






3 Minute Thesis: Racing Against the Clock

Trinh Hua

MY HEART	
Resting	
Exercising	
Presenting a 3 minute thesis	

About me

2014-2017

Bachelor of Pharmacy
University of Queensland, Australia

2018-
present

Clinical pharmacist
The Prince Charles Hospital, Australia

2019-
present

PhD candidate
Calcium Signalling in Breast Cancer Research Lab
University of Queensland, Australia



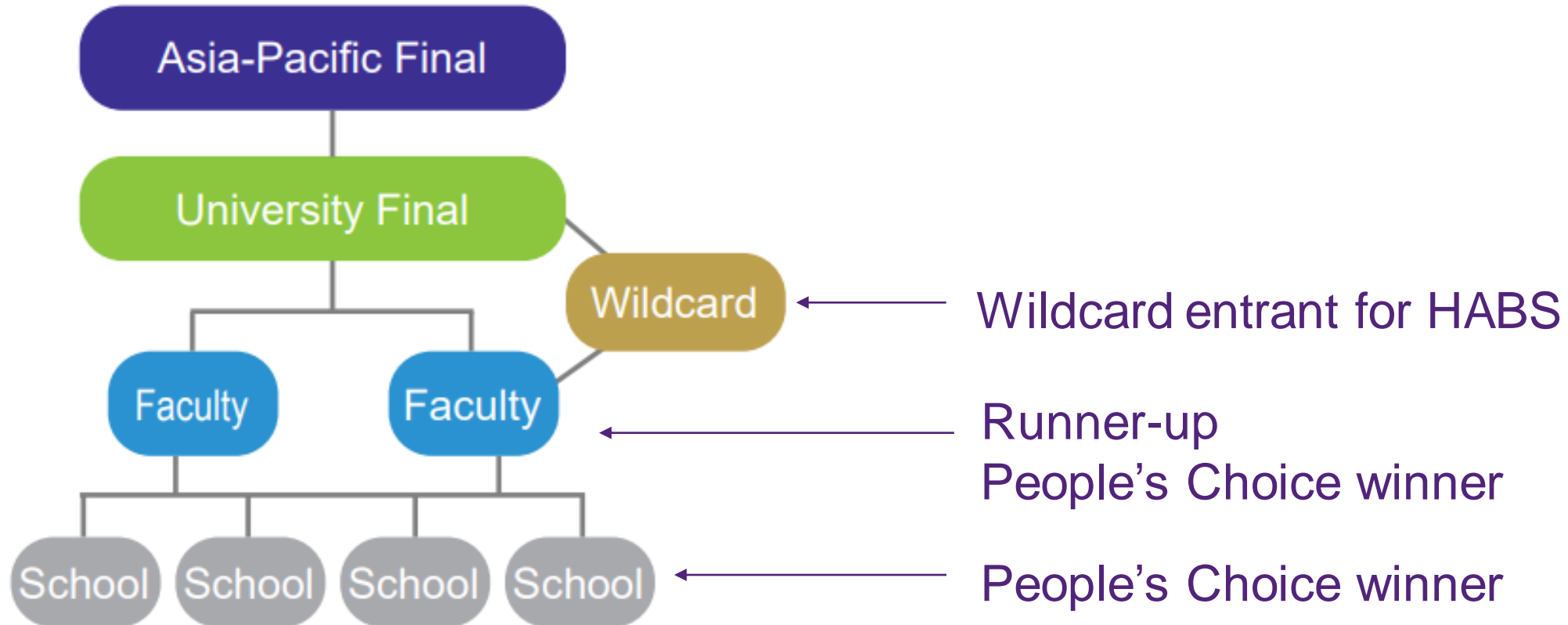
The 3MT Challenge

- A research communication competition
- Developed by UQ in 2008
- Across more than 80 countries worldwide
- Present your research to a non-specialist audience in only 3 minutes



My 3MT experience

- Virtual format due to COVID-19



Cancer zombies and where to find them

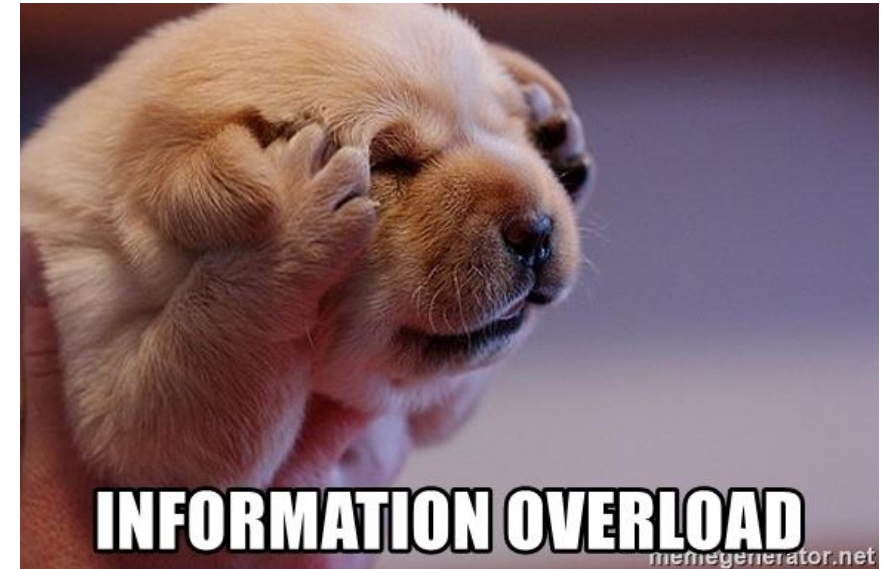
Take part in the challenge

- Great learning opportunity
- Gain valuable communication skills
- Connect with the general audience
- Keeping it short and sweet!



Less is more

- **Determine the crux of your research**
 - Do this before you start writing
 - Can take a while
 - Rule of thumb: One main point per minute
- **Don't be afraid to pick and choose**
 - You cannot possibly include everything!
 - Avoid information overload



Think outside the box

- A great opportunity to experiment
- Be original
- Stand out from the crowd
- Find your narrative or analogy
 - Take advantage of what your audience already knows
 - Communicate more information with fewer words
 - Tell a story, rather than just give information



“Making the brain a no-go zone for
breast cancer”
Silke Chalmers

Start with a BANG, end with a BANG!

- Grab the audience's attention from your very first sentence
- Be creative with your opening
 - Provocative statement?
 - Thought-provoking question?
- Evoke an emotional response
- End with a strong take-home message
- Refer back to the opening message when closing



Practice, practice, practice

- Practice with your **intended** audience
 - With a timer!!!
- Beware of jargons
 - Handy tip: Print out a copy of your speech and ask family and friends to circle words they don't fully understand
- Simplify your research – generalise technical information



Simplify your slide

- Less is more
 - A detailed slide will capture **ALL** of the audience's attention
- Avoid/reduce text on slide
- Use images to assist with explaining the research project
- Interact with your slide

Simplicity takes



WORK.

Don't neglect your title

- Dedicate time for your title
- Make it catchy and memorable
- Decides whether or not the audience will pay attention
- Remind the audience of you and your talk



Don't forget to have fun!

- Be yourself
- Add your own personality/style
- The audience can tell when you are having fun!



HOW I SEE MYSELF



HOW OTHERS SEE ME

“Ocker or Oriental? Asian Australians
and the Denial of National Identity”
Dr. Michael Thai



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

Thank you