



3MT PRESENTATIONS

Goal of this assignment:

- Provide you with practice in communicating the essence of your research to a non-specialist audience in a clear, engaging, and accessible manner.
- Low-stakes, friendly environment

Guidelines

- **Duration:** 3 minutes maximum (it will be timed)
 - Aim for 2 min and 50 seconds
- **Slide:** One static PowerPoint slide (no animations/transitions)
- **Audience:** General public; should be understandable to those outside your specific field of study



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As you prepare, think about:

1. Introduction (Hook)
 - Aim to capture audience attention and make it relevant
2. Research Question
 - Clear RQ that is understandable to “outsiders”
3. Structure & Flow
 - Is there a logical flow to the information you present (e.g., intro, research question, method, results, significance)
 - Are there transitions as you discuss different points?



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4. Engagement

- Tell a story, include anecdotes
- Use humor, provide relatable examples

5. Visual

- Is the slide appealing? Uncluttered? Relevant to the content?

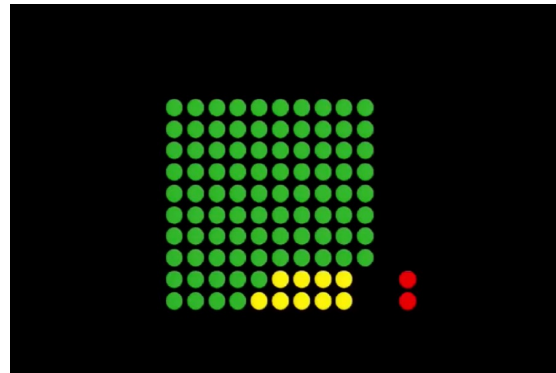
6. Message Impact

- Did you convey the significance of your research? Did you provide a memorable conclusion?

7. Delivery style

- Pacing of the information (not too fast or too slow), body language, eye contact, speech volume and speed,

VISUALS



Other options?

Results slide (but only if very clear – use colors, pie graph, etc.)

Other images that are relevant and grab attention.



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COURSE ASSIGNMENT

- Part of assignment will be to listen & provide feedback
 - Will have a short checklist to complete after each one
- In addition, will have time for 1-2 questions per person
 - Each student should aim to ask 1 question across the two days (or more)



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COURSE ASSIGNMENT

- As you prepare, review the “Presenter’s Guidebook” on Moodle!
 - Lots of great information (also, in general, for future presentations)



TIPS TO REDUCE PRESENTATION NERVES

From your experience, what helps you to feel more comfortable with delivering a presentation?



TIPS TO REDUCE PRESENTATION NERVES

- **Practice & Preparation**

- Preparation and practice are key to reducing anxiety and improving performance
- Familiarity with the content and rehearsal can increase confidence and decrease nervousness
- Simulation: Practice in an environment similar to the actual presentation setting

- **Cognitive Reappraisal**

- Anxiety is normal, but instead of viewing it as a threat, try to frame it as a sign of excitement for your research and sharing with others
- Positive self-talk

- **Shift Focus:** Focus on the message and its value rather than your own performance



TIPS TO REDUCE PRESENTATION NERVES

- **Audience Engagement:** Interacting with the audience can help divert attention from your own nervousness
- **Relaxation techniques** – e.g., deep breathing reduces physiological symptoms of anxiety
- **Right Before:** Do something low-key before rather than practice right up to the moment of presenting

Be a good peer/audience member!

- Pay attention (don't stare at phone, laptop, etc.)
- Nod to indicate understanding and attention
- Respond to questions posed to the audience (if applicable)
- Ask questions