



THE UNIVERSITY OF  
MELBOURNE

# 3MT Advice session:

## How to create a strong presentation

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# Session outline

1. The big picture
2. The script
3. The slide
4. Putting it together
5. Perfecting it
6. The technology



# Session outline

1. The big picture
2. The script
3. The slide
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5. Perfecting it
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# Who am I?





# Quick recap of Info Session

- What is the 3MT?
- Why participate?
- What do I need to do?
- How do I do that?

# The big picture



# Presentation structure

Visually	Orally
Title/cover slide (fixed template – EMAIL MYRON)	<i>silence</i>
Presentation slide	Begin talking – <i>3-minute time limit starts</i> 
Option A: Presentation slide first and the rest of the video is just you	Audio must be continuous. No breaks. No edits. No throat clearing.
Option B: cut back and forth between you and the slide (max total time slide is on screen: 1 min)	
Option C: slide continuously on right side and you on the left.	
Option D: slide in top righthand corner the whole time	



# The not-so-good ones

- Descending
- Too much information
- Speak too quickly
- No pauses (can't process!)
- No concrete examples
- Can't relate to it
- Metaphor doesn't make sense
- Hard to understand (concepts)
- Hard to understand (speech)
- Busy background/visually difficult
- No structure or unorganized
- Awkward body language



# The good ones

Content: short, clear, and concrete

Delivery: slow, clear, and natural

Approach: personable, emotional, or metaphorical

Interest: surprising, humorous, or clever

# The script



# The rules

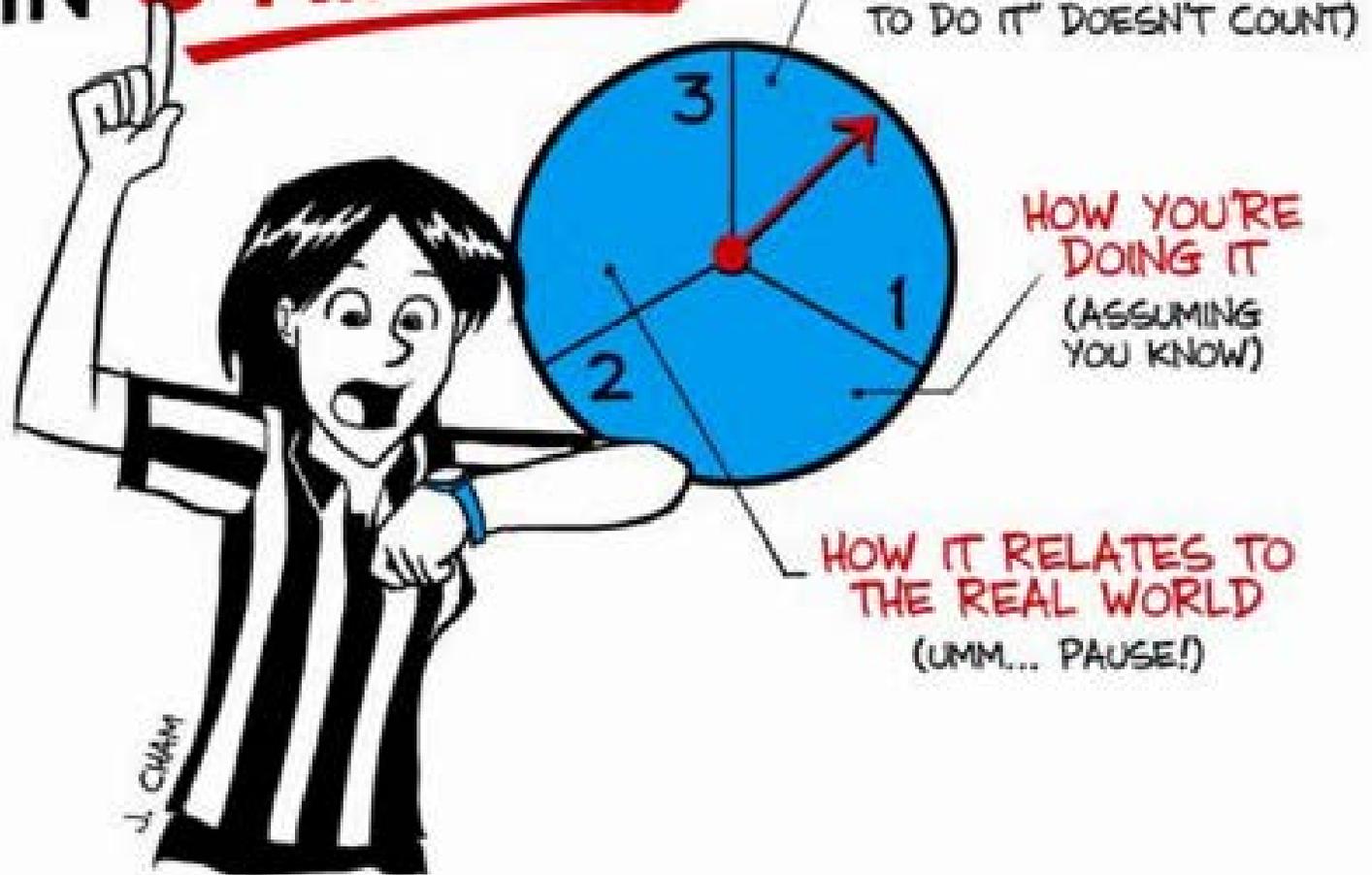
- 3 minutes from when you start speaking
- Spoken word only
- No poems, songs, raps
- No costumes or props



