



# **3-MINUTE RESEARCH PRESENTATION (3MRP) COMPETITION**

## **2024-25 INFORMATION/TRAINING SESSION**

**PLEASE PUT YOUR NAME AND  
DEPARTMENT/PROGRAM IN THE CHAT**

LAURA BOUNDS, ASSOCIATE VICE PROVOST

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OFFICE OF GRADUATE & PROFESSIONAL STUDIES

# WHAT IS THE 3MRP?

The 3-Minute Research Presentation (3MRP) is a competition where graduate students present their:

- **Thesis Research**
- **Dissertation Research**
- **Capstone Research**

and its significance to an intelligent, non-specialist live audience in **three minutes** with the aid of one stationary slide.

# BACKGROUND

Based on the “3-Minute Thesis” (3MT®)

- **Developed by University of Queensland 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 work to a general audience in a public forum;**
- **Develop skills that increases 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 “movement” of any description; the slide is to be presented from the beginning of the oration.
- No additional props (e.g., costumes, musical instruments, laboratory equipment) are permitted.
- Data 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 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.

# EVALUATION CRITERIA

- **Comprehension of Presentation (Maximum Score = 15)**
  - **Clarity (5 pts.)**
  - **Delivery (5 pts.)**
  - **Visuals (5 pts.)**
- **Intellectual Impact (Maximum Score 10)**
  - **Intellectual Significance (5 pts.)**
  - **Intellectual Curiosity (5 pts.)**
- **Audience Communication (Maximum Score = 10)**
  - **Suited to a Non-Specialist Audience (5 pts.)**
  - **Context (5 pts.)**

**For more information please visit:**

**<https://nau.edu/graduate-professional-studies/3-minute-research-presentation/>**

# CLINE LIBRARY RESOURCES

- Research assistance from specialized research librarians  
<https://nau.edu/library/contact-your-subject-librarian/>
- Access to video recording, editing equipment, and software
- Access to practice rooms



# IMPORTANT REMINDERS FOR 3MRP PROCESS

## Process

1

- Submit practice 3MRP presentation recording & slide to [3MRP@nau.edu](mailto:3MRP@nau.edu) by October 6th

## Process

2

- 3MRP Preliminary Heats on October 30th-31st (on Zoom)

## Process

3

- Final 3MRP competition on November 14th (in person)
- Location: NAU, Ashurst Hall, Bldg. #11

# THE SLIDE - THINGS TO THINK ABOUT

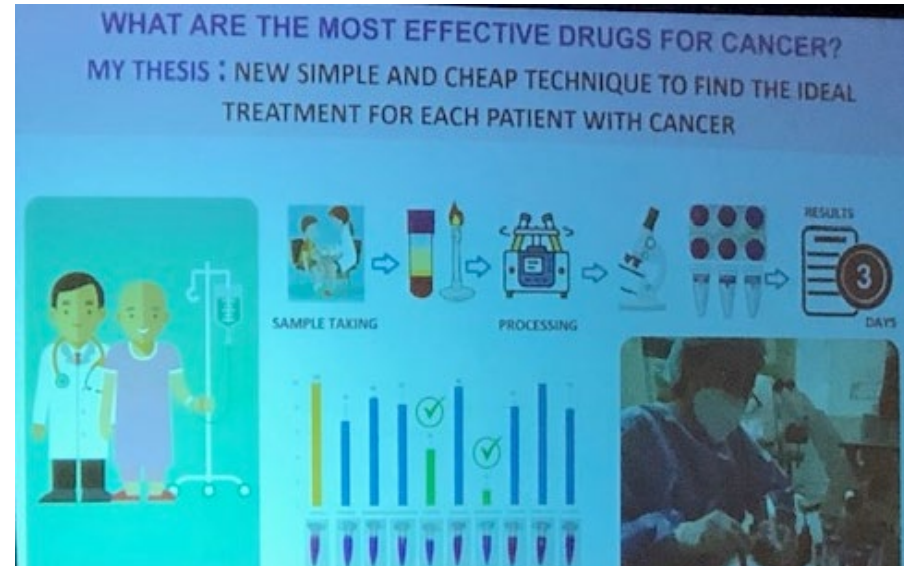
- Edit down - Less is better.
- One impactful image or diagram that encapsulates your project (be creative)
- You don't need a title on your slide, but if you want to include text:
  - It could be a question to spark the audience's interest
  - It could be a quote (remember to cite it)
- Slide should not detract from the presentation
  - The focus is on you and your presentation
  - The slide enhances; it does not "upstage"
- We will create a title slide containing your name, program, faculty advisor/mentor, and title of your presentation



