



**UTTyler**<sup>™</sup>

THE UNIVERSITY OF TEXAS AT TYLER

# 3MT 2026 Informational Slides

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Spring 2026

***If you had just 3 minutes to convince someone why your research matters, could you do it?***



## What is 3MT<sup>®</sup>?

***3MT<sup>®</sup> is a fast-paced, high-impact research communication competition. Developed by The University of Queensland, it challenges you to distill your complex research into a compelling 3-minute pitch—no jargon, just clarity. Your audience? A panel of faculty judges and a room full of curious minds.***

### 3MT<sup>®</sup> Competition Rules

- Your presentation time starts counting once you begin speaking
- You're only allowed one static slide
- No transitions, animations or movement of any kind
- No props, sounds, music or videos either
- Your presentation must be delivered as spoken word; no poems, raps or songs

# What You Gain from 3MT – Beyond the Trophy



## Networking

- Meet your peers and discuss your research
- Build camaraderie and sportsmanship

## Skill Development

- Great preparation for your thesis defense, conferences, or interviews
- Competence building for sharing the impact and importance of your research;  
*think funding*

## Career Boost

- Build your CV/Resume
- Gain experience competing in a globally recognized competition

## Visibility & Recognition:

- Your presentation will be recorded and hosted on Scholar Works, UT Tyler's research repository. You can reference these links in your job or future college applications
- 3MT winners will be announced to the entire UT Tyler community

# How do I Approach my Presentation?

## *Think Elevator Pitch!*

First, forget all you think you know about scientific presentations and think about your audience!



*Your audience is intelligent, but they don't have your expertise—make it easy for them to follow*

## Understand your research

Ask yourself questions like;

- Why is my research important? – Make it relevant to your audience. Will it save ocean life?...
- What problem(s) am I looking to solve?

## Research Storytelling

*Problem?*

*Solution?*

*Impact?*

- Highlight what is really important to your audience – *Your audience cares about the big picture, not the fine details.*
- Present a confident, credible and calm demeanor – *you reach here with practice*

# Designing Your Static Slide

*Your slide should support your message, not tell the story for you.*

It is a visual cue, not a script. Remember, the judges and audience will see it the whole time; make it clear and meaningful.

## What Makes a Great Slide?

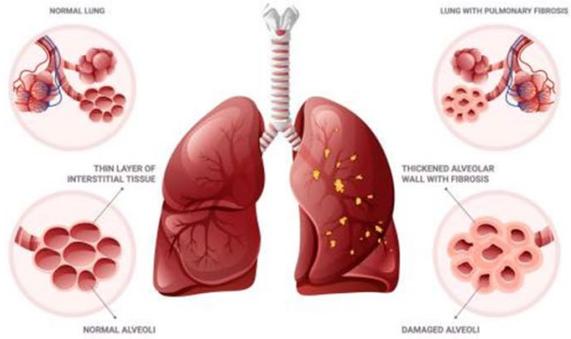
- **Clear & simple visuals**
- **Minimal text; don't overcrowd your slide with words**
- **High Contrast visuals: make sure your icons and text are distinct and easy to see from a distance**
- **Alignment with your story: your images should connect to your message**



