



# PREPARING YOUR 3MT PRESENTATION

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 while practicing your verbal presentation.

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## Writing your 3MT

### 1. Write for your audience

One of the judging criteria looks for evidence that you can explain your research to a specialist audience. To do this you may like to:

- x avoid jargon and academic language; imagine that you are explaining your research to a close friend or fellow researcher in your field; and

- x Do not dumb down or devalue your research, what you are doing is exciting and you should convey enthusiasm for your subject.

### 2. Have a clear outcome in mind

Know what you want your audience to take away from your presentation. Ideally, you would like the audience to leave with an understanding of what you're doing and why you're doing it.

### 3. Tell a story

You may like to present your 3MT like a story, with a beginning, middle and an end. It's not easy to condense your research into three minutes, so you may find it helpful to prepare a longer presentation first.

### 5. Revise

You may like to proof your 3MT presentation by reading it aloud, firstly to yourself and then to an audience of friends and family. This allows you to not only check your grammar and writing style, but it



will allow you to receive critical feedback. Don't be afraid to ask your audience if your presentation clearly highlights what your research is and why it is important.

## Creating your 3MT slide

Before you start work on your slide, you should take the following rules into account:

- x a single static PowerPoint slide is permitted;
- x no slide transitions, animations or 'movement' of any description are permitted
- x your slide is to be presented from the beginning of your oration; and
- x No additional electronic media (e.g. sound and video files) are permitted.

## Practicing your 3MT presentation

### 1. Practice, practice, practice

Feeling nervous before you present is natural and sometimes a little nervousness can even be beneficial to your overall speech. Nonetheless, it is important to practice so you can present with confidence and clarity.

### 2. Vocal range

- x Speak clearly and use variety in your voice (fast/slow, loud/soft)
- x Do not rush find your rhythm.
- x Remember to pause at key points as it gives the audience time to think about what you are saying.

### 3. Body language

- x Stand straight and confidently.
- x Hold your head up and make eye contact.
- x Never turn your back to the audience.
- x Practice how you will use your hands and move around the stage. It is okay to move around energetically if that is your personality, however it is also appropriate for a presentation to be delivered from a single spot on stage.
- x Do not make the



4. Record yourself