### 3MT® Three Minute Thesis (3MT®) Handbook

**ASIA-PACIFIC 3MT EVENT**

Friday 4 October 2019

University of Queensland

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**THURSDAY 5 SEPTEMBER 2019**

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<tr>
<th>Location</th>
<th>Time</th>
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<tr>
<td>TSV</td>
<td>3pm - 5pm</td>
<td>Room 142.111</td>
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<tr>
<td>CNS</td>
<td>3pm - 5pm</td>
<td>Video Link Room A3.001</td>
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<td>SIN</td>
<td>1pm - 3pm</td>
<td>Video Link Room A3.01</td>
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**+ Visualise Your Thesis: Winner Announced**
JCU 3MT and Visualise Your Thesis

Communicating your research simply and directly in ways that a wide range of non-experts can understand is increasingly understood as being intrinsic to research practice. Successful communication involves a lot more than mere dissemination of results but a thoughtful engagement with potential research users and audiences.

JCU has been part of the 3MT communication for some years and this year we are pleased to supplement that with the ‘Visualise Your Thesis’ competition for the second time.

Why we do it

At JCU, we think it is really important to encourage and showcase the research efforts of our higher degree research (HDR) candidates.

3MT develops academic, presentation and research communication skills, while developing research students’ (and academic researchers) ability to explain their research effectively in language appropriate to a non-specialist audience.

Visualisations of research opens myriad ways to capture and convey key messages and findings and substantially increase the reach and potential impact of the research through social and mainstream media, YouTube and other platforms.

Prizes

To provide just a little incentive, JCU will award the winners with the following prizes at the final on 5 September 2019.

3MT

- HDR - Winner – $1,000 (plus travel to the National Final which has a prize pool of $8000)
- HDR - Runner-up - $500
- HDR - People’s Choice - $500

Visualise Your Thesis

- HDR – Winner - $500 plus entry into the International Visualise Your Thesis Competition which has prize pool of $8000
## Key Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>COB 15 August 2019</td>
<td>Deadline to provide all entries for 'Visualise Your Thesis' to <a href="mailto:grs@jcu.edu.au">grs@jcu.edu.au</a></td>
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<tr>
<td>15-30 August 2019</td>
<td>Judging of Visualise Your Thesis applications</td>
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<tr>
<td>August 2019</td>
<td>College and Divisional Finals, times TBA</td>
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<td>23 August 2019</td>
<td>JCUS Final</td>
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<td>30 August 2019</td>
<td>Visualise Your Thesis winner shared with the University of Melbourne for entry into National Showcase</td>
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<tr>
<td>COB 30 August 2019</td>
<td>Deadline to provide the Graduate Research School with your entrant’s:</td>
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<td>• Name</td>
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<td>• Division/College/Institution</td>
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<td>• Thesis/Research title</td>
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<td>• 3MT Oral presentation</td>
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<td>• 3MT PowerPoint (one slide only) – winner will also need to provide a wide screen format to UQ</td>
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<td>5 September 2019</td>
<td>JCU Final 3MT &amp; Visualise Your Thesis competition (3.00-5.00pm TSV Science Place Theatre 142.111; CNS Crowther Theatre A3.001; JCUS A3-01)</td>
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<tr>
<td>4 October 2019</td>
<td>3MT Asia Pacific competition at UQ</td>
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<tr>
<td>September - November 2019</td>
<td>Visualise Your Thesis 2019 International Competition (online) hosted by the University of Melbourne</td>
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HDR Students

Active PhD and Professional Doctorate (Research) candidates who have successfully passed their confirmation milestone (including candidates whose thesis is under submission) by the date of their first presentation are eligible to participate in 3MT competitions at all levels, including the Asia-Pacific 3MT competition. Graduates are not eligible.

MPhil and pre-confirmation PhD candidates who are active in program will still be eligible to participate in the JCU 3MT competition up to Division/Institute finals but cannot advance to the JCU 3MT Final.

Numbers for JCU Finals – 5 September 2019

HDR candidates: four required from each Academic Division - DTHM and DTES (8), plus one each from JCU Singapore and ARC Centre of Excellence for Coral Reef Studies.

