



3-MINUTE RESEARCH PRESENTATION (3MRP) COMPETITION

GUIDELINES & INFORMATION



Office of Graduate and Professional Studies

WHAT IS THE 3MRP?

- The 3-Minute Research Presentation (3MRP) is a dynamic competition where graduate students showcase their thesis, dissertation, capstone project, or creative work and research, and explain its significance to an intelligent, non-specialist live audience in just **three minutes**.
- Participants are allowed **one stationary slide** to support their presentation.
- Participants must present research that includes existing findings or evidence. The project or research does not need to be fully completed, but it must go beyond a proposal and **show data or results** that have already been collected.

BACKGROUND

Based on the “3-Minute Thesis” (3MT®)

- Developed by The University of Queensland, Australia in 2008

3MT® is a form of research aimed at:

- “Developing academic, presentation, and research communication skills and supports the development of research students’ capacity to effectively explain their research in three minutes in a language appropriate to an intelligent but non-specialist audience.”

NAU’s 3MRP competition will allow students to:

- Communicate the significance of their research to a general audience in a public forum.
- Develop skills that increase a language-base suitable for a wide range of audiences.
- Develop and improve presentation and communication skills.

RULES

- A single static PowerPoint slide is permitted
 - No slide transitions, animations, or any form of movement; the slide must be visible from the start of the oration.
- No additional props (e.g., costumes, musical instruments, laboratory equipment) are permitted.
- Data and research presented in the competitions should be considered as information **likely** to enter the public domain.
- Presentations are limited to three minutes, and competitors exceeding three minutes will be disqualified.
- Presentations are to be spoken word (no poems, raps, or songs).
- **No notes, assistance, or reading/partial reading of the presentation or PPT slide is allowed.**
- The announcer of the 3MRP program will introduce you by name and the title of your presentation. The timer will start as soon as the presenter begins talking.
- The decision of the judges is final.

ABSTRACT CRITERIA

A brief *Abstract* (200-500 words) should include the following information:

1. Clarity of the project's focus (What is the purpose of the project?)
2. Significance of the research or creative activity (Why is this project important?)
3. Impact of the research or creative activity (What application does this project have?)

PRELIMINARY HEATS VS FINAL COMPETITION

Although the Preliminary Heats will be held via MS Teams, the finals will be in person. **Score results in the preliminary heats determine whether the participant advances to the final competition.**

Key Expectations:

- **Same Level of Effort** - Prepare and present as if you are in the final competition.
- **Professionalism Matters** - Dress appropriately, minimize distractions, and ensure your technology works smoothly.
- **Be Fully Prepared** - Memorize your presentation and rehearse thoroughly.
- **NOTE: Judging Standards Are Consistent** - Judges will evaluate preliminary heats using the same criteria as the final competition.

EVALUATION RUBRIC

Comprehension and Content (Maximum Score = 15 pts., 5pts. each)

1. Did the presentation provide clear motivation, background, and significance to the research question, scholarly activity, or creative work?
2. Did the presentation effectively describe the strategy or design and communicate the results and findings of the work?
3. Did the presentation successfully convey the conclusions, outcomes, and overall impact of the work?

Engagement and Communication (Maximum Score = 15 pts., 5pts. each)

1. How effectively did the presenter communicate the research using language appropriate for a non-specialist audience?
2. How successfully did the speaker convey enthusiasm for their work and maintain interest throughout the presentation?
3. How well did the PPT slide enhance the presentation and contribute to the understanding of the content?

DEADLINES & TIMELINES

Event	Deadline Date
Prepare PPT Slide & Abstract	Between Saturday, January 23rd-Thursday, February 4th
Submit Preliminary Heat Slide & Abstract to 3MRP@nau.edu	By Friday, February 5th
Sign up for Preliminary Heat date/time slot (link will be provided)	By Monday, February 8th
Preliminary Heats via Teams Presentation slots will be 15 minutes each	Tuesday, February 16th & Wednesday, February 17th
Notification of finalists to NAU email	Friday, February 19th
Finalists submit bio, professional headshot, and final 3MRP slide to 3MRP@nau.edu	By Friday, February 26th
Final Competition Presentations	Thursday, March 10th, 3:00pm-4:30pm Location: NAU- Flagstaff Mtn. Campus, Ashurst Auditorium, Bldg. #11

RESOURCES

Cline Library:

- Subject Librarians: <https://in.nau.edu/library-cline/contact-your-subject-librarian/>
- Video recording/editing equipment and software
- Practice rooms and quiet spaces
- Creation Spaces: <https://in.nau.edu/library-cline/creation-spaces/>



Photo of a stack of books

Office of Graduate & Professional Studies: Email: 3MRP@nau.edu

•3MRP Website: <https://in.nau.edu/office-graduate-professional-studies/3-minute-research-presentation/>

Example Presentations:

- Global 3MT®: <https://threeminutethesis.uq.edu.au/watch-3mt>
- NAU 3MRP YouTube: <https://www.youtube.com/@naugraduatecollege2860/videos>
- UBC 3MT®: <http://3mt.grad.ubc.ca/videos-images/2013-finalists/>

Additional Tools:

- “Making the Most of Your 3 Minutes”: <https://simonclews.com/wp-content/uploads/2018/06/YTSN.pdf>
- 3MT® Competitor Guide: <https://threeminutethesis.uq.edu.au/resources/3mt-competitor-guide>

•**Career Development:** Professional clothing through the Career Closet: <https://in.nau.edu/career/closet/>

THE SLIDE - THINGS TO THINK ABOUT

- Edit down - Less is better.
- One impactful image or diagram that encapsulates your research (be creative).
- You don't need a title on your slide, but if you want to include text:
 - It could be a question to spark the audience's interest.
 - It could be a quote (remember to cite it).
- Slide should not detract from the presentation.
 - The focus is on you and your presentation.
 - The slide enhances; it does not upstage.
- A title slide with the finalist's name, program, headshot, and presentation title will be created by OGPS and announced before the start of the presentation.

