

# 3-Minute Thesis Student Competition

The **Three Minute Thesis** (3MT®) is a research communication competition which challenges graduate students to present a compelling oration on their research and its significance in three minutes in language appropriate to a non-specialist audience. The 3MT is NOT an exercise in trivializing or ‘dumbing-down’ research but forces students to consolidate their ideas and crystallize their research discoveries. Check out [YouTube for the 2023 competition](#). Visit the [3MT University of Queensland website](#) to learn more.

## The 2025 UA CCHS RSA 3MT Competition Date and Location:

- November 13, 2025: 6pm – 7pm
- November 10, 2025: Deadline to submit 3MT PowerPoint Slide
- 3MT presentation will be held at the **Northeast Medical Building**, 211 Peter Bryce Blvd, Tuscaloosa, AL 35401

## Eligibility

Any student whose abstract is accepted will be eligible to participate in 3MT.

## Rules from The University of Queensland 3MT Website:

- Presentations are limited to **3 minutes maximum** and competitors exceeding 3 minutes are disqualified.
- Presentations are to be **spoken word** (e.g. no poems, raps or songs).
- Presentations are considered to have commenced when a **presenter starts their presentation** through either **movement** or **speech**.
- A **single static PowerPoint slide** is permitted. No slide transitions, animations or movement) and is to be presented from the beginning of the oration.
- No additional **electronic media** (e.g. sound and video files) are permitted.
- No additional **props** (e.g. costumes, musical instruments, laboratory equipment) are permitted.
- The **decision** of the adjudicating panel **is final**.



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## Judging

At every level of the competition each competitor will be assessed on the judging criteria listed below. Each criterion is equally weighted and has an emphasis on audience.

### Comprehension and content

- Presentation provided clear motivation, **background** and **significance** to the research question
- Presentation clearly described the **research strategy/design** and the **results/findings** of the research
- Presentation clearly described the conclusions, **outcomes** and **impact** of the research

### Engagement and communication

- The oration was delivered clearly, and the **language** was **appropriate** for a non-specialist audience
- The **PowerPoint slide** was **well-defined** and **enhanced** the presentation
- The **presenter conveyed enthusiasm** for their research and captured and maintained the audience's attention

## 3-Minute Thesis Practice for Students

We recommend that students practice their 3MT presentation, if their computer has a webcam, by recording their presentation without using notes and playing it back. The Speaking Studio (<https://cis.ua.edu/about/resources/speaking-studio/>) is also a resource for receiving feedback on their presentation prior to the competition.

## Other Resources

Stanford University: <https://vpge.stanford.edu/student-programs/3-minute-thesis/3mt-stanford-rules-criteria-guide>



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