

# **3MT Graduate Professional Development Seminar 2023**

**Presented by Dr. Nisansala Thilakarathne Mutunayake**

Senior Lecturer

Department of Biochemistry, Faculty of Medicine,  
Wayamba University, Sri Lanka



# Outline

1. My 3MT journey with WSU
2. 3MT overview
3. Three Tips for 3MT
4. 3MT competition at WSU Graduate and postdoctoral research symposium
  - Eligibility
  - Awards
  - Rules
  - Judging criteria
5. Recommendations





**WSU**  
**Michigan, USA**  
**3 PM**

**Sri Lanka**  
**1.30 AM**  
**WUSL**



# Who Am I?

**Current Position and Affiliation – Senior Lecturer, Department of Biochemistry,  
Faculty of Medicine, Wayamba University Sri Lanka**

**Post-doctoral Researcher – Department of Biological Sciences, Wayne State University,  
Advisor Dr. Jared Schrader**

**PhD student - Department of Chemistry, Wayne State University,  
Advisor Dr. Christine Chow**



# Why I Am here today?

- 1. First place winner** of the 3MT Competition, Graduate and Post-doctoral Research Symposium, Wayne State University 2016, March
- 2. People's Choice Awardee** of the 3MT Competition, Graduate and Post-doctoral Research Symposium, Wayne State University 2017, March
- 3. Served as a judge** of the 3MT Competition, Graduate and Post-doctoral Research Symposium, Wayne State University 2019, March
- 4. Resource person** of the 3MT Graduate Professional Development Seminar, Wayne State University 2019, October
- 5. Resource person** of the 3MT Graduate Professional Development Virtual Seminar, Wayne State, University 2022, October



# My 3MT journey



Department of Chemistry, Wayne State University

March 10, 2017 · 🌐

Congratulations! Chemistry's [Nisansala Muthunayake](#) won an award for the Three-minute Thesis competition (3MT) at Wednesday's Graduate and Postdoctoral Research Symposium hosted by the [Wayne State University Graduate School](#). The 3MT Competition required each student to give a dynamic three minute research presentation designed for a general audience. Nisansala's thesis topic was: "Combat Antibiotic Resistance -No action Today - No Cure Tomorrow." Her advisor at [Wayne State University](#) is Dr. Christine Chow.





# GPPDs – Microcredential badge

7

**NIH BEST** wayne state university



## 3 Minute Thesis (3MT)

Recipient:

Nisansala Muthunayake

Issuer:

Wayne State University Graduate School 

Issued:

04/11/2017



# 3MT Overview

- 3MT is a research communication competition developed by The University of Queensland in 2008.
- Participants present their thesis work in a short presentation in **3 min**, using a **single slide**.
- The competition challenges students to distill their research ideas and discoveries into a concise, **compelling** presentation that can be understood by a general, **non-specialist** audience.

## Three-Minute Thesis (3MT) guidelines





# 3 Tips for 3MT

Ask following three questions from you prior to your 3MT presentation.

- 1. How does your research relate to the real world?**
- 2. How do you grab the attention of your audience?**
- 3. How much you practice for your 3MT ?**



# 3 Tips for 3 MT

## 1. How your research change the world?

- Think about the big picture of your research.
- Simply think about the take home message of your presentation.

**My Thesis Title** : Investigation of the *in vivo* activity of ribosome-targeting peptides and aminoglycosides in *Escherichia coli*.

**My 3MT Title** : Combat antibiotic resistance : No Action Today No Cure Tomorrow.



# 3 Tips for 3 MT

## 2. How do you grab the attention of your audience?

- Start your talk with an attractive opening statement
- Show your enthusiasm on your research.
- Your body language, eye contact, facial expressions, voice control play big role
- Act like a story teller and deliver a simple message in an interesting way.
- Remember to pause at key points as it gives the audience time to think about what you are saying.



# 3 Tips for 3MT

## 3. How much you practice your presentation?

- Practice makes it perfect.
- Record / video tape your presentation and watch and listen to hear where you pause, speak too quickly or get it just right. Then work on your weaknesses and exploit your strengths.
- Pay your attention to the time. It has to be three minutes. That is the challenging part.
- Feeling nervous before you presentation is natural, but it is important to practice so you can present confidently and clarity.



# Example 3MT videos

- Nisansala Muthunayake – 2016 first place winner and 2017 People’s Choice Award

<https://www.youtube.com/watch?v=ztWBJg0s9zo>

- Erin Perry’s – 2019 second place winner and the People’s Choice Award

<https://vimeo.com/422799737>

- Elizabeth Watt’s

<https://www.youtube.com/watch?v=YGN1ngAZJG8>

- Christopher West’s

<https://www.youtube.com/watch?v=OPuvzuR30Fs>



# 3MT WSU

## Eligibility

The competition is open to graduate students completing a thesis or a dissertation.

