

Information sheet

3MT Competition

Submission rules

The submission must be a three-minute video presentation in English. Presentations exceeding three minutes will be disqualified.

The presentation begins when the presenter starts speaking.

The video must:

- clearly show the presenter's face
- be filmed horizontally from a single static position
- be continuous, without edits or breaks.

A single static slide is allowed but not required.

Presentations must be spoken-word only. (No poems, raps or songs.)

The following enhancements should not be used:

- slide transitions, animations, or movement are not permitted
- additional electronic media, such as music or video clips, are not permitted
- props, including costumes or musical instruments, are not permitted.

The decision of the judging panel is final.

Judging criteria

The judging panel will comprise three to five people, including a perioperative nurse, a community member and a researcher.

Note: submissions will not be judged on video or recording quality.

Videos will be judged using the criteria in two categories: comprehension and content and engagement and communication.

Comprehension and content criteria

- The presenter provided a plain language description of the background and significance of the research question.
- The presenter clearly described the impact and/or results of the research.
- The presenter followed a clear and logical sequence.
- The topic, research significance, results or impact and outcomes were communicated in an appropriate way for a non-specialist audience.
- The presenter spent adequate time on each element of the presentation.

Engagement and communication criteria

- The presenter made you want to know more.
- The presenter did not trivialise or generalise their research.
- The presenter conveyed enthusiasm for their research.
- The presenter captured and maintained the viewers' attention.
- The presenter demonstrated presence, control and confidence.

Advice on preparing the presentation

Drafting

Write for your audience

- Avoid jargon and academic language.
- Explain the concepts essential to your research.
- Highlight the outcomes of your research.
- Imagine that you are explaining your research to a fellow student from another field.
- Convey your excitement and enthusiasm for your subject.

Tell a story

You may like to present your 3MT submission as a narrative – with a beginning, middle and end.

It's not easy to condense your research into three minutes, so you may find it easier to break your presentation into smaller sections.

Try writing an opener to catch the audience's attention, then highlight your different points, and finally have a summary to restate the importance of your work.

Have a clear outcome in mind

- Know what you want your audience to take away from your presentation.
- Try to leave the audience with an understanding of what you're doing, why it is important and what you hope to achieve.

Revise

- Proofread your 3MT presentation by reading it aloud, to yourself and an audience.
- Ask for feedback.
- Ask your audience if your presentation highlights your research and why it is important.

If you choose to use a slide

One single static PowerPoint slide is permitted but not mandatory.

Rules

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

- No slide transitions, animations or 'movement' are permitted.
- No additional electronic media (e.g. sound and video files) are permitted.

Suggestions

You may like to consider some of the following suggestions.

Less is more: Text and complicated graphics can distract your audience – you don't want them to read your slide instead of listening to you.

Personal touches: Personal touches can allow your audience to understand the impact of your research.

Creativity drives interest: Do not rely on your slide to convey your message – it should simply complement what you're saying.

Work your message: Think about how your slide might assist with the format and delivery of your presentation – is there a metaphor that helps explain your research?

Visuals: An engaging visual presentation can make or break any oration, so make sure your slide is legible, clear and concise.

Presentation

Practise, practise, practise

Feeling nervous before a presentation is natural, and a bit of nervousness can even enhance your overall speech. However, it is essential to practice presenting with confidence and clarity. Practicing will also help you gauge the timing of your presentation, ensuring you stay within the time limit.

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.

Look to the stars!

Watch your role models – such as academics, politicians and journalists – and previous 3MT finalists. Identify their strengths and weaknesses. Analyse how they engaged with their audience.

Dress

There is no dress code. If you are unsure of how to dress, you may like to dress as if for a job interview or an important meeting.

Recording

Device options

Your presentation can be recorded on any camera. Online programs, like Zoom or MS Teams, make it very easy to record and share your presentation from any computer with a camera.

Filming

Consider these factors when filming your presentation.

- Dark environments impact the overall quality of your video because cameras do not perform well in dim lighting. Ensuring you are well lit guarantees the camera, and therefore your audience, can see you clearly.
- Background noise can make it difficult to hear you. Choose a quiet environment with as much control over the sound as possible. Consider filming during a quiet time of day, such as early in the morning when there are likely to be fewer interruptions.
- Aim for a background free of visual distractions.

- If you use a phone or tablet, ensure they are turned on their side, so the video is filmed horizontally, not vertically.
- Place your recording device on a surface that is at the same height as your face. To ensure your eye line is correct, the camera lens needs to align with your eyes.
- Ensure your recording device isn't too far away from you. The microphone on the device should be as close to you as possible to achieve the desired framing and ensure the sound is as clear as possible.
- Maintain eye contact with the camera lens as though it was a person in the audience watching you present live. Be aware of your eye movement, avoid looking away from the camera.

Submission

You will be asked to provide a link to a downloadable version of your video in the application form. If you have used an online platform to record your presentation, you can use its shareable link. If you have used your phone or another camera, please save your video to a cloud service such as Dropbox or Google Drive and generate a shareable link for your application.