# The not-so-good ones

- **Condescending**
- **Too much information**
- **Speak too quickly**
- No pauses (can't process!)
- **No concrete examples**
- **Can't relate to it**
- **Metaphor doesn't make sense**
- **Hard to understand (concepts)**
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# YOUR THESIS IN 3 MINUTES:





# Before you write

If you're not clear, we won't be clear.

- Thought exercises
- Question prompts
- 3-minute practice
- Watch examples ⚠️
- Free-write
- Talk to a friend



# Before you write

If you're not clear, we won't be clear.

- Thought exercises
- **Question prompts**
- 3-minute practice
- **Watch examples**
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- Talk to a friend



# The writing process

## Step 1

1. What am I studying?
2. Why am I studying it?
3. How am I studying it?
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  - a) ...do I expect to find?
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5. What does this tell us?



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## Step 2

Simplify ideas

## Step 3

Take out jargon

## Step 4

Find your anchor

## Step 5

Write draft

## Step 6

Practice  
Revise

## Step 7

Record  
Record again



# The writing process

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# Options to “anchor”

Surprise

Emotion

Metaphor

Story

Direct example



# Options to “anchor”

## Surprise

Emotion

Metaphor

Story

Direct example

Tell us something interesting about your topic

Did you know?

Just state it

An number/statistic/fact 



# Options to “anchor”

Surprise

**Emotion**

Metaphor

Story

Direct example

“Oh, how sad!” 

“I love that!”

“That’s amazing!”

“OMG, yes, totally!”



# Options to “anchor”

Surprise

Emotion

**Metaphor**

Story

Direct example

The slide!

Not abstract. Memorable. Clear.

Simple but surprising. Not cliché.

An image, a similar story, a relatable problem, a relatable emotion...



# Options to “anchor”

Surprise

Emotion

Metaphor

**Story**

Direct example

Personal to you.

Relatable to everyone.

Not too much time on this.



# Options to “anchor”

Surprise

Emotion

Metaphor

Story

**Direct example**

What IS it?

How would I know of this?

You know when...?

Have you ever...?



# Options to “anchor”

Surprise

Emotion

Metaphor

Story

Direct example

Can be a combo.

But don't make it crowded.



# The hook

Be a tease



# The hook

Be a tease

...but...

Provide an anchor



# The hook

Be a tease

...but...

