



# How to become a 3MT Champion Information Session



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The University of Regina is situated on the territories of the Nêhiyawak, Anihšināpēk, Dakota, Lakota, and Nakoda and the homeland of the Métis/Michif Nation. The University of Regina is on Treaty 4 lands with a presence in Treaty 6.



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# Agenda

Introductions

What is 3MT?

Tips for participating in 3MT

2026 3MT Competition



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# Introductions

**Wendy Forsberg**  
Student Experience Coordinator, FGSR

**Baily Hack**  
Masters Student in Social Work  
2024 UR 3MT Champion,  
Western Regional People's Choice Winner



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# Introductions

What is your name?

What department are you in?

What is your research question?



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# What is 3MT?



- 3MT (Three Minute Thesis) is an international research symposium where graduate researchers from across disciplines are invited to share their research in three minutes.
- It's an opportunity to develop a valuable skill-set: to communicate complex ideas in a concise, clear and engaging way.
- It's a chance to present your thesis, MRP, or dissertation work to people from beyond your discipline.
- A panel of judges will select one researcher to represent the University of Regina at the regional finals



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## Why is 3MT important?



Build oral communication skills – learn how to explain complex work in simple terms



Meet other researchers to exchange ideas and collaborate



Platform to tell a wide audience about your research



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# Eligibility



## Eligibility for Enrollment Status:

- Eligible: Master's and PhD students (thesis-based), either full-time or part-time. Full-time status might be required for certain events like Western Regionals/Nationals.
- Not Eligible: Students in course-based programs, visiting or exchange students, and those on leave.

## Program Progress:

- Eligible: Graduate students at any stage of their program, including those who have defended their thesis but have not yet convocated.
- Not Eligible: Students who have already convocated.

## Presentation Requirements:

- Presentations must be based on the student's primary research conducted in their graduate program.
- Presentations should be in English.

## Presentation Format:

- Graduate students must present live and consent to be photographed, digitally recorded, and agree to public dissemination of the recordings.



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# Competition Rules



## Slide Requirements:

- Only a single static PowerPoint slide is allowed.
- The slide must have a 16:9 aspect ratio.
- No transitions, animations, or any kind of movement are permitted on the slide. It must be static from the start of the presentation.

## Media and Props:

- No additional electronic media, such as sound or video files, is permitted.
- No extra props like costumes, musical instruments, or laboratory equipment are allowed.

## Presentation Guidelines:

- Time Limit: Maximum of three minutes. Presenters exceeding this limit are disqualified.
- Format: Presentations must be in regular prose, not in forms like poems, raps, songs, or spoken word.
- Location: Presentations must start from and remain on the stage.
- Start of Presentation: Considered to have started when the presenter begins speaking or moving.
- The decision of the adjudicating panel is final.



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# Judging Criteria



## 1. Comprehension & Content:

- Clarity in conveying the purpose and significance of the research (the why and what).
- Clearly described the presenter's role, research design/strategy, and process (the how).
- Clearly communicated the results, conclusions, and/or potential impact of the research (the so what), with appropriate attention to research integrity. Note: Research integrity is very important. Results, conclusions and potential outcomes should be realistic in respect to where the research is and what it may lead to.
- The slide was well-defined and enhanced the presentation, supporting understanding and reinforcing key points.

## 2. Engagement & Communication:

- Spoke clearly and confidently, with strong voice projection and pacing.
- Used language appropriate for a non-specialist audience, explaining technical terms as needed (jargon-free).
- Showed enthusiasm, capturing and maintaining the audience's attention throughout the presentation.
- Avoided oversimplifying or over-generalizing the research.



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## Judges Rubric

1-2 Needs improvement, some major weak spots	3-4 Fair, but some significant weak spots	5-6 Good, but some weak spots	7-8 Very good, only very minor flaws	9-10 Outstanding, no flaws
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Please score each line in the 2 sections below between 1 and 10. Half marks are ok. Overall score /80.

COMPREHENSION AND CONTENT	/10 each
<i>Why &amp; What?</i> - Presentation provided clear background & significance to the research question	
<i>How?</i> - Presentation clearly described the presenter's role in the research, the research strategy/design & the results/findings	
<i>So what?</i> - Presentation clearly described the (or potential) conclusions, outcomes and impact of the research. <i>Note: Research integrity is very important. Results, conclusions and potential outcomes should be realistic in respect of where the research is and what it may lead to.</i>	
The PowerPoint slide was well-defined and enhanced the presentation	
	Score out of 40

ENGAGEMENT AND COMMUNICATION	/10 each
<i>Delivery?</i> The oration was delivered clearly	
<i>Accessible?</i> The language was appropriate for non-specialist audience, or was accompanied by an explanation to make terms understandable to a non-expert audience (non-specialist)	
<i>Enthusiasm?</i> Presenter conveyed enthusiasm for the research, captured & maintained the audience's attention	
<i>Not oversimplified?</i> Presenter was careful not to oversimplify or generalize the research	
	Score out of 40

OVERALL SCORE	/80



## Prizes

- Winner: \$1,500
- Runner-up: \$1,000
- First Runner-up: \$500
- People's Choice: \$500

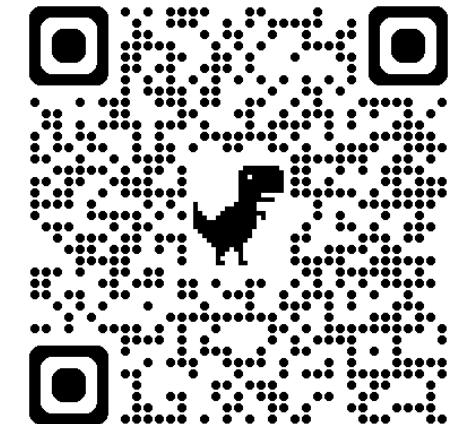


## Competition Advancement

- The Winner from the University of Regina 3MT® competition will advance to participate in the Western Regional 3MT® competition.



