



## **What are the 3MT Virtual Competition Rules?**

- Eligibility extends to Master's and Doctorate students who have successfully defended their proposal or final project (including candidates whose thesis is under submission) by the date of their first presentation are eligible to participate in 3MT competitions at all levels. Graduates are not eligible.
- Presentations are limited to 3 minutes. Competitors exceeding 3 minutes are disqualified.
- Presentations commence when a presenter starts their presentation through speech.
- A single static slide is permitted in the presentation.
- The audio must be continuous – no sound edits or breaks.
- No additional props are permitted within the recording.
- Presentations are to be spoken word (e.g. no poems, raps, or songs).
- The decision of the adjudicating panel is final.

**Please note:** competitors \*will not\* be judged on video/recording quality or editing capabilities. Judging will focus on the presentation, the ability to communicate research to a non-specialist audience, and the 3MT PowerPoint slide.

## **What are the Judging Criteria?**

### **Comprehension and Content**

- Did the presentation provide an understanding of the background and significance to the research question, while explaining terminology and avoiding jargon?
- Did the presentation clearly describe the impact and/or results of the research, including conclusions and outcomes?
- Did the presentation follow a clear and logical sequence?

- Was the thesis topic, research significance, results/impact, and outcomes communicated in language appropriate to a non-specialist audience?
- Did the presenter spend adequate time on each element of their presentation - or did they elaborate for too long on one aspect or was the presentation rushed?

### **Engagement and Communication**

- Did the oration make the audience want to know more?
- Was the presenter careful not to trivialize or generalize their research?
- Did the presenter convey enthusiasm for their research and capture and maintain their audience's attention?
- Did the speaker have sufficient stage presence, eye contact, and vocal range; maintain a steady pace, and have a confident stance?
- Did the slide deck enhance the presentation? Was it clear, legible, and concise?

### **Competitor Guide: 3MT Drafting**

#### **Write for your audience**

- Avoid jargon and academic language.
- Explain important concepts and people - you may know all about it but your audience may not.
- Highlight the outcomes/desired outcome of your research.
- Imagine that you are explaining your research to a close friend or fellow student from another field.
- Convey excitement & enthusiasm for your subject.
- You may like to present your 3MT as a narrative, with a beginning, middle, and end.
- Try an opener to catch the attention of the audience, then highlight your points, and finally summarize the importance of your work.
- Know what you want your audience to take away.
- Leave the audience with an understanding of what you're doing, why it is important, and what you hope to achieve.
- Do not script your presentation like an academic paper.
- Use shorter words, sentences, and paragraphs.

#### **Revise**

- Proof your 3MT presentation by reading it aloud.
- Ask for feedback.
- Ask if your presentation clearly highlights what your research is about and why it is important.

## **Competitor Guide: 3MT Slide**

### **Rules**

- One single static PowerPoint slide is permitted; No slide transitions, animations, or movement.
- Your slide is to be presented from the beginning of your oration.
- No additional electronic media (e.g. sound and video files) are permitted.
- If you need to reference a picture, image, or any kind of content in your slide, you can do it on the title page or at the bottom of the slide in a small box.

### **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 your 3MT.
- 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 your oration.
- Work your message: think about how your slide might be able to assist with the format and delivery of your presentation – is there a metaphor that helps explain your research?
- An engaging visual presentation can make or break any oration, so make sure your slide is legible, clear, and concise.

## **Competitor Guide: 3MT Presentation** **“Practice, Practice, Practice”**

### **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**

- Stand straight and confidently.
- Hold your head up and make eye contact.
- Never turn your back to the audience.

### **Look to the stars!**

- Watch the academics, politicians, and journalists that you admire, and break down their strengths and weaknesses.
- View presentations by [previous 3MT finalists](#).

### **Dress**

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

## **Competitor Guide: 3MT Recording**

### **Device options**

Recording your presentation can be done using a camera, handheld video recorder, phones, and most computers.

You will record your video using the Flip app, accessed through the link in your registration email.

### **Filming at home**

There are three factors to consider when selecting your location to ensure you are producing the best video possible: light, sound, and background.

- Ensuring you are well-lit guarantees the camera and therefore, your audience, can see you clearly.
- Ensure you choose a very quiet environment where you have as much control over the sound as possible
- Aim for a clean, plain wall as your background, free of visual distractions from the waist up.

### **Setup**

Whether you're filming on a phone, tablet, or webcam, there are further factors to consider when setting up to film your video: support, camera orientation, eyeline, focus, and proximity.

### **Framing**

Set up your shot so you are in the center of the frame, not being cut off at the top and so you can be seen from the waist up. Ensure there is equal space and just the blank wall background on either side of you.

### **Presentation tip**

Be aware of your eye movement. Maintain eye contact with the camera lens as though they were a person in the audience watching you present live.

## **WHERE CAN I FIND MORE INFORMATION?**

The [Virtual 3MT Competitor Guide](#) will have detailed information on everything you need to know.

## **REGISTER HERE**



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