3 MINUTE RESEARCH PRESENTATION (3MRP) COMPETITION

TRAINING SESSION
The 3 Minute Research Presentation (3MRP) is a competition where graduate students present their

- Thesis Research,
- Dissertation Research,
- Capstone Research, or
- Creative Projects

and it’s significance to an intelligent, non-specialist live audience in **three minutes** with the aid of one stationary slide.
VALUE OF THE 3MRP

Develops academic skills

- Synthesize ideas and encapsulate research discoveries for impactful presentations and scholarly discourse

Develops presentation skills

- Presenting to a variety of audience sizes
- Capacity to present to different types of audiences
- Develop public speaking skills and how to handle performance anxiety

Develops research communication skills

- Craft presentations that are clear, concise, engaging, and convincing of its importance and significance

Increases understanding, appreciation, and interest around research/creative work at NAU

Graduate students from ALL academic programs are encouraged to participate!
Based on the “3-Minute Thesis” (3MT®)

- Developed by University of Queensland in 2008

3MT® is a form of research aimed at:

- “Developing academic, presentation, and research communication skills and supports the development of research students’ capacity to effectively explain their research in three minutes in a language appropriate to an intelligent but non-specialist audience.”

NAU’s 3MRP competition will allow students to:

- Communicate the significance of their work to a general audience in a public forum;
- Develop skills that increases a language-base suitable for a wide range of audiences;
- Develop and improve presentation and communication skills.
2017 WINNERS

Sofia Sweeney, 2017 3MRP First Place Winner
*Instagram as a Second Language Vocabulary Tool*

Alexanndra Heyert, 2017 3MRP Second Place Winner
*Computational Insights into the Molecular World of an Antimicrobial Agent*

Jenna Fejervary, 2017 3MRP Third Place Winner
*Words Matter: Understanding Rape Myth Acceptance in Survey Design*
• A single static PowerPoint slide is permitted
  • No slide transitions, animations or “movement” of any description; the slide is to be presented from the beginning of the oration.
• Limited electronic media (e.g., audio and video files) are permitted if directly relevant to the project and presentation.
• No additional props (e.g., costumes, musical instruments, laboratory equipment) are permitted.
• Data presented in the competitions should be considered as information likely to enter the public domain.
• Presentations are limited to three minutes, and competitors exceeding three minutes will be disqualified.
• Presentations are to be spoken word (no poems, raps, songs).
• Presentations are considered to have commenced when a presenter starts the presentation through movement, speech, or electronic media.
• The decision of the judges is final.
• Communication Style
  • How was the topic and its significance communicated?
    • Language appropriate for an intelligent, but non-specialist, audience
• Comprehension
  • Did the presentation enable the audience to clearly understand the research and/or more complicated concepts?
• Engagement
  • Did the presentation create an excitement in the audience and make them want to know more about your research?
HOW TO WIN

• Understand Your Audience
• Convey Three Basic Things
  • “The purpose of my research is…”
  • Why am I engaging in this research?
  • What is the greater good that will come from this research?
• Understand the task

  **3MRP** | **Conference/Lecture**
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  Core idea | Breadth, depth, and methodology with details
  Overall Significance | Specific benefit to present audience
  Lay language | Scientific or technical jargon
  Simple Data | In-depth analysis and all data

• Create an Unexpected “ah-ha” moment
  • Does your research create curiosity in something unimaginable or rarely thought about?
  • Does your project link to a human interest element or current issues?
  • Can you use a story (personal) to build curiosity about your research?

• Credible
  • Speak with confidence in your role as researcher, scholar, or creative artists
  • Back up your claims with facts and solid scholarly inquiry
**ORAL COMMUNICATION**

- **Speaking**
  - Be concise
    - Use shorter sentences
    - Choose active verbs over passive verbs
  - Avoid technical jargon and acronyms
  - Briefly explain complicated, technical concepts
  - Slow down and think about rhythm and pacing

- **Using your voice and body**
  - **Voice** - Vary tone, Pause, Project
  - **Body** – Make Eye Contact, Watch Gestures, Exude Confidence
  - Take deep breaths and clear your throat before your initial word.
WHAT TO AVOID

• Muttering Static Vocalisms (Silence is OK)
  • “um”, “ah”, and “er”
  • “like” or “you know?”
  • “OK?”
• Looking at the floor or obviously avoiding eye contact
• Hands in your pockets or hyper-gesticulation
• Self-criticism before or during your presentation
• Comparing your presentation to others
• Making changes 24 hours before the presentation
THE SLIDES – THINGS TO THINK ABOUT

• Edit down - Less is better.
• One impactful image or diagram that encapsulates your project (be creative)?
• Title of Slide doesn’t have to be the actual title of your abstract or project
  • It could be a question to peak the audiences’ interest
  • It could be a quote (remember to site it)
• Slide should not detract from the presentation
  • The focus is you and your presentation
  • The slide enhances, it does not ”upstage”
OVERCOMING PERFORMANCE ANXIETY

Mental
• Acknowledge the facts
• What is your focus?
• What are your fears?
• Where is your perspective?

Physical
• When do you do your best?
• How do you relax?
• What are you putting into your body?
• How are you preparing?

Practice
• Recreate the situation
• Establish a routine
• Record yourself and critique
CLINE LIBRARY RESOURCES

• Research assistance from specialized research librarians
• Access to video recording, editing equipment, and software
• Access to practice rooms
## DEADLINES & TIMELINES

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<th>Event</th>
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| **Practice Session (Must attend ONE)** | Monday, February 26 (2 – 3 PM)  
 Tuesday, February 27 (9:30 – 10:30 AM)  
 Wednesday, February 28 (10:15 – 11:15 AM)  
 Cline Library – Room 131 |
| **Preliminary Heats**              | Monday, March 12 (Time TBD)  
 Tuesday, March 13 (Time TBD)  
 Wednesday, March 14 (Time TBD)  
 Cline Library – Room 131 |
| **Final Presentation and Reception** | Tuesday, March 27  
 3:30 PM  
 High Country Conference Center |
| **Southwest Showdown**             | Saturday, April 28  
 1:00 PM  
 Phoenix Biomedical Campus |
ADDITIONAL RESOURCES

- Website (all following links available on this website)
  - http://nau.edu/3MRP

- Cline Library
  - Schedule an Appointment for Research Assistance
  - The Studios
  - Request Studios Assistance

- Examples of Presentations
  - University of British Columbia
  - University of Melbourne
  - University of Queensland
  - University of Western Australia

- Helpful Hints and Tips
  - Making the Most of Your 3 Minutes (Simon Clews)
  - Communicating Your Research in Lay Language (Cristian A. Linte)
QUESTIONS?

CONTACT: 3MRP@NAU.EDU