Your 3MT talk should be like a satisfyingly closed loop

WHY
Question / problem / gap in knowledge
" background and significance to the research question "

WHAT
you did (or will do) to address
the question / problem / gap in knowledge
" research strategy / design "

WHAT
you found (or expect you might find)
" results / findings of the research "

HOW
your specific (or expected) findings help reduce
the question / problem / gap in knowledge
" conclusions, outcomes, and impact of the research "

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It can be helpful to start writing here – select your most exciting research, as it is easiest to explain well

HOW
your specific (or expected) findings help reduce
the question / problem / gap in knowledge
" conclusions, outcomes, and impact of the research "

But first …

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Score out of 7

Use everyday words, or annotated jargon, for your technical terms, and use the same terminology consistently throughout (no variations) – see later slide (this is that slide)

✔️ *" The region of the brain that controls …"*

✔️ *"In the brain, the arcuate nucleus of the hypothalamus (ARC) is the region that controls …"*

In a very short presentation like a Three Minute Thesis competition, it is better to use even simpler wording (see example above)

❌ *" The ARC controls …"*

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What is your technical term, and how can you make it understandable to general audiences (e.g., by annotating it), and use it consistently?

✔ *" The amount of biomass or energy produced by these coral reef fishes is low "*

✔ *" Productivity of these coral reef fishes, which is defined as biomass or energy produced per unit time, is low "*
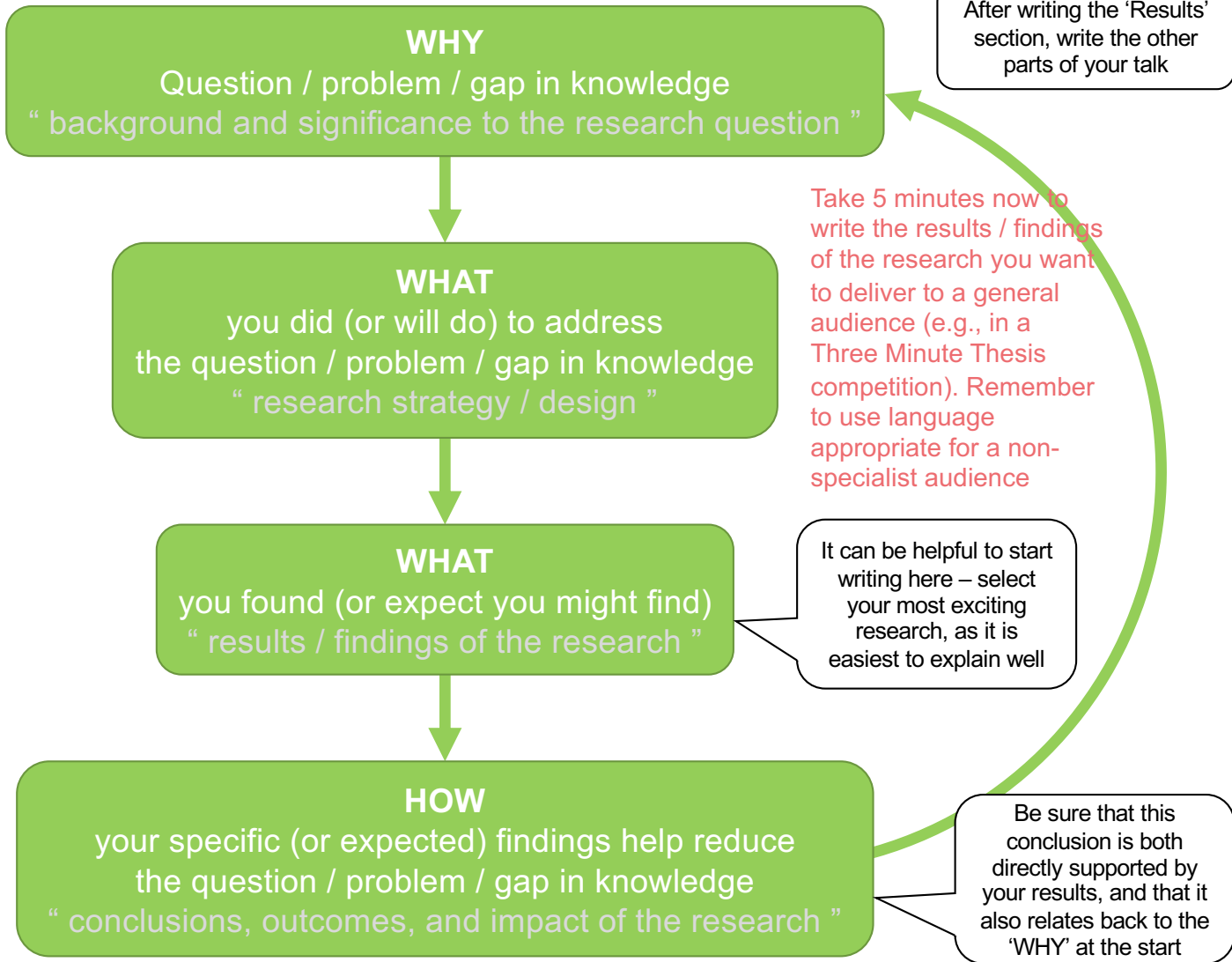
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The (optional) slide for the Three Minute Thesis competition