## **AVOID!**

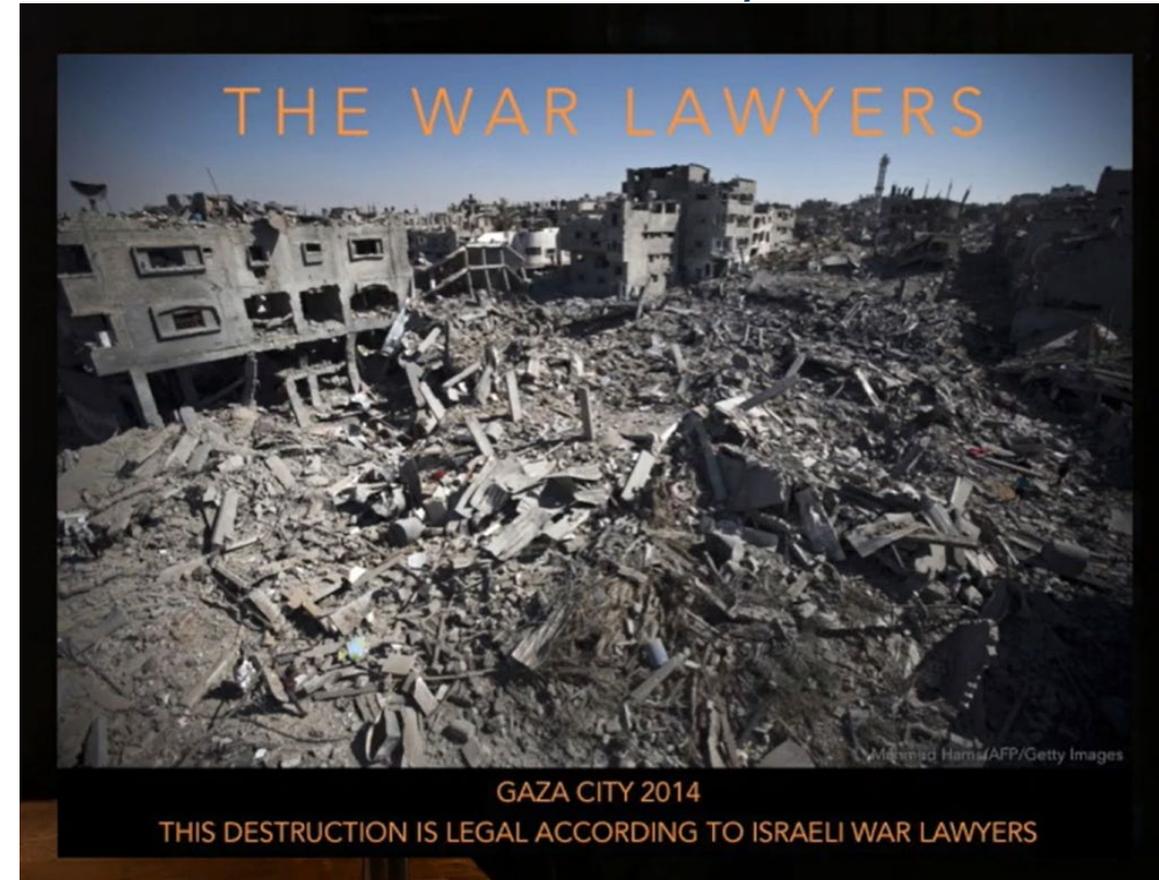
- **Long paragraphs or bullet points**
- **Graphs that need explaining**
- **Reading directly from the slide**