Provide an anchor

Depends on your anchor

Depends on your overarching structure

Bring it back at the end



# Life-saving or not?

It's NOT about the significance, impressiveness, or even the soundness of the research.

But make it relatable and clear!



# Life-saving or not?

It's NOT about the significance, impressiveness, or even the soundness of the research.

But make it relatable and clear!

“Oh, yes, I know what you mean!”

“That’s interesting. I hadn’t thought about it that way before.”

“Oh, yeah, that makes sense.”



# Key points

**Be clear, concrete, and concise.**

# The slide



# The rules

- One, static slide
- No transitions
- No animation
- No extra media (audio or video files)



# Tips for the slide

- Less is more.
- It really is.
- Add, don't distract.



# Tips for the slide

- Less is more.
- It really is.
- Add, don't distract.

## Options:

- as metaphor
- as reminder anchor
- as a backdrop
- to start story
- to open/close
- to make it relatable



# The nitty gritty

## Copyright issues

- Getting permission is different than citing it.
- Still cite it. Even if it's in the public domain. It can be tiny and out of the way.



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## Copyright issues

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## Take your own picture



# The nitty gritty

## Copyright issues

- Getting permission is different than citing it.
- Still cite it. Even if it's in the public domain. It can be tiny and out of the way.

## Take your own picture

Can send cover slide and presentation slide to Myron in advance.

# Putting it together



# The writing process

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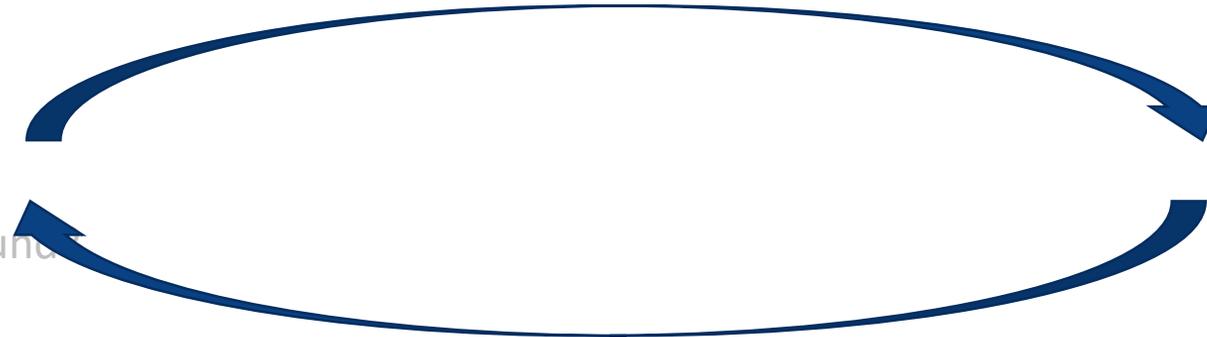
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Record again





# The revision process

1. Practice and revise by yourself
2. Practice and revise with a “critical friend”
3. Practice and revise for timing
4. Practice and revise for delivery



# The revision process

1. Practice and revise by yourself
  2. Practice and revise with a “critical friend”
  3. Practice and revise for timing
  4. Practice and revise for delivery
- Does it feel easy to go from one sentence to the next?
  - Am I saying what I want to say?
  - Does the anchor work?
  - How does it feel when I say it out loud?
  - Are my sentences too long?
  - Have I included what I need to include?
  - Can I make it simpler/more concrete?



# The revision process

1. Practice and revise by yourself
  2. Practice and revise with a “critical friend”
  3. Practice and revise for timing
  4. Practice and revise for delivery
- Does it sound too technical?
  - Is my anchor memorable?
  - Would you be able to repeat my topic to me?
  - Does it seem relevant?
  - Is it clear?
  - Is it condescending?



# The revision process

1. Practice and revise by yourself
  2. Practice and revise with a “critical friend”
  3. Practice and revise for timing
  4. Practice and revise for delivery
- What can I cut?
  - What can I cut?
  - What can I cut?