AIMS@JCU students are eligible to participate as an entrant via their affiliated college.

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).

• No additional electronic media (e.g. sound and video files) is permitted.

• No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted.

• Presentations are limited to 3 minutes maximum and competitors exceeding 3 minutes are disqualified.

• Presentations are to be spoken word (e.g. no poems, raps or songs).

• Presentations are to commence from the stage.

• Presentations are considered to have commenced when a presenter starts their presentation through either movement or speech.

• The decision of the adjudicating panel is final.
Judging Criteria

At every level of the 3MT competition, each competitor will be assessed on the three judging criteria listed below. Please note that each criterion is equally weighted and has an emphasis on audience.

1. COMPREHENSION & CONTENT
   - Did the presentation provide an understanding of the background and significance to the research question being addressed 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?

2. ENGAGEMENT & COMMUNICATION
   - Did the oration make the audience want to know more?
   - Was the presenter careful not to trivialise or generalise their research?
   - Did the presenter convey enthusiasm for their research?
   - Did the presenter 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 PowerPoint slide enhance the presentation – was it clear, legible and concise?

Selecting The Judging Panel (for College and Divisional organisers)

To provide every entrant with a similar experience, the Graduate School will be considering the following when composing the judging panel:

- Include between three to five judges on the panel.
- Balance the judging panel by age, gender, academic/professional positions, and discipline.
- While judges should declare any conflict of interest, they should still vote on each 3MT presenter’s oration, even if the presenter is from their discipline.

Institutional Requirements

- Please note that participating Colleges/Divisions at JCU agree to provide travel, accommodation and subsistence costs if the competitor wishes to be accompanied by a support person.
- The winner of each heat or final is expected to represent their College/Division/University at the next stage of the competition. If the HDR winner is unable to attend the 3MT Competition final, the runner-up will proceed in their place.
What is the second biggest search engine in the world? YouTube. Why? We love visualisations! And that applies to research. Having strong visuals that encapsulate and elucidate your research vastly increases the probability of your research being picked up by the media, the public and your target research audience.

JCU Competition

The Visualise Your Thesis competition is open to all HDR candidates at JCU.

First prize is $500 and entry into the International Visualise Your Thesis Competition hosted online by the University of Melbourne

The time limit for entries is 1 minute.

Eligibility

HDR candidates – unlike 3MT this is open to all currently enrolled candidates including those who have not reached confirmation.

Resources

You will need:

- The JCU Visualise Your Thesis Handbook
- The Visualise Your Thesis PowerPoint Template
- These and other resources can be found on the JCU web by searching Visualise Your Thesis

Entries

Entries for Visualise Your Thesis close at 5.00pm, 15th of August 2019.

There are no Divisional or College heats for Visualise Your Thesis – all entries will be considered by the one panel.

Visualisations may include:

- Films
- Photographs
- Multimedia
- Pictograms
- Sketches
- Collages

Entries must be in a digital format embedded in the PowerPoint template provided.

Please email (<20MB) or share on OneDrive (20-100MB) to grs@jcu.edu.au

Judging

A panel of judges will evaluate all entries and the winner will be shown at the JCU Final event on 5 September 2019. See Handbook for judging criteria.
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.

Tell a story

• You may like to present your 3MT as a narrative, with a beginning, middle and end.
• It’s not easy to condense your research into 3 minutes, so you may find it easier to break your presentation down into smaller sections.
• Try writing an opener to catch the attention of the audience, 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

• Proof your 3MT presentation by reading it aloud, to yourself and to an audience of friends and family.
• Ask for feedback.
• Ask your audience if your presentation clearly highlights what your research is about and why it is important.

Practice, practice, practice

Feeling nervous before you present is natural, and a little nervousness can even be beneficial to your overall speech.

Nonetheless, it is important to practice so you can present with confidence and clarity. Practicing will also help you gauge the timing of your 3MT so that you keep within the time limit.
3MT - Additional information for competitors

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.
- Practice how you will use your hands and move within the allocated space (you must remain in the confines of the space indicated on the floor so that the audience at the Cairns and Singapore campuses – including the judges in Cairns – are able to see and hear you at all times). It is OK to move around energetically, if that is your personality, however, it is also appropriate for a 3MT presentation to be delivered from a single spot.
- Do not make the common mistake of rolling back and forth on your heels, pacing for no reason or playing with your hair as these habits are distracting for the audience.