## Michael Mensah - 2024 National 3MT Winner



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# Speaking text



- First draft would likely be more than 3 minutes. You will be able to shrink it after a few drafts
- You may start with a statistic or story that encapsulates your main research problem
- Write speaking text in sections – Helps with memorizing
- Use simple words - avoid acronyms and jargons



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# Tips for effective oral communication (Prepare)



Practice!  
Practice!  
Practice!

Present to as  
many people as  
possible – Ask for  
honest feedback

Pace yourself

Tone variation is  
helpful

Go to venue and  
practice there

Let your  
emotions mirror  
your words

Record yourself  
and play it back  
over and over

Keep your slide  
simple

Show passion for  
your research



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# Tips for effective oral presentation (Present)



- It is okay to feel anxious – Chances are everyone else will be anxious too
- If you forget a word or phrase, don't worry. Keep going
- Look into the eyes of your audience and the judges when speaking



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# Tips for Engaging with Your Audience



Think about  
your  
communication  
style

- How do you  
communicate with  
others?

What kind of  
story does your  
research tell?

Try to stay at  
the 10,000 ft  
level

- Don't get caught  
up in the weeds!

If you can...  
use a *hook*



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# How to Convey the Importance of Your Work to Others

- Highlighted what makes the research interesting, meaningful, or compelling.
- Showing passion and creativity in your presentation can convey significance and grasp attention
- Created a presentation that sparked interest and curiosity about the topic.
- Place emphasis on your take-home message
- Practice with your intonations, body language, and positioning.
- Synchronizing these aspects can compel your audience



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# Other Resources

On our 3MT Website (scan to go directly there)

- **McGill University** provides a [presenter's guidebook](#) with a checklist and how to's for your slide and your presentation.
- **The Texas A&M University** has put together a series of helpful information about [eligibility, rules, and tips](#).
- **Danielle Fischer** provide [10 hints to improve 3MT presentations](#).
- **Anett Grant** addresses [Six Pieces of Bad Speaking Advice That Just Won't Die](#).
- **Matt Abrahams** (Stanford University) provides [Tips and Techniques for More Confident and Compelling Presentations](#).



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Please scan for the  
3MT Competitor Guide



# Schedule of 2026 3MT Events



- **Writing Your Presentation (aka Elevator Pitch)** - *Wednesday Jan. 21 12- 1:30 pm, RIC 208* - GATE's Ashley Dennison.
- **Knowledge Mobilization** - *Tuesday, Jan. 27, from 12-1:30pm at LaCite in CT 215* - Emilie Kossick.
- **Stage Presence workshop** - *Thursday Jan. 29, from 3-4:30 p.m. at LaCite in CT 215*  
- Professor Shannon Holmes.
- **Visual Presentation (Slide Development)** - *Feb. 4, 10 a.m.-12 p.m., ED 114* – with Michael Mensah, 2024 National 3MT Winner.
- **Presentation Skills workshop** - *Feb. 5, 12-1:30 pm via zoom* - Professor Kathryn Ricketts.



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# Schedule of 2026 3MT Events



**Heat 1** - Wednesday Feb.11 starting at 5 p.m. in ED114

**Heat 2** - Thursday Feb.12 starting at 10 a.m. in ED114

**Heat 3** - Thursday Feb 12 starting at 5 p.m. in ED114

**Insights Session** - Monday Mar. 2, from 2:30-4:30 p.m. in AH 318

**3MT Finale** - Thursday Mar. 26, from 6pm - 9:30 pm at Darke Hall



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# RESEARCH COMMUNICATIONS DIGITAL BADGE

BUILD CONFIDENCE. STRENGTHEN YOUR VOICE. SHARE YOUR RESEARCH WITH IMPACT.

PROGRAM  
RUNS  
JANUARY 21 -  
FEBRUARY 12





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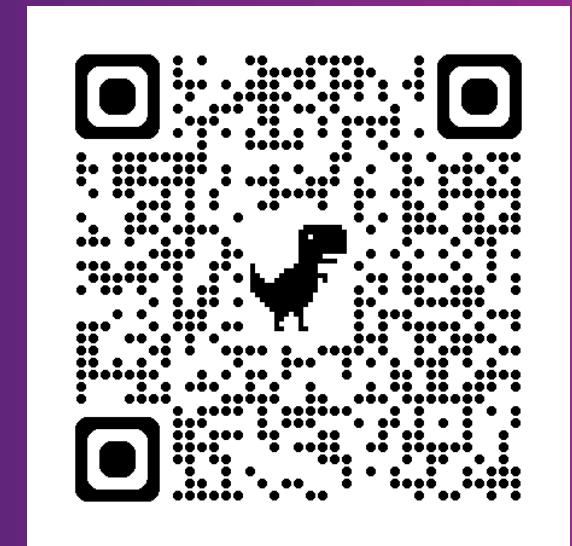


# Don't forget to register!

## Early Bird Registration

Register to compete by **Jan 16** for a chance to win one of three \$100 gift cards (to be awarded after the Heats).

Registration closes **Feb. 6.**





## Any questions?

3MT Competition brought to you by:



Office of the Vice President, Research and the  
Faculty of Graduate Studies and Research



# Baily's 3MT presentation



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# Three Minute Thesis Competition



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