# The revision process

1. Practice and revise by yourself
  2. Practice and revise with a “critical friend”
  3. Practice and revise for timing
  4. Practice and revise for delivery
- Do I have enough pauses?
  - Am I calm?
  - Am I clear?
  - Does it sound natural?
  - ...Memorise it!

# Perfecting it



# The writing process

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# Practice, practice, practice!

Practice in front of a mirror

Practice it memorised

Practice in front of a friend

Practice it on camera

Review the recording(s)



# How to memorise



# How to memorise

Read it out loud

Read a line, look up and say it

Two lines at a time



# How to memorise

Read it out loud

Read a line, look up and say it

Two lines at a time

**If you forget a transition, go back and do it again**



# How to memorise

Read it out loud

Read a line, look up and say it

Two lines at a time

If you forget a transition, go back and do it again

**Break the script by line/phrase/sentence**

**Visual cues?**

**Practice in chunks (not just straight through)**



# How to memorise

Read it out loud

Read a line, look up and say it

Two lines at a time

If you forget a transition, go back and do it again

Break the script by line/phrase/sentence

Visual cues?

Practice in chunks (not just straight through)



# How to memorise

Read it out loud

Read a line, look up and say it

Two lines at a time

If you forget a transition, go back and do it again

Break the script by line/phrase/sentence

Visual cues?

Practice in chunks (not just straight through)

----

**Have a clear structure**

**Keep it simple**



# Delivery

Voice

Body

Appearance



# Delivery

## Voice

Slower than you think  
Clear  
Audible  
Include pauses purposefully  
Vary your tone

## Body

## Appearance



# Delivery

Voice

**Body**

Look at the camera, not your image  
Stand tall and straight  
Stand still  
Shoulders back but down  
Gestures?

Appearance



# Delivery

Voice

Body

**Appearance**

No costumes  
Dress for job interview  
No patterns



# Delivery

## Voice

Slower than you think  
Clear  
Audible  
Include pauses purposefully  
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Look at the camera, not your image  
Stand tall and straight  
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Shoulders back but down  
Gestures?

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No costumes  
Dress for job interview  
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# The technology



# The writing process

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**Tip!**

Record a couple good versions

You don't have to use the first "good" one.



# **It's not about the video quality**

**But...!**

It needs to be clear. It needs to follow the rules.

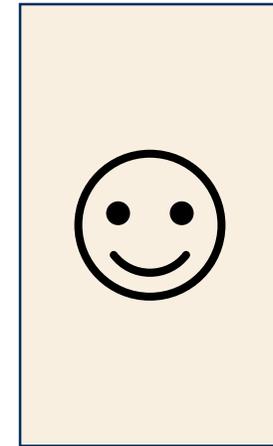
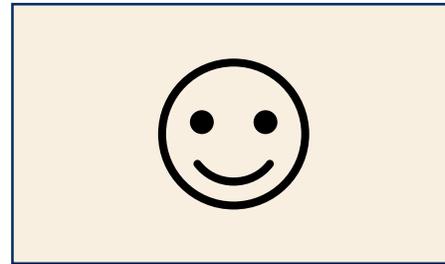


# Video rules

- Videos must meet the following criteria:
  - Filmed on the horizontal
  - Filmed on a plain background
  - Filmed from a static position
  - Filmed from one camera angle

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# Framing

Background

Eyeline

Positioning



# Framing

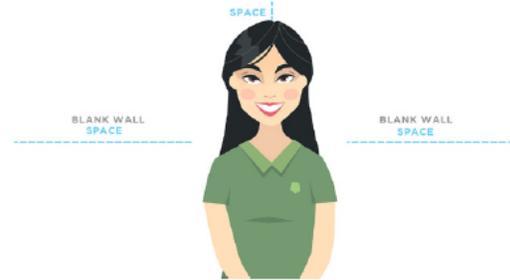
Background

Eyeline

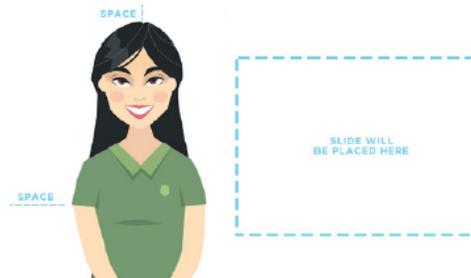
Positioning

## Framing - Two Options

1. Set up your shot so you are in the centre of the frame, not being cut off at the top and so you can be seen from the waist up. Ensure there is equal space and just the blank wall background on either side of you.



