

# 3 Minutes Thesis Competition



Can YOU explain your research in  
**3 MINUTES?**

## 3MT PRESENTATION

**Practice, practice, practice**  
**Before you record your**  
**presentation practice to present**  
**with confidence**



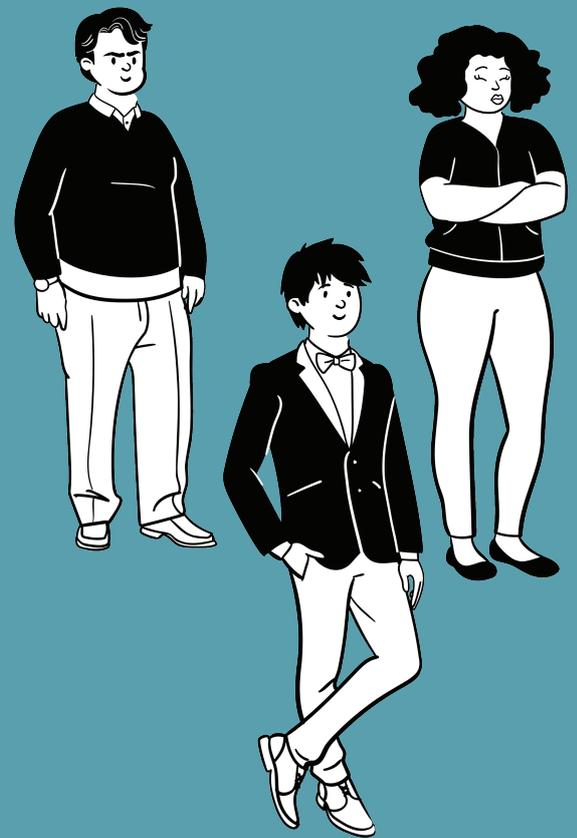
## **VOCAL RANGE**

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



# BODY LANGUAGE

- Adopt a confident speaking position.
- Engage with your audience e.g. address the camera.
- Never turn your back to the audience
- Practice how you will use your hands and ensure your presentation is recorded/delivered from a single position.
- Do not make common presentation mistakes e.g. repetitive movement or playing with our hair as these habits are distracting for the audience.



# DRESS

**There are no dress code but:**

- If you are unsure of how to dress, dress for a job interview or an important meeting.
- Do not wear costume of any kind it is against the rules (as are any props).



# 3MT RECORDING – DEVICES OPTIONS

## Recording you presentation can be done by:

- Using a camera or hand-held video recorder.
- Phones allow you to record through the camera function,
- Computers have recording ability (via camera or webcam)
- Use inbuilt programs such as:

### Window

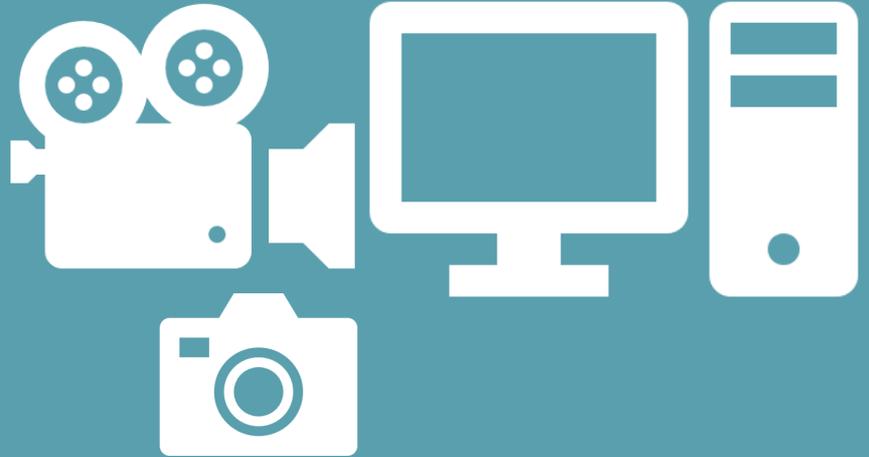
- Camera App
- Windows Movie maker

### Macintosh

- Quick Time
- iMovie

### Online program

- Zoom



## FILMING AT HOME

### Three factors to consider when selectin your location:



#### 1. Light

- Dark environments impact the overall quality of your video cameras do not perform well in dim lighting.
- Ensuring you are well lit and that, your audience, can see you clearly.
- Look for a room in that has lots of natural light.
- When using light from a window, ensure you are facing towards the window so light falls on you directly.
- Any light that you introduce improve the quality of the video



# FILMING AT HOME - CONTINUE

## 2. Sound

- Choose a quite environment where you have control over the sound.
- Example, a small room where you can close all doors.
- Turned off any noisy electronics e.g., fans, air-conditions, computers, phones etc.



## 3. Background

- Use a clean plain wall as background



## 4. Support

- Ensure that phones and tablets have enough space and fully charged

