3 MINUTE RESEARCH PRESENTATION (3MRP) COMPETITION

INFORMATION/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 its 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.
Previous Winners

Anthony Veglia, 2018 3MRP First Place Winner
“Abdominal Hyper-Hollowing” to Stabilize the Spine: A Plausibility Investigation of a Novel Technique

Richard Gaughan, 2018 3MRP Second Place Winner
Seeing Hidden Structures with Holographic Microscopy

Wendy Peters, 2018 3MRP Third Place Winner
Understanding Stroke: A Physical Therapy Perspective
RULES

• 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.
EVALUATION CRITERIA

- 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**
  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 to 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 artist
  • 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 SLIDE - 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 spark the audience’s interest
  • It could be a quote (remember to cite it)
• Slide should not detract from the presentation
  • The focus is on 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 --> practice sessions in Cline
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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<thead>
<tr>
<th>Event</th>
<th>Date or Deadline</th>
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<tr>
<td><strong>Practice Session</strong> (Must attend ONE)</td>
<td>Friday, February 15 (8:00-12:300)</td>
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<td>Sessions are 30 minutes</td>
<td>Monday, February 18 (2:00-5:00)</td>
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<td>Tuesday, February 19 (10:30-1:00)</td>
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<td></td>
<td>Friday, February 22 (11:00-1:00)</td>
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<td>Cline Library – Room 131</td>
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<td><strong>Preliminary Heats</strong> (attend ONE)</td>
<td>Thursday, March 7 (12:00-5:00)</td>
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<td>Sessions are 30 minutes</td>
<td>Friday, March 8 (8:30-12:00)</td>
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<td></td>
<td>Monday, March 11 (2:00-5:00)</td>
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<td>Cline Library – Room 131</td>
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<td><strong>Final Presentation and Reception</strong></td>
<td>Tuesday, March 26</td>
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<td>3:00-5:30 PM</td>
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<td>High Country Conference Center</td>
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<td><strong>Southwest Showdown</strong></td>
<td>Saturday, April 27 (U of Nevada, Reno)</td>
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<td>3 NAU finalists compete against finalists from other universities</td>
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*Note: Must attend ONE session.*
Additional Training Resources

- Website (All of the resources below are linked within the 3MRP page on the Graduate College website)
  - 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