## Awards

- First place - \$1000 plus the registration fee to attend the [Midwestern Association of Graduate Schools competition](#)
- Second place - \$500 award
- Third place - \$300 award

The winner of the competition will serve as the Wayne State representative to the regional 3MT competition conducted by the Midwestern Association of Graduate Schools.



# 3MT WSU

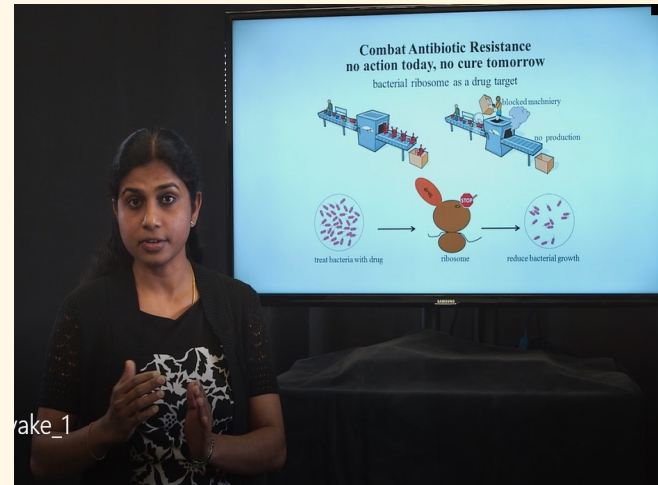
## Rules

- Single static PowerPoint slide permitted
  - Clear, legible, and concise
  - Does not have to include text
  - No slide transitions, animations, sound or 'movement'
  - No additional electronic media (e.g. sound and video files)
  - Attach as separate file when submitting 3MT video
  - Show slide from beginning to end of oration during Graduate and Post-Doctoral Research Symposium
- No additional props permitted



# One slide plays a big role

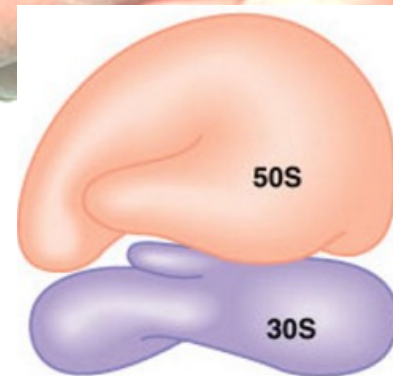
- **YOU** are the presentation, not the slide.
- The slide must enhance, not detract, from your words.





# Combat antibiotic resistance

No action today, no cure tomorrow

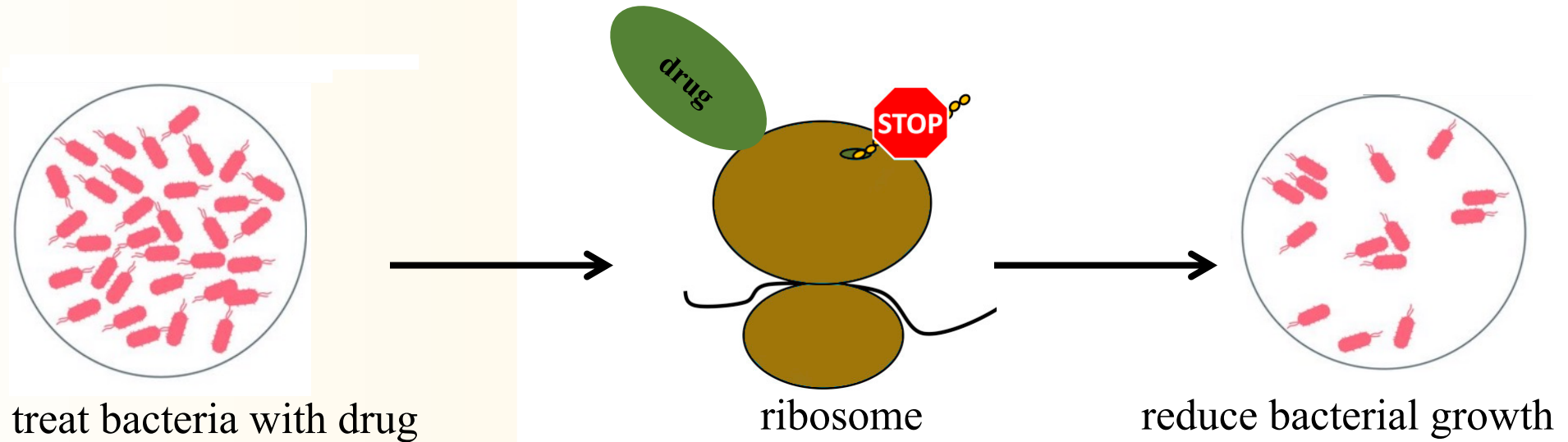


Bacterial ribosome as a drug target

# Combat Antibiotic Resistance

## no action today, no cure tomorrow

