

3 Minute Impact Talk Tip Sheet

1. Writing your Impact Talk

One of the judging criteria is to be able to explain your research to a non-expert audience.

Avoid jargon and specialized language

Explain concepts and people important to your research

Imagine you are explaining your research to a close friend or fellow student from another discipline

Do not water down or devalue your research, what you are doing is exciting and you should convey enthusiasm for your research

2. Have a clear outcome in mind

Know what you want your audience to take away from your presentation

Leave the audience with an understanding of what you are doing and why you are doing it

Be sure to effectively articulate the impact of your research (use URC criteria)

3. Tell a story

You may like to present your Impact talk like a story, with a beginning, middle and an end

It is not easy to condense your research into three minutes, so you may find it easier to break your presentation down into smaller sections

Try writing an opener to catch the attention of the audience, then highlight your different points, and finally have a summary to restate the importance of your work

4. What not to do

Do not write your presentation like an academic paper

You can use humor, but be careful not to water down your presentation

5. Revise!

You should proof your Impact presentation by reading it aloud, first to yourself and then to an audience for feedback

Give the audience a copy of the Impact rubric and use that as a guide for feedback

6. Practice

Being nervous is normal and being a little nervous can help you during your presentation

Practicing will also help you with clarity and confidence

7. Vocal range

Speak clearly, use some voice inflections (fast/slow, loud/soft)

Do not rush and find your rhythm

Pauses can help but keep your time limit in mind!

Make sure you have as good a microphone as possible so the audience can hear you

8. Body language

Sit up straight and confidently

Make good eye contact (know where your camera is at)

Practice with your hands, it is ok to use your hands, but try not to distract with your hands

9. Record yourself

Record and listen, be critical of yourself

Look for your weaknesses and improve on those, you might catch yourself doing something distracting that you were unaware of (like talking with your hands too much)

Find your strengths and exploit those as well

10. Check out other resources!

[URC Impact Rubric](#)

[University of Queensland 3MT](#)

[2019 Monash 3MT Winner](#) (Great example using humor)

These tips and more come from University of Queensland's Official 3MT competitor resources