# Idiopathic Pulmonary Fibrosis

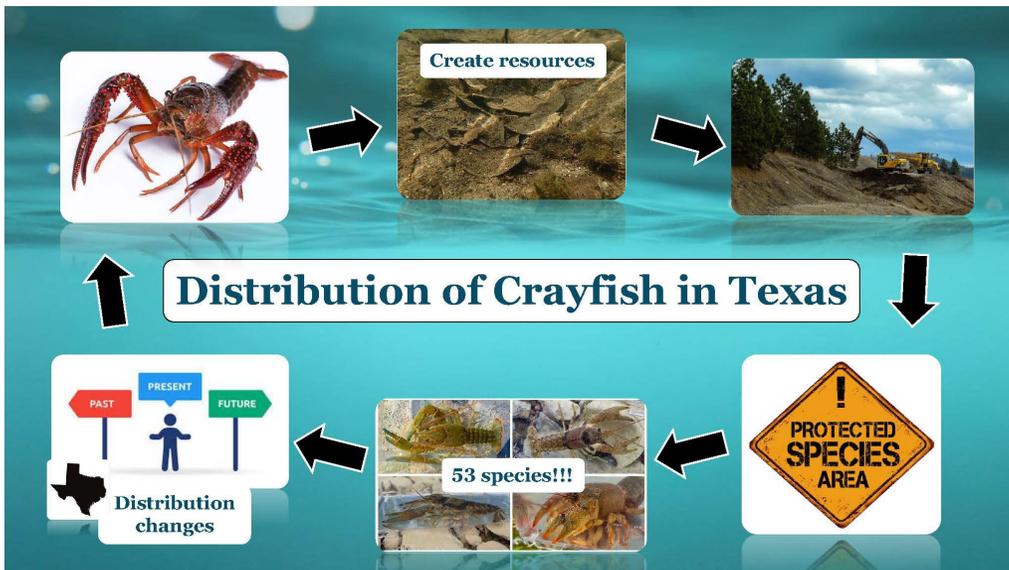


Myocardin?

Craig Jones (1<sup>st</sup> Place & People's Choice Winner  
3MT 2016 UBC)



Elizabeth Croft (1st Place 3MT 2025 UT Tyler)



# Your Speech/Script

## The Hook:

- **Grab the audience's attention with a Powerful Opening**
  - A relatable statement, question, vivid scenario, analogy, a real-world example, etc.
    - ***“What if I told you that in 10 years, your job might not exist?”***
  - This helps you establish why your research matters in everyday life

## The Core:

- **Explain your research simply and with clarity**
  - Introduce the problem, approach and the potential impact
  - Ditch the technical jargon!
  - Use a conversational tone, break down concepts into bite-sized pieces

## The Close:

- **End with a strong takeaway and memorable closing**
  - If possible, return to your hook and create a full circle moment
  - Highlight the real-world impact of your research
  - End with a call to action or a powerful thought
  - **Pause for effect before you conclude – allow the audience to absorb your final message!**

# Your Speech/Script - Examples

Phase	Weak	Strong
<b>The Hook</b>	My research is about neurodegenerative diseases	Every 3 seconds, someone in the world is diagnosed with dementia. What if we could slow it down?
	I'm studying leadership styles in education	Every teacher remembers that one principal who made all the difference. What makes a leader like that?
	My project looks at African diaspora literature	What does home mean to someone who's never truly felt at home? My research in African diaspora literature explores that question
<b>The Core</b>	I am studying bacterial resistance mechanisms	Superbugs are becoming stronger, and antibiotics are failing. My research is finding new ways to fight them before it's too late.
	I looked at how nonprofits operate in rural areas	When a town loses its only clinic, it's not just a health crisis, it's a community crisis. My research shows how rural nonprofits are the first responders in these moments
	I'm collecting survey data from college students	My survey of 300 college students reveals a surprising link between imposter syndrome and class participation—especially among first-generation students
<b>The Close</b>	Thank you for listening to my presentation	One day, thanks to this research, cancer detection might be as easy as a routine blood test. And that day is coming sooner than you think.
	This has implications for my field	These stories aren't just literature—they're blueprints for resilience and cultural survival
	That's why this research is important	This research is helping us design more inclusive classrooms where students don't have to second-guess their voice

# Common Concerns

## 1

### Fear of public speaking

- What if I freeze or forget what to say?
- What if I sound nervous?

#### **Tips**

- *Even experienced speakers feel nervous! The key is preparation and practice*
- *Practice out loud, record yourself, and practice deep breathing to stay calm*
- *Remember! This is your work, you're the expert on your research, no one knows it better than you*

## 2

### Fear if oversimplifying your research

- Will I dumb down my work too much?
- How do I explain my research to a non-specialist audience?

#### **Tips**

- *3MT is about providing clarity, not dumbing down your work*
- *Focus on **why** your research matters, rather than on technical details*

## 3

### Fear of the 3-Minute Time Limit

- How can I possibly explain my entire research in just 3 minutes?
- What if I run out of time?

