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!)