SAMPLE PRESENTATION SLIDES

Sample slide #1

- Confusing layout
- Too much content
- Inconsistent images
- No hierarchy
- Difficult to understand topic

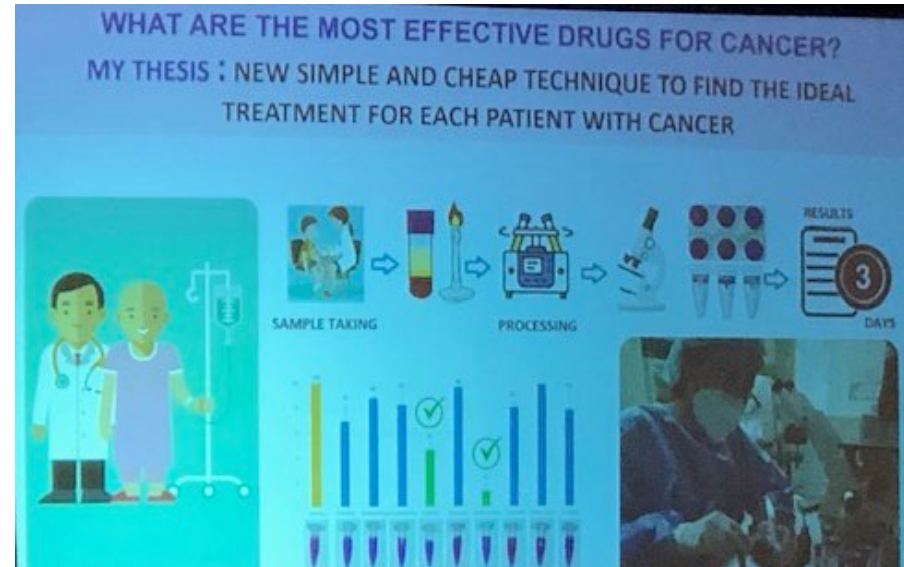


Photo of a poorly organized poster

Sample slide #2

- Clear layout
- Balanced content
- Consistent visual theme
- Easy to understand topic
- Professional

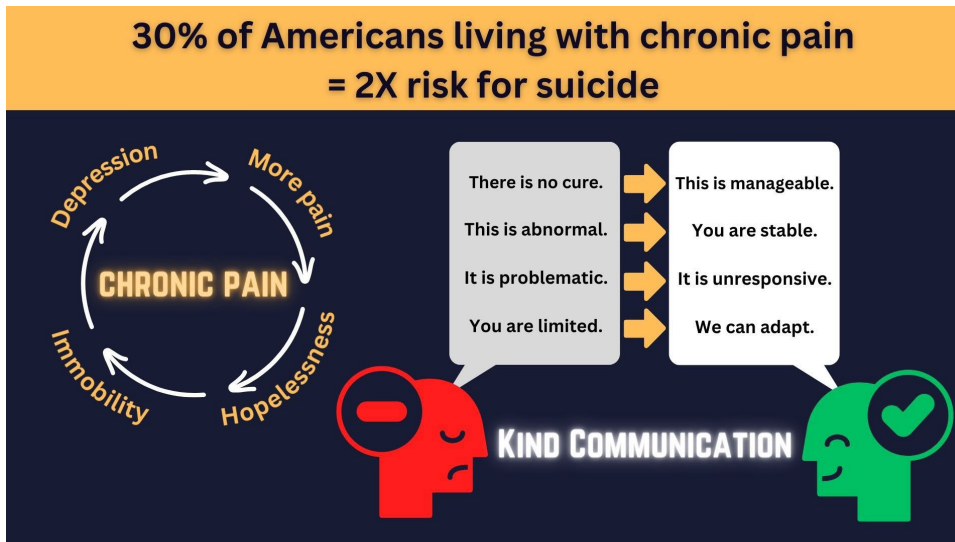


Photo of a well-organized poster

QUICK NARRATIVE TIPS

- Explain concepts or process, as needed.
 - Understand your audience's level of knowledge.
 - Use specialized terms as needed but define them (briefly).
 - Address the why and potential impact.
- Use language and numbers for impact.
 - Don't overwhelm with numbers but illustrate trends.
 - Use analogies to explain a complex topic.
- Map out your narrative flow.
 - Start with a compelling research question or problem.
 - Explain the challenge or gap.
 - Share how your research addressed it.
 - Conclude with the key findings and its significance.

ORAL COMMUNICATION

Speaking

- Be concise
- Use shorter sentences
- Choose active verbs over passive verbs
- Avoid technical jargon and acronyms
- Slow down and think about rhythm and pacing

Using your voice and body language

- Vary tones, pauses, and project
- Make eye contact, hand gestures, exude confidence

Take a deep breath before you begin speaking

WHAT TO AVOID

- Muttering Static Vocalisms (a pause is OK).
 - “um”, “ah”, and “er”
 - “like” or “you know?”
 - “OK?”
- Looking at the floor or obviously avoiding eye contact.
- Hands in your pockets or highly animated gestures.
- Self-criticism before or during your presentation.
- Comparing your presentation to others.
- Making changes 24 hours before the final presentation.



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THANK YOU!

If you have questions, please contact:

3MRP@NAU.EDU