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- Try to convey your points VISUALLY with minimum text
  (but you need enough text to make your points clear)

- Remember that you won't have a laser pointer – use text that echoes the exact words you are saying in your talk

- Draft your slide and get feedback on it (in context of your presentation) – it's the fastest way to craft a great slide

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1.2 Elevator pitch

A 118-second opportunity to pitch your value as a prospective employee to a prospective employer that you meet by chance in an elevator ride

(the mean duration of which is 118 seconds in NYC)

1.2 Elevator pitch

As a researcher, your elevator pitch can be for *any* purpose you like

Think of your elevator pitch as a part of a conversation, not something you need to 'deliver' to someone

- e.g., As a segue to hallway conversations with colleagues
- e.g., In response to 'what work do you do?'
- e.g., In an opportunity to tell prospective research participants about your research project and how to get involved
- e.g., To encourage clinicians to recruit patients for your study
- e.g., In research fundraising bids with prospective donors
- e.g., In an interview with a research funding body or prospective employer: 'So, tell us about yourself'
- e.g., In conversations with friends and family
- e.g., In a radio or TV interview (my example)   Others?

It's helpful to have different versions of your elevator pitch, varying in duration, to use for different purposes e.g., 15, 30, 60, 120 seconds

1.2 Elevator pitch

"What's your line of work?"

"I do medical research to determine better ways to manage disease X. Have you heard about Disease X?"

"Yes"

"So, you've no doubt heard it's a terrible disease for the patients and their families. What a lot of people don't realize is that one of the biggest contributors to suffering with this disease is not the disease itself, it's the anxiety and depression that's associated with the disease. But in 85% of cases, anxiety and depression go completely unrecognized and untreated. My research specifically aims to help medical staff recognize when patients with Disease X have anxiety and depression, and gives them access to the treatments proven to reduce anxiety and depression, so that people with Disease X can have a better quality of life."

1.2 Elevator pitch

- Decide the purpose(s) of your elevator pitch(es)

- Decide what duration is most appropriate for that / those purpose(s)

- Write it (them) down and practice (it does not come naturally)

- Ask your honest and intelligent friends and rels to give feedback

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Jun 5 – 30, 2022
#dyri

💬 Live interaction

⇆ Switch event

⚙ Dark mode   ⬤▬

About Slido

☁ **How do you feel about talking about your research** to general audiences?   0 👥

In one word, describe how you feel about talking about your research, whether positive or negative or anything else. You can enter more than one response by clicking the 'Add response' button.

Enter a word   ☺

Send

Voting as Anonymous

Let's do a quick word cloud poll

2.1 Use your voice in a way that everyone can understand

- Make each word distinct (speak a bit slower)

- Change your accent / intonation on some words
  - Watch reactions from diverse listeners to find out what they don't understand, and how to change it

- Consider elocution / accent training

- Use good microphone technique
  - Use "Madonna" / lapel microphone on stage
  - Hold roaming microphone under chin
  - Use a good wired microphone for videos (e.g., Boya by-M1 Lavalier Microphone)

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2.2 Use expressive (not distracting) words and body language

Use vocal variety to help convey expression

✔ Sometimes faster (but do not rush your talk)