2. Set up your shot so you are to the left of the centre of the frame without being cut off at the top and so you can be seen from the waist up. The right side of the video frame should be just the blank wall background, as this is where your slide will be edited in.



(Virtual 3MT Handbook, p. 8)



# Making the video

Recording device: Phone, laptop camera, webcam, handheld camera

Windows:

- Camera app
- Windows Movie Maker

Mac:

- QuickTime
- iMovie

Other:

- Zoom
- Camtasia
- Debut



# Editing the video

3MT suggests Kapwing

Virtual 3MT Handbook p. 9

## Video Editing

- Go to website - <https://www.kapwing.com> (or any video editing platform you are familiar with, Kapwing is a suggestion only)
- Create an account by signing in with Google or Facebook
- Go to My Workspace - click new project - click start with studio
- Click start with blank canvas
- Rename Studio Draft (top of page) - Name - 3MT Title
- Click add scene - left hand side to show 2 blank scenes
- Adjust output size (16:9 - widescreen) - right hand side

### Scene 1

- Highlight scene - click upload - insert 3MT Identifying Details as a JPEG
- Fill in the PP with your details and save a copy as a JPEG for uploading - does not upload PP

### Scene 2

- Highlight scene - click upload - insert 3MT Video file or URL link
- Highlight scene - click upload image - insert 3MT PP slide - highlight 3MT PP slide - click lock ratio - adjust size and place in top right hand corner / or on right hand side
- Save a copy of your 3MT PP slide as a JPEG for uploading - does not upload PP
- Save draft and review
- Publish
- Copy link and upload your final presentation to Vimeo - The Vimeo link to your video is the link you will submit to your 3MT Event Coordinator along with your 3MT PP slide so the judging panel can view and assess your presentation.



# Editing the video

“Producing your own video” – Learning Environments

<https://le.unimelb.edu.au/video-and-media/production-resources/producing-your-own-video>

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Software	Description	Cost	Difficulty level	OS	Screen recording	Editing
<a href="#">Audacity</a>	Audio recording and editing	Free	Easy	Mac/PC	No	Yes
<a href="#">OpenShot</a>	Video editor	Free	Easy	Mac/PC	No	Yes
<a href="#">OBS</a>	Video, screen recording and live streaming	Free	Easy	Mac/PC	Yes	No
<a href="#">Quicktime</a>	Video player, recorder and editor	Free	Easy	Mac	Yes	Basic trimming
<a href="#">Movies and TV</a>	Video player and editor	Free	Easy	PC	No	Basic trimming
<a href="#">Zoom</a>	Video conference software	Free (for staff)	Easy	Mac/PC	Yes	No
<a href="#">Kaltura Personal Capture</a>	Screen recorder	Free (for staff)	Easy	Mac/PC	Yes	Basic trimming
<a href="#">Echo360 Universal Capture</a>	Screen recorder	Free (for staff)	Easy	Mac/PC	Yes	Basic trimming
<a href="#">Screencast-O-Matic</a>	Screen recorder and video editor	Free (for staff)	Easy	Mac/PC	Yes	Yes
<a href="#">Camtasia</a>	Screen recorder and video editor	Paid	Medium	Mac/PC	Yes	Yes
<a href="#">Adobe Rush</a>	Video recorder and editor	Paid	Medium	Mac/PC/iOS	No	Yes
<a href="#">Adobe Premiere Pro</a>	Video editor	Paid	Advanced	Mac/PC	No	Yes, fully featured
<a href="#">Final Cut Pro X</a>	Video editor	Paid	Advanced	Mac	No	Yes, fully featured
<a href="#">DaVinci Resolve</a>	Video editor	Free	Advanced	Mac/PC	No	Yes, fully featured