Record yourself

- Record and listen to your presentation to hear where you pause, speak too quickly or get it just right.
- Then work on your weaknesses and exploit your strengths.

Look to the stars!

- Watch your role models such as academics, politicians and journalists, and break down their strengths and weaknesses.
- Analyse how they engage with their audience.
- View presentations by previous 3MT finalists—check out the UQ and JCU 3MT websites.

Dress

- There is no dress code. If you are unsure how to dress, you may like to dress for a job interview or an important meeting. It is important that you feel comfortable so you can focus on your presentation.
- If you are presenting on a stage that has a wooden floor, be aware of the noise your footwear might make.
- Do not wear a costume of any kind as this is against the rules (as is the use of props).

Further assistance

- A/Prof Liz Tynan is running 3MT coaching sessions in June – 23 July for Townsville, 30 July for Cairns. The information about them is here.
Frequently Asked Questions

Q - I have participated in 3MT before. Can I participate more than once?
A - As long as you did not win your Division Final, you are welcome to enter 3MT again.

Q - How many students from each academic unit/College can compete in a Division final?
A - The number of students who can compete in a Division final is at the discretion of the Division 3MT event coordinator. In past 3MT competitions, the Division with fewer colleges/academic groups chose to have two students from each group compete in their Division final. This is acceptable, provided there is ultimately only one student from each College competing in the JCU Final.

Q - Can I present my oration via Skype?
A – College/Division finals are at the discretion of the College/Division. Presenting at the JCU Final on 5 September must be in person. HDR representatives from Singapore and, where applicable, Cairns will be flown to Townsville for the JCU Final. As an important aspect of the competition is audience engagement, anyone who would choose to present via conferencing facilities would be at a disadvantage compared to other competitors.
The winner of the JCU Final will be expected to attend the Asia-Pacific 3MT Competition in person.

Q - Can I use additional props during my presentation?
A - No, additional props (e.g. costumes, musical instruments, laboratory equipment) are not permitted during a 3MT presentation. Laser pointers are allowed, however not encouraged (your slide should be simple enough that you do not need to emphasise elements to the audience).

Q - Can I present my oration as a poem, rap or song?
A - No, while we appreciate everyone has a different presentation style; the purpose of the activity is to “engage the audience without reducing research to entertainment value alone”. 3MT is primarily about developing a student’s oration skills. It is important that the competition is not seen as trivialising research or science.

Q - Can I use a quote from a poem or song?
A – Yes, quotes can be included from a poem or song if it is relevant to the presenter’s thesis topic. Poetry and song lyrics are NOT permitted to be used to present the entire 3MT and their use should be very limited.

Q - Can I use a laser pointer?
A - Yes, a laser pointer is not considered a prop. However, the emphasis is on the oration. If your talk is being video-conferenced, the laser pointers will not be seen there at the other end.

Q – What about Palm cards or speech notes?
A - Yes, palm cards and/or speech notes are acceptable; however, this option may detract from the delivery of the 3MT and is not recommended.
Frequently Asked Questions

Q - Does my slide have to be in PowerPoint?
A – Yes.

Q - How many transitions or animations can I have in my slide?
A - None, the slide must be static and not change in any way during the presentation. Your slide must be displayed for the duration of your presentation.

Q – What is allowed on my 3MT slide?
A – Only one single static PowerPoint slide is permitted. In preparing the slide, remember that ‘less is more’. It does not have to include text. Visual cues are very effective in assisting the presenter’s explanation of their research (No slide transitions, animations, sound or ‘movement’ is permitted).

Q – Can I use sound or video?
A – No additional electronic media (e.g. sound and video files) are permitted during a 3MT presentation.

Q - What happens if my presentation is longer than 3 minutes?
A – If a presenter continues to speak after the 3-minute bell they will be automatically disqualified.

Q - Is there a dress code?
A - There is no stipulated dress requirement such as ‘smart casual’. Some have worn suits with ties, others t- shirts and jeans. Please wear whatever is comfortable for you. NO COSTUMES (including hats, masks, Dame Edna specs, etc).