✔ Sometimes slower

✔ Use pauses for effect (and to allow listeners time to understand what you said)

✔ Sometimes louder

✔ Sometimes softer (as if 'I'm going to tell you a secret')

2.2 Use expressive (not distracting) words and body language (2 of 2)

- ✗ Poker face / monotone / monospeed
- ✗ Excessive / repetitive gesturing
- ✗ "Clomping across the stage" / pacing
- ✗ "Putting your hand on your hip and swinging around like a teapot"
- ✗ Swaying during a video
- ✗ Rolling back and forth on heels
- ✗ Um's, Ah's, OK's and So's
- ✗ Tongue clicks

Others? Please add to Questions in Slido
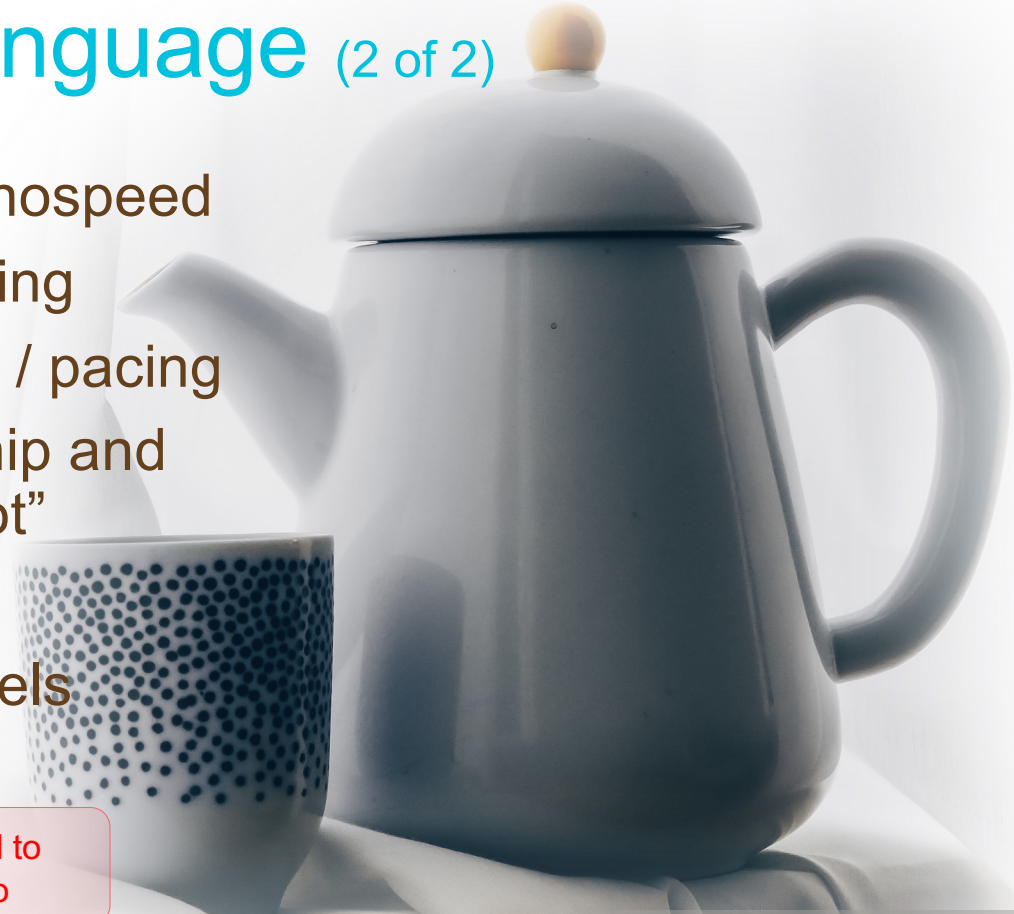
2.2 Use expressive (not distracting) words and body language

Don't feel overwhelmed by the list of ways to be expressive (not distracting)

Video yourself and watch / listen (as painful as it may be) to find a good balance that looks and feels natural

Get feedback from others on your live / recorded talks

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How was this training for you?

(1-minute survey)

22 Jun 2022

Scan the above code with your phone camera or click below to take survey

https://www.salisinstitute.com/feedback-forms/feedback-on-dyri-starting-22-jun-2022