# Submitting the video

- Upload to Vimeo
- Send Myron the link
- Don't forget to register!
- Submit by 3 July



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<https://melbourne-cshe.unimelb.edu.au/events/3mt/3mt-sessions/3mt-video-submission>

Book now



More Information

Myron Yovannidis

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T: [+61 3 8344 2116](tel:+61383442116)

## 3MT® video submissions

### 3MT®

Friday  
**5 Jun**  
2020

Friday  
**3 Jul**  
2020



All participants must have submitted their video entry for the 3MT by 5.00pm, Friday 3 July. More information on presentation requirements can be found at the [3MT webpage](#).

These videos will then be watched by our panel of judges, with ten candidates being announced on Monday 13 July who will progress to the grand final to be held on Thursday 13 August.

Candidates who will be submitting a video, must also complete a registration form. Registrations will open shortly.



# Suggestions

Keep it easy on yourself.

Remember! You can't cut the audio!

Do you refer back to your slide when you talk?

If you know which tool you are comfortable with, think of its limitations before you start.

You can revise your presentation between rounds (video recording, script, slide).

**What's the point?**



# “The Importance of Being Interesting” –

## Associate Professor Inger Mewburn (The Thesis Whisperer)

I understand the reluctance, I really do. Brevity is hard. Blaise Pascal (or so the story goes) nailed the difficulty of being succinct when he wrote to a friend:

*“I’m sorry I wrote you such a long letter; I didn’t have time to write a short one.”*

<https://thesiswhisperer.com/2016/06/22/the-30-second-thesis/>



# Benefits

The process itself

The skills

The outcome

Selling it!

# Additional info



# Resources

## Virtual 3MT Handbook

available on “How to take part” page:

[https://melbourne-cshe.unimelb.edu.au/events/3mt/\\_recache#how-to-take-part](https://melbourne-cshe.unimelb.edu.au/events/3mt/_recache#how-to-take-part)

### 3MT Resources

- [3MT Information Session slides](#)
  - [3MT Information Session webinar recording](#)
  - [3MT Handbook](#)
  - 3MT Cover Title slide - please email Myron Yovannidis, Program Officer, [myron.yovannidis@unimelb.edu.au](mailto:myron.yovannidis@unimelb.edu.au)
-



# The Thesis Whisperer

“Thoughts on the three minute thesis” <https://thesiswhisperer.com/2010/06/07/the-three-minute-thesis-why-it-is-great/>

“Is it worth doing the three minute thesis?” <https://thesiswhisperer.com/2017/07/12/is-it-worth-doing-the-three-minute-thesis/>

# Unimelb video archive

Competition

Why participate

How it works

How to take part

Video Archive



## 2019 University of Melbourne 3MT® Grand Final

WINNER: Alexis Ceecee Zhang *'An unnerving problem: a fishy solution'*

RUNNER UP: Therese Fazio Cotes *'A gut full: Obesity and the gut'*

PEOPLE'S CHOICE: Felipe Martelli *'Who took my buzz?'*

Watch videos of 2019 finalists >

## 2018 University of Melbourne 3MT® Grand Final

WINNER: Wing Yan Chan *'The future of our coral reefs?'*

RUNNER UP: Marnie Graco *'Sleep apnoea in quadriplegia: the hidden epidemic with an impossible test.'*

PEOPLE'S CHOICE: Chinchu Mohan *'How much are we eating up our water resources?'*

Watch videos of 2018 finalists >



<https://melbourne-cshe.unimelb.edu.au/events/3mt/recache#video-archive>

**Questions?**



THE UNIVERSITY OF  
MELBOURNE

# Thank you

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**Samantha Marangell**

Melbourne Centre for the Study of Higher Education

[samantha.marangell@unimelb.edu.au](mailto:samantha.marangell@unimelb.edu.au)