Q - Can I win more than one category?
A - Yes, it is possible to win a place, the People’s Choice award and the overall winner of the two categories (HDR and ECR).

Q – What happens if our winner is not a confirmed candidate?
A - In the event that a provisional candidate wins the Faculty/Institute Final, the Runner-up and/or People’s Choice winner i.e. the next highest ranked competitor providing they are a confirmed candidate will proceed to the final.

Q - What happens if I cannot attend the Final?
A - The winner of each heat or final is expected to represent their Group/College/Division/University at the next stage of the competition. If the winner is unable to attend the final, the runner-up will proceed to the next round of the competition.

To find out more about 3MT and watch videos of winning presentations from around the world, please visit the Three Minute Thesis website: https://threeminutethesis.uq.edu.au/
Making the Most of Your Three Minutes

3MT: The Three Minute Thesis

Simon Clews
Director Writing Centre
University of Melbourne

www.simonclews.com
MAKING THE MOST OF YOUR THREE MINUTES

Congratulations on deciding to have a go at the Three Minute Thesis competition – you will have an absolute ball, I am sure, and along the way you will acquire some extremely useful communication skills. If you can crystallise your years and years of intense study into three minutes that will captivate, entertain and educate a non-specialist audience, I’d say there isn’t a grant you can’t get or a job you can’t secure. Good luck!

PERFORMANCE

When you come to write the script for your three-minute thesis presentation it is absolutely vital that you remember that you are presenting to a non-specialist audience. Probably the best way to think of this audience is to imagine that they are just as intelligent as well-informed as you are, but that they haven’t had time to do the research that you have. Crucially, this means not dumbing down your content and not patronising or condescending to your audience in any way whatsoever.

There are a few simple rules you should bear in mind when writing the script for your 3MT presentation, rules which also apply to pretty much any writing for a non-academic audience.

Writing for a non-specialist audience means …

Using shorter words, shorter sentences and shorter paragraphs - if you aren’t clear as to the impact of this sort of writing can have, just go and read any good journalism or even read a good writer of fiction like Ernest Hemingway - someone who is an absolute master at using shorter words in shorter sentences in short paragraphs to absolutely dynamic effect.

Choosing active verbs over passive verbs: when speaking to a non-specialist audience you should never hide behind the impactive verb - all those ‘it is thought that’, ‘it is proposed that’, ‘it has been suggested that’, etc. First of all you only have three minutes to get your message across and to use more words than is necessary is basically a waste of time and, secondly, in the eyes of the non-specialist audience member, the impactive verb is tantamount to an act of linguistic cowardice - if you really think something, then at least have the guts to tell us that with two simple words – ‘I think.’

Avoiding jargon, acronyms, etc. - the whole point of using jargon and acronyms is to enhance that sense of exclusivity which academia seems to thrive on. However, when you’re speaking to a non-specialist audience there is nothing worse than projecting a sense of exclusivity through the use of jargon and acronyms. This is guaranteed to instantly turn that audience off so, when you’re speaking to your 3MT audience, you need to be as inclusive as possible.

So – wherever possible avoid anything that the general public might not understand and, if you can really find no alternative word, then qualify or explain what it is you are talking about.
Qualifying unknown concepts, people, places, etc. - never make assumptions about your audience for a non-specialist presentation, particularly assumptions that they will automatically know what you are talking about. This is a classic academic trap – “I understand subject x and find it absolutely fascinating, therefore everyone understands subject x and finds it absolutely fascinating.” WRONG! Not just wrong, but lazy too. With names, for example, there are very few people who are universally known; once you get past the Pope or the Queen or Michael Jackson or the Beatles or, at a pinch, Madonna, then anyone of lesser celebrity probably needs some sort of qualification when mentioned to a non-academic audience. So, you might know that Sir John Smith is the leading authority in your field, but the rest of us will almost certainly have never heard of him or his earth-shattering discoveries. This means you need to qualify him when you introduce him – Sir John Smith, one of the world’s leading authorities on ... etc. Afterwards by all means namedrop as often as you like, but the first time around tell us who he is. The same goes for places, institutions, events, etc. – never assume we know what you are talking about because chances are we won’t.

