

HOW TO ACE THE 3-MINUTE THESIS (3MT[®]) Before the Day

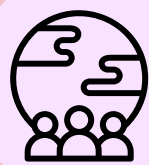


Secure a CDU Supervisor

Find a supervisor to mentor and guide you through your research process

Begin with an engaging question or statement to capture audience's attention

Craft a Strong Opening (The Hook)



Define your Research's Core Contribution

Summarise the main purpose or unique value of your project clearly

Describe why your research matters in simple, relatable terms

Explain the impact for a Non-specialist Audience



Deliver a clear take-Home message

Highlight the key point you want the audience to remember

Create a slide with one striking image and minimal text to support your message.

Design a powerful slide



Prepare a 2min 50sec script

Write a concise script: Intro, Problem, Solution, Impact, and conclusion

Rehearse your presentation with friends or record it to improve delivery

Practice, practice, practice.



HOW TO ACE THE 3-MINUTE THESIS (3MT[®])

ON THE DAY

DRESS COMFORTABLY AND PROFESSIONALLY

Wear attire that balances comfort and professionalism to boost your confidence



STICK TO ONE CLEAR MESSAGE

Focus on a single, powerful idea and professionalism to boost your confidence

USE ENTHUSIASTIC BODY LANGUAGE

Express passion through natural gestures and dynamic body language



RELAX, BREATHE AND SMILE

Stay calm, breathe deeply, and smile to connect with your audience