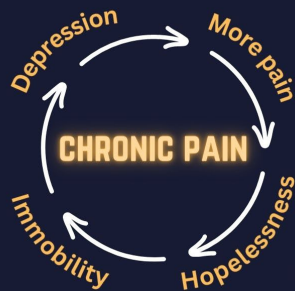
# SAMPLE PRESENTATION SLIDES

## Sample slide #1

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



30% of Americans living with chronic pain  
= 2X risk for suicide



There is no cure.  
This is abnormal.  
It is problematic.  
You are limited.

This is manageable.  
You are stable.  
It is unresponsive.  
We can adapt.



KIND COMMUNICATION



## Sample slide #2

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

# 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/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**
  - Narrative = plot or story: getting from point A to B to C
  - Raise a question, then satisfy expectations
  - Underscore the challenges, then release that tension

# 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
  - **Voice** - Vary tone, pause, project
  - **Body** – Make eye contact, watch gestures, exude confidence
  - Take deep breaths and clear your throat before your initial word

# WHAT TO AVOID

- Muttering Static Vocalisms (Silence 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 hyper-gesticulation
- Self-criticism before or during your presentation
- Comparing your presentation to others
- Making changes 24 hours before the presentation

# DEADLINES & TIMELINES

Event	Date or Deadline
<b>Submit Practice Session 3MRP Slide &amp; Video to <a href="mailto:3MRP@nau.edu">3MRP@nau.edu</a></b>	Sunday, October 6th  *You will receive feedback by Wednesday, October 16 <sup>th</sup>
<b>Submit Updated Preliminary Heats Slide to <a href="mailto:3MRP@nau.edu">3MRP@nau.edu</a></b>	Wednesday, October 23 <sup>rd</sup>
<b>Sign up for Preliminary Heat time slot (link will be sent on Thursday, October 24<sup>th</sup>)</b>	Thursday, October 24 <sup>th</sup> - Friday, October 25 <sup>th</sup>
<b>Preliminary Heats (attend <b>ONE</b>)</b> Presentation slots will be 15 minutes each	Wednesday, October 30th (tentative: 8:30-5:00) Thursday, October 31st (tentative: 8:30-5:00) Via Zoom
<b>Final Competition Presentations</b>	Thursday, November 14th 3:30-5:00 PM Ashurst Auditorium (Building 11)

<https://nau.edu/graduate-professional-studies/3-minute-research-presentation/>

# ADDITIONAL TRAINING RESOURCES

- Website (All of the resources below are linked within the 3MRP page on the Office of Graduate and Professional Studies (OGPS) website)
- Cline Library
  - [Schedule an Appointment for Research Assistance](#)
  - [The Studios](#)
  - [Request Studios Assistance](#)
- Examples of Presentations
  - [University of British Columbia](#)
  - [University of Melbourne](#)
  - [University of Queensland](#)
  - [University of Western Australia](#)
- Helpful Hints and Tips
  - [Making the Most of Your 3 Minutes](#) (Simon Clews)
  - [Communicating Your Research in Lay Language](#) (Cristian A. Linte)

**THANK YOU FOR COMING!**

**QUESTIONS?**

**CONTACT: [3MRP@NAU.EDU](mailto:3MRP@NAU.EDU)**

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