Avoiding ‘academic’ words – make sure you avoid using words that are specific to academia and which will not be understood by a non-specialist audience; ‘discourse’ is a classic academic word which has virtually no place in the non-academic world. While there is nothing wrong with using it in the academic context, as soon as you use a word like this in a non-specialist context, you potentially alienate your audience and, as a result, fail in your attempt to communicate to them. Essentially, if you use words like this, you might as well wave a big flag over your head that has ‘wanker’ written on it.

There are many, many different techniques you can use when writing for a non-specialist audience; here are just a few useful ideas to get you started ...

Make sure your presentation has a beginning, a middle and an end – after all you are telling a story and there is nothing more satisfying for an audience to listen to.

Think about a circular structure - a piece of writing that begins in one particular place, which then goes off in various directions tell a story but then ends up in the same place as it started is also a very satisfying structure.
Bring your piece to life – there is nothing like a few quotes or anecdotes to bring a piece of writing to life - even the most clinical, impersonal of subjects will have some relationship to the outside world if you look hard enough and a few words from those potentially affected by it will always bring a subject like this to life.

Include human interest – put some people into your story; again, even the most impersonal stories will by necessity have some relationship to the real world and the people that live in that world and any link that you can make to this world will bring the story closer to your audience.

Be aware of rhythm and pacing - there is actually a lot that can be learned from good stand-up comedy - the rhythm and pacing of a good story or joke told by a classy performer can actually give you great insights into how to address any audience. Watch how a great comedian builds up to and then delivers a punch line and imagine the effect you could have if you delivered your academic punch line with the same sense of pace, rhythm and timing.

Use humour .... but use it carefully; there is nothing like humour to bring even the most serious of subjects to life - one quick look at Shakespeare will show you how this can be done well - but make sure you use your humour carefully and make sure you’re prepared to deliver it well. Don’t forget that, if you do well in the competition, you may well end up telling the same story or reciting the same joke three or four times at various heats, semi-finals and eventually in the grand final. It takes a great performer to deliver a joke with spontaneity more than once so, if you do decide to bring humour - particularly jokes - into your presentation, just be sure that this is something you will be able to do well and that your humour won’t come across as stale and fall flat the second time around.

Write too much and then cut back – distil, distil and distil again; it is always better to write six minutes worth of presentation and cut it back to three than to write two minutes worth and have to pad it out to three. Cutting back, distilling and crystallising your presentation will always make for something that is punchier, more dynamic and more effective.

Read out loud to yourself - the easiest way to ensure that your writing sounds good is to read it out loud to yourself. And this doesn’t just apply to these 3MT, of course; the easiest way to spot any linguistic laziness or simply a poor turn of phrase is to read your writing out to yourself.

The ‘hook’ – this is a trick from journalism to get a reader involved in what you are saying – start with something that is of relevance to your audience to ‘hook’ them into your story. This can be something very personal, very emotive, and very human. Have a look at the 3MT YouTube examples from 2010 and see how many of the speakers start with a ‘hook’ that builds a bridge between the everyday experience of the audience and the very academic material they are about to present. The word ‘imagine’ can be very useful here, as can a link that takes a seemingly clinical subject, but relates it to something that is part of everyone’s lives. Have a look at the examples and see how knee injuries came to life courtesy of the World Cup.
The Slide

Now while you and your speech make up the majority of the presentation, you do have the luxury of having a slide projected behind you. Don’t waste this opportunity - when preparing your slide, you need to think very carefully about what its function is and how it can support, and not detract from, your three minute presentation.

Essentially your slide is a backdrop for a performance. Think of it as a tiny, two dimensional theatrical set, if you like. It needs to work at a fairly visceral level – it certainly doesn’t want to be competing with you in terms of information communication.

Again – a few ideas/hints that you can take in or ignore on when preparing your slide ...

“... and now a word from our sponsor ...” – while it is creditable that you want to acknowledge all the sponsors and supporters of your research project, your 3MT slide is not the place to be doing this. All that happens is that you end up with a very messy, overly busy slide that detracts from your overall presentation.

