Students present their research in 3 minutes in an engaging form that can be understood by a non-specialist audience.

The 3MT competition develops presentation, research communication skills and supports the development of research students’ capacity to explain their work effectively.

**3MT Rules**

Presentations are limited to 3 minutes and competitors exceeding 3 minutes are disqualified. Time starts when the presenters begins speaking.

− A single static slide is permitted. There can be no slide transitions, animations, or movement of any description.

− Presentations are to be spoken word (e.g., no poems, raps, or songs).

− No additional props or electronic media are permitted.

***For Online Participants***

Submit a video instead of presenting live. 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

− include continuous 3-minute audio with no sound editing or breaks

− Include a static PowerPoint that is visible continuously

**Online participants must submit their videos to Dr. Ashworth (**[**ashworth@ulm.edu**](mailto:ashworth@ulm.edu)**) by April 22, 2025. In-person participants will present live and are not required to submit videos.**

**General Guidance: Recording Tips**

While competitors will not be judged on video/recording quality or editing capabilities, be mindful of the following:

− ensure that **lighting** is adequate and that the **face** is visible

− ensure **audio quality** is clear, loud enough, and free of distortion

− consider **standing** still while presenting

− pay attention to **eye movement.**  − **do not read** from a script