How to give a 3MT-style presentation

Vivian Biancardi, Ph.D.
NMHI Postdoctoral Fellow
Faculty of Medicine and Dentistry
Department of Physiology
Neuroscience and Mental Health Institute (NMHI)

biancard@ualberta.ca

women & children's health research institute

UNIVERSITY OF ALBERTA

Alberta Health Services

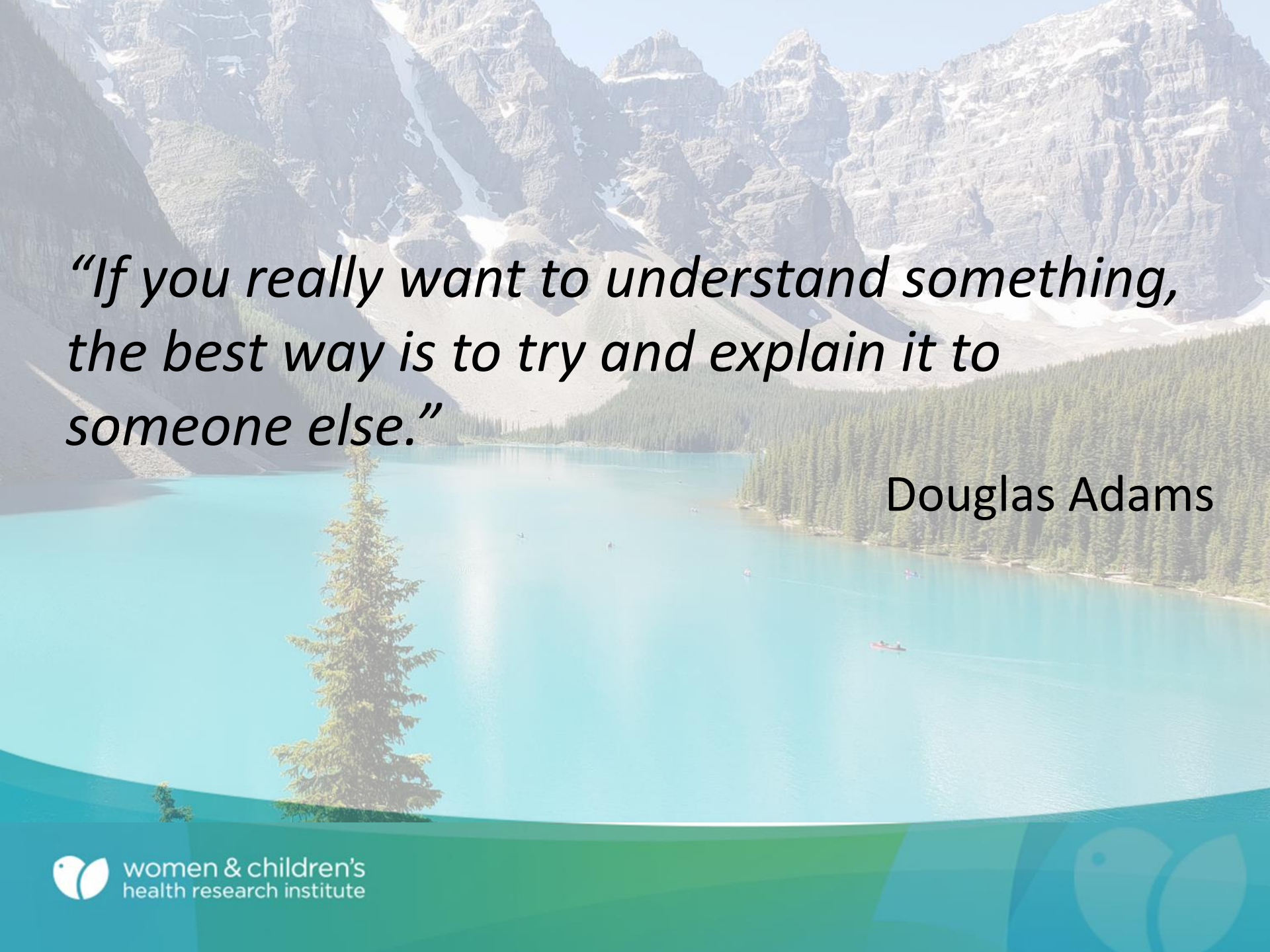
STOLLERY CHILDREN'S HOSPITAL FOUNDATION

AWHF alberta women's health foundation

3MT-style presentation is about…

You want to make your research accessible to a general audience

More to that…


“If you really want to understand something, the best way is to try and explain it to someone else.”
Douglas Adams
women & children's
health research institute

3MT-style presentation is about…

Learning opportunity:

