Why join the 3MT?

• Challenge yourself – this is a once-in-a-lifetime experience!
• Perfect your “elevator” speech about yourself and your research
• Experience how others do their 3 minute speech
• Expand your network
• Be amazed by what you can get out of this “3 minute” experience
The 3MT preparation process

- Ask yourself: “Why did you engage in this PhD journey?”
- Reflect on the key ideas of your PhD research
- Tease out the essentials for the non-specialist audience
Tips…

• Know the judging criteria
• Watch past 3MT contestants’ videos
• Be absolutely prepared – know your speech inside out
• Practice, practice and practice
Tips…

- Opening – the first few seconds
- Powerpoint slide – is it too much or too bare?
- Pace, volume, movement, stage presence…
- The flow, logic and content of your speech
Most important of all…

Be yourself on stage

Enjoy your show

(for 3 minutes!)