

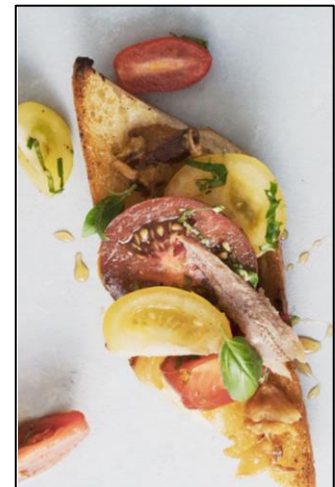
## “Cooking Up a Tasty 3MT<sup>®</sup>”

*Adapted from UToledo's Writing Center and Clayton Chiarelott*

Before completing the attached “Cooking Up a Tasty 3MT<sup>®</sup>” worksheet, you may want to check out some winning 3MT<sup>®</sup> presentations from previous years for reference. Visit <https://threeminutethesis.uq.edu.au/watch-3mt>. The principles presented here and in the worksheet will make more sense with some specific examples in mind.

3MT<sup>®</sup> stands for “Three Minute Thesis.” It is an international event for graduate students that challenges them to present their thesis or dissertation research in three minutes with only one slide. Sound impossible? It’s not! Sure, you won’t be able to cover *everything*, but you can cover the main ideas and significance of your research while keeping the audience engaged. No topic is too technical, too deep, or too challenging, so don’t use those excuses to talk yourself out of creating the next great 3MT<sup>®</sup>!

The worksheet is designed to help you brainstorm and outline your 3MT<sup>®</sup> by getting you to boil down your research into its essential ingredients—making it *bite-sized*, *palatable*, and *satisfying* with a little *spice* thrown in to keep it interesting! The analogy used in this worksheet is designed to help you think about what it is you’re doing when you create a 3MT<sup>®</sup>. Hence, your presentation is compared to a tasty appetizer because it has all the ingredients of the full course meal that is your thesis or dissertation, only it’s reduced down to a bite-sized hors d’oeuvre. Instead of a large salad, an entire filet of fish, and a loaf of garlic bread, try making the appetizer shown in the image to the right, a *pan con tomate with anchovies*. It has the *essence* of everything in the full dish, but it just takes a minute to eat and it won’t leave the diner feeling heavy and tired afterwards.



*Appetizer: pan con tomate with anchovies*

Now, just because it only takes a few minutes for your target audience to enjoy the finger food that you create does not mean it will only take you a few minutes to create. In fact, creating a miniature version of your entire research study in a way that strikes a balance between every ingredient can be more demanding than creating a long-winded presentation. The key to the technique is to be *clear*, *concise*, and *precise*, which is what this worksheet will help you accomplish!

Keep these principles and analogies in mind when you watch some great examples of 3MT<sup>®</sup>s and as you complete the worksheet with your own research content. Best of luck, and see you at the 3MT<sup>®</sup> workshop!

## Cooking Up a Tasty 3MT<sup>®</sup>

### Make Your Research *Bite-Sized*

In one sentence, write what your thesis is all about. Your abstract might help you here.

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### Make Your Language *Palatable*

Pick the three most important technical terms in your research:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Elaborate word	Simple word
ascertain	find out
commence	begin
constitute	make up
fabricate	build
initiate	begin
terminate	end
transmit	send
utilize	use

What are some more "palatable" ways to say the same thing?

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If you must use certain terms, try one of these strategies to help your audience digest them:

- *Use a synonym:* "memory" instead of "RAM."
- *Describe the term:* "RAM allows your computer to run more quickly and efficiently."
- *Compare the term with a common concept:* "RAM is like having a large desk with numerous drawers for storage. You can quickly and efficiently access your files at a moment's notice."
- *Define the term:* "RAM, or random access memory, is one type of computer data storage system. It allows your computer to quickly and efficiently access files."

Brainstorm some ways to make your terms more digestible here:

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## Satisfy the *Hunger*

Even though this is an appetizer version of the five-course meal that is your thesis or dissertation, your audience is still hungry for knowledge, so your 3MT<sup>®</sup> still needs to have some substance. This might seem similar to the first exercise on this worksheet, but the difference is that this exercise involves determining the potential applications and implications of your research and answers the question, “**So what?**” In practical, clinical, academic, and real-world terms: so what does your research mean?

List the three main takeaways you want the audience to walk away with after your presentation:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *Spice It Up*

Adding spice to your 3MT<sup>®</sup> presentation can include humor, extended metaphors and analogies, catchy hooks, and other zesty creations. But be careful: too much, too little, or the wrong kind of spice can ruin your dish. Think of one creative idea you could use to give it a little extra kick:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Even though this might be the last thing you think about adding to your 3MT<sup>®</sup>, it will probably be the first thing the audience tastes. The hook and intro are the best places to add a little spice, but don't worry about the spice before you've figured out the main ingredients.

## *Taste Test*

Your prize-winning 3MT<sup>®</sup> doesn't end with this worksheet. It doesn't matter if you have the greatest recipe on paper: Until you cook it up a few times for friends and taste test it, you're never going to perfect it. Schedule *at least* 3 dates/times/locations where you will practice your presentation in front of a mirror, a camera, a friend, a pet--well, you get the idea.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_