How much text is enough? How much is too much? This is a tricky question, but generally speaking very little text is what is required. Most of the text should be coming from your presentation and the text on the slide should just support this and act as a reminder of a few crucial points – your name, your topic and maybe one or two key phrases to reinforce the message - but very little more.

We can read your slide – you don’t need to do it for us! It might sound obvious but it has been known for a speaker to read out loud the content of a slide that has far, far too much text on it. This is slightly less interesting than watching paint dry and should be avoided at all costs.

Less is more – a slide can be too busy. Think clean, clear images with minimal text typeset in a striking font. Probably the best slide I have ever seen was for a talk on a near-extinct language in Tibet. A beautiful image of a village in Tibet that bled all the way to edge of the slide simply bore the speaker’s name and the presentation title in a clean, clear font in the bottom right hand corner – simple, dignified and highly effective.

The advantages and disadvantages of not having a slide – or, as I like to call it, the huge disadvantages of not having a slide. I have only seen this attempted once and it worked initially, but then backfired terribly thereafter. One presenter I saw thought they would make huge impact by – unlike everyone else – not using a slide at all. It worked the first time and even caused quite a ripple through the audience. However, the second time, the person operating the projector thought there had been a mistake so hastily advanced to the slide of the next speaker’s slide and the time after that, even though a blank slide had been inserted into the sequence, the screen saver kicked in half way through the three minutes and the audience had to try and concentrate on the speech while the Microsoft logo swooped around the screen. The moral of the story? It’s a nice idea, but one which has the potential to backfire on you hugely.

Use a slide!
ROLE MODELS
So who should you be looking to emulate when you present your three minute thesis? TV presenters (particularly from non-commercial stations), public speakers, commentators and public intellectuals, such as Natasha Mitchell, Brian Cox, Emma Johnston and Genevieve Bell are good examples, but I am sure you won’t need to look far to find great examples of people who can speak well, accessibly and in a lively, intelligent and engaging manner.

WHAT NOT TO DO
Of course there are some definite ‘NO-Nos’ – some spelled out in the rules of the competition and some not.

Costumes – just dress as though you were going for a three minute job interview, OK? You don’t need to dress any more than that. If the judges sense even the hint of a costume, out you go!

Props – same as costumes; a very big no-no in the rules. It’s the power of your words and your oratory we are looking for, not your skills with a deck of cards or a baton!

Slide transitions – don’t even think about it. Not even a tiny, sneaky automatic one. If your slide so much as changes one pixel – again: out you go!

Muttering – if we can’t understand you, we can’t give you a good mark, can we? Same ‘job interview’ rules apply – there is very little point in writing a magnificent speech if no-one can hear it. Speak up. And, if speaking up doesn’t come naturally to you, practise!

Looking at the floor – eye contact is crucial here; an old speaker’s trick is to aim to make eye contact with everyone in the audience (judges included) at least once during your speech. You’d be amazed how much more personal – and, therefore, effective – this makes your speech.

Sex, religion and politics – the three great dinner party conversation starters/stoppers. Just remember: you don’t know anything about your audience’s or your judges’ belief systems, morals, ethics, standards, etc., so raise these subjects at your own risk – you might get away with it with a dash of humour or as your ‘hook,’ but do it carefully. Very carefully.

“ums”, “ahs” and “ers” – come on, people; you’ve only got three minutes! Get yourself a recorder (audio or video) and record yourself. Play it back and become aware of when you um and ah. Then practise, practise and practise until you have eliminated this.

Hands in pockets or hypergesticulation! Find the middle ground with your hands – don’t tuck them away in your pockets as that looks unnatural, not to say slightly shifty, but equally avoid looking like an operatic tenor on steroids. Back to good on-screen talent such as foreign correspondents for that one, I think.
WHAT YOU ARE AIMING FOR

Confident     Humble     Authoritative
Calm         Genuine     In Control
Likeable     Credible

REMEMBER ...

Every good performance – even the most spontaneous looking ones – is the result of a great deal of careful preparation and an enormous amount of rehearsal.

You’ve only got three minutes .... so make every second count. Good luck!

Simon Clews
Melbourne University
April 2011
JCU 3MT and Visualise Your Thesis

2019 FINALS EVENT