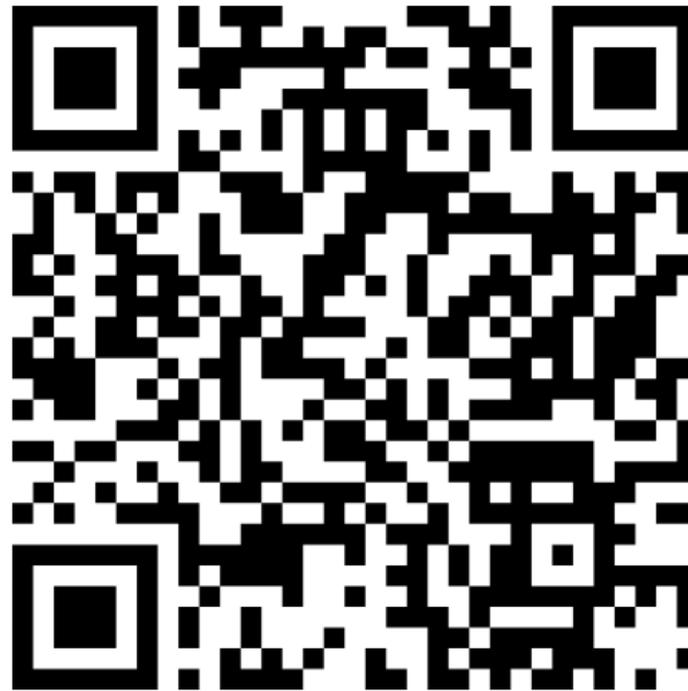
#### **Tips**

- *3MT is not about saying everything, just the most important parts; the problem, your approach, and why it matters*
- *Use a structure:*
  - *Hook – Why should they care?*
  - *Your research – What is the problem? How are you solving it?*
  - *Impact – Why does it matter?*
- **Less is more!**

# More Concerns...

- **Fear of poor delivery; speech timing, fidgeting, eye contact, forgetting lines...**
  - *Practice with feedback*
  - *Pace yourself with natural pauses*
  - *Memorize your structure and not every word (use prompts in your slide)*
- **Fear of not sounding exciting enough; technical topic, people won't care...**
  - *Find the human element in your research – how does it impact people?*
  - *Use storytelling to forge a connection with the audience, people relate to stories*
  - *If you sound excited, the audience will be too*
- **Fear of being judged or criticized; unimpressive research, they won't understand me...**
  - *Judges evaluate, not criticize – they want you to succeed*
  - *Feedback is meant to help you improve, not tear you down*

***You're already doing the hard part – your research!***  
***Why not take 3 minutes to share it in a way that makes  
an impact?***



# Additional Resources

- **3MT<sup>®</sup> Competitors Guide, University of Queensland (UQ), Australia:**  
<https://threeminutethesis.uq.edu.au/resources/3mt-competitor-guide>
- **3MT<sup>®</sup> Winning Presentation; Emily Johnston, University of South Australia, 2014:**  
<https://www.youtube.com/watch?v=dh0pJdgY6Lc>
- **3MT<sup>®</sup> Winning Presentation; Zahra Ghiasi, Texas A&M University Grad School, 2024:**  
<https://www.youtube.com/watch?v=u-52y3aExdE>
- **3MT<sup>®</sup> Winning Presentation; Favour Nerrise, Stanford University Grad School, 2025:**  
<https://www.youtube.com/watch?v=PczCM3GwB4Q>
- **Winning Tips for Preparing a Successful Three-Minute Thesis 3MT<sup>®</sup> Presentation, Ohio University Graduate College:** [https://www.youtube.com/watch?v=D\\_1MK3Ub9QM](https://www.youtube.com/watch?v=D_1MK3Ub9QM)

# Questions / Comments?



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