THREE MINUTE THESIS (3MT) WINNERS AND WHAT SETS THEM APART

Now that you're embarking on your journey to compete in Rowan University's Three Minute Thesis (3MT) competition, you may be a bit overwhelmed with what's being asked of you. Attending a drafting workshop will give you the basics of the requirements and help give you time to start developing your speech. Next, it may be helpful to watch examples of successful 3MT competitors and break down what made their presentations great.

The link below leads to a video of the 3MT speech of Rutgers University's 2019 3MT winner, Joseph Pellegrino. Watch his speech and reflect on his performance against the standard 3MT criteria before moving on.

[Rutgers University 2019 3MT Winner Joseph Pellegrino - YouTube](#)

Now, let's break down what Joseph did right. We'll talk about his speech itself, including how he used his slide, and then we'll dive into his delivery.

Joseph's Successes

Regarding Comprehension and Content:
- He clearly explained why his research was important and why he needed to do it. *He made it clear that becoming unhealthy and getting sick can take everything we love away from us and how confusion about which exercise to do leads to people choosing to do nothing instead; his research seeks to give us those answers.*
- He explained how he conducted his research and what his findings were. *Remember his explanations of the differences in metabolomes and his longitudinal studies.*
- He explored his results in detail and told us what they mean for us. *Now we know that it doesn't matter scientifically which types of exercise we do, as long as we're doing something.*

Regarding Engagement and Communication:
- He spoke clearly and in ways that didn't confuse us with overly scientific language. *While most of us may not know what "metabolomes" are, we do know that "metabolism" refers to how we process food and energy. Joseph explained his complicated science with ease so that we can understand how important his research is.*

- Joseph's Powerpoint slide helped illustrate his findings, but was not distracting. *He had three elements on his slide that all pointed toward his research findings, but audiences were drawn more to his compelling speech than the images behind him.*
- He showed clear enthusiasm for his research and engaged with the audience. *Not only did he start his speech with a narrative about losing everything to sickness, but he maintained eye contact with the room.*

Ultimately, Joseph fulfilled all of the criteria for a successful 3MT presentation. You can too! At our drafting workshops, you have the opportunity to learn tips for drafting and delivering a great speech. We'll summarize some of those here:

Writing and Style Tips:
1) Explain Your Motivation (tell us why your research is important)
2) Take a Bird's Eye View (remember your audience and remove complicated language)
3) Tell a Story (use a beginning, middle, and end; keep audiences engaged)
4) Simplify Your Slide (rely on your speech, not your visual

Delivery Tips:
1) Take Breaths and Speak Slowly (helps avoid fumbling and keep you centered)
2) Use Dynamics (change your volume, tone, etc. to fit the moment)
3) Practice, Practice, Practice (and then practice some more)
4) Watch Previous Winners (examples like Joseph can help clarify what is expected of you)

You have everything you need to be a 3MT winner already; your research is brilliant and important and you are here working to prepare your speech. Analyzing what sets previous winners apart can help you find a style you'd like to emulate. Most importantly, take pride in your work and share it with us so that we can understand its importance, too.