

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!)

