Questions and Answers about the UO Online 3MT competition

What is a Three Minute Thesis Competition?
The **Three Minute Thesis** competition or 3MT, is an annual competition held in over 200 universities worldwide. It is open to all graduate students, and challenges participants to present their research in just 180 seconds, in an engaging form that can be understood by an intelligent audience with no background in the research area. This exercise develops presentation, research and academic communication skills and supports the development of research students' capacity to explain their work effectively.

Who can compete in the University of Oregon Online 3MT competition?
All current UO graduate students can compete.

Why participate in the 3MT competition?
3MT competition cultivates students’ academic, presentation, and research communication skills. Presenting in a 3MT competition increases their capacity to effectively explain their research in three minutes, in a language appropriate to a non-specialist audience. Plus, you can win prize money!!

What are the guidelines for a 3MT Presentation?
- A single static PowerPoint slide is permitted. No slide transitions, animations or 'movement' of any description are allowed. The slide is to be presented from the beginning of the oration.
- No additional electronic media (e.g. sound and video files) are 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.

How do I compete in the UO Online 3MT competition?
- Create one static PowerPoint slide
- Film your 3MT presentation using Zoom and a webcam or a smart phone camera
• Sign up using this submission form
• Upload your video on the submission form

**To complete the form, you will need:**
• Your ID number (95-number)
• A photo and brief bio for your presenter profile
• Name and email of your program and academic advisor
• A title for your presentation
• Brief description of your presentation
• Your 3MT slide (A single static PowerPoint slide is permitted. No slide transitions, animations or 'movement' of any description are allowed
• A video of your 3MT presentation. Your video must be no more than 3 minutes long. Videos longer than 3 minutes will be disqualified.

**What should I put in my presenter bio?**

You should include your name, program, educational background, a little about your research and whatever else you want people to know about you. You can see examples of other 3MT competitor bios here.

**What are the prizes?**

1st $500  
2nd place $300  
3rd place $200

**How is my presentation judged?**

Judges will view your video and slide and rate your presentation using this [3MT Judging Criteria](#)

**Comprehension and 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?

**Engagement and communication**

• Did the oration make the audience want to know more?
• Was the presenter careful not to trivialize or generalize 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?

**Can I participate if I don’t want to be on the UO 3MT website?**

Absolutely, you do not have to be on the website to participate in the 3MT competition. You will not however be able to participate in the public People’s Choice competition.