-reminds you of your purpose

-space for new ideas

-connection

-ability to synthesize ideas

-communication skills

Preparing a 3MT-style presentation

Exact 3 min! Single static PowerPoint slide

To keep in mind

1. Take a moment to envision your presentation:

Have a clear outcome in mind - main idea you want to transmit to the audience

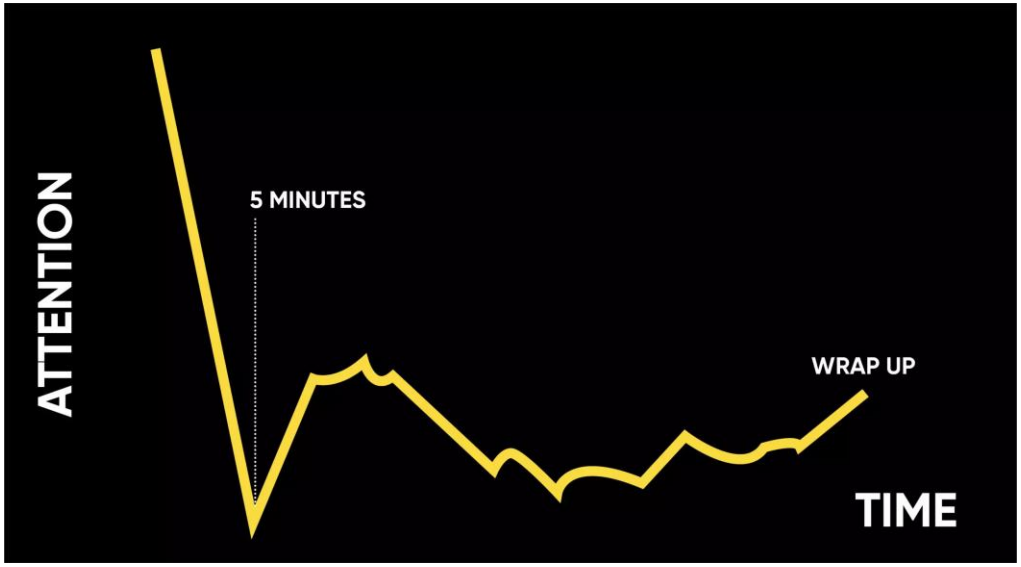
2. What is your most important/relevant finding? Focus on that.

Why you are doing it and what you are doing it.

3. Message: compelling and effective

Preparing a 3MT-style presentation

1. Hook the audience (30 sec)



Successful presentation ideas

Tell a story
Use a metaphor
Ask a couple questions to the audience
State a shocking statistic
Shock/surprise the audience
Use a quote
“What if….?” “Imagine…”
Show a picture, an object
Make them laugh

Connection with the audience

Use your creativity!

Preparing a 3MT-style presentation

2. Impact Statement (30 to 60 sec)

Big picture
Why? Explain the problem that you research will contribute to solve
Place your research into a broader context that people can understand

Smaller more focused ideas
State why your research is important – aim of the study

Preparing a 3MT-style presentation

3. Methods and main finding (90 sec)

Explain your approach – how you aim to solve the problem

Tips:

-use metaphors
-avoid jargons and complex words
-explain concepts
-use your hands or objects to explain points

Preparing a 3MT-style presentation

Most impactful finding you got or expect to get

Are there any breakthroughs that you can tell us about?
We want to know what your research will lead to.

Tips:
-clear take home message
-graphs and tables – only if it is clear to visualize

4. Conclusions (30 sec)

- Connection with the hook

- Summary to recap the importance of your work

Who or what can benefit from these results?

How can these results be applied to create a greater impact in your field?

1. Practice, practice, practice

Write your script

Record yourself

2. Voice

Speak clearly

Find your rhythm

Pauses when necessary

Helpful Tips

3. Body language

Stand straight

Hands movement

Eye contact

Helpful Tips

4. Watch other 3MT-style presentations

Pay attention to the details

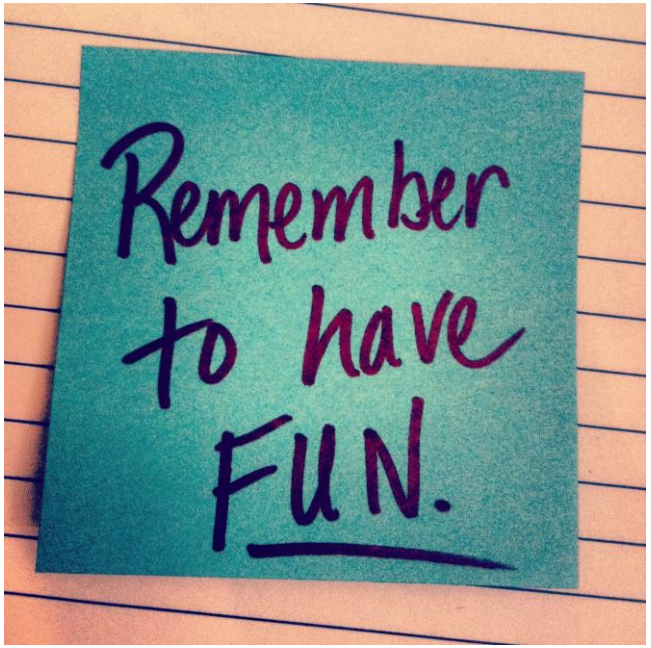
Analyse how they engage with their audience.

Helpful Tips

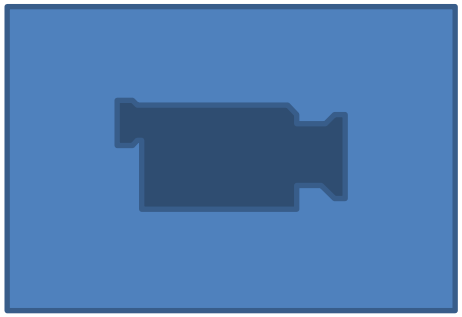
[Three Minute Thesis | Faculty of Graduate Studies and Research (ualberta.ca)]

5.

6.



Helpful Tips



Martha Ruiz 3MT presentation

Do you know everything about the brain?

We still have lots to learn about the brain.

Thanks for your attention!

Thanks to:

women & children's health research institute

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