3 Minute Thesis: Racing Against the Clock

Trinh Hua

<table>
<thead>
<tr>
<th>MY HEART</th>
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<tbody>
<tr>
<td>Resting</td>
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<tr>
<td>Exercising</td>
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<tr>
<td>Presenting a 3 minute thesis</td>
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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

[Diagram showing the hierarchy of Asia-Pacific Final, University Final, Wildcard, Faculty, and School, with notes: Wildcard entrant for HABS, Runner-up People’s Choice winner, People’s Choice winner]
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

www.youtube.com/watch?v=r9E71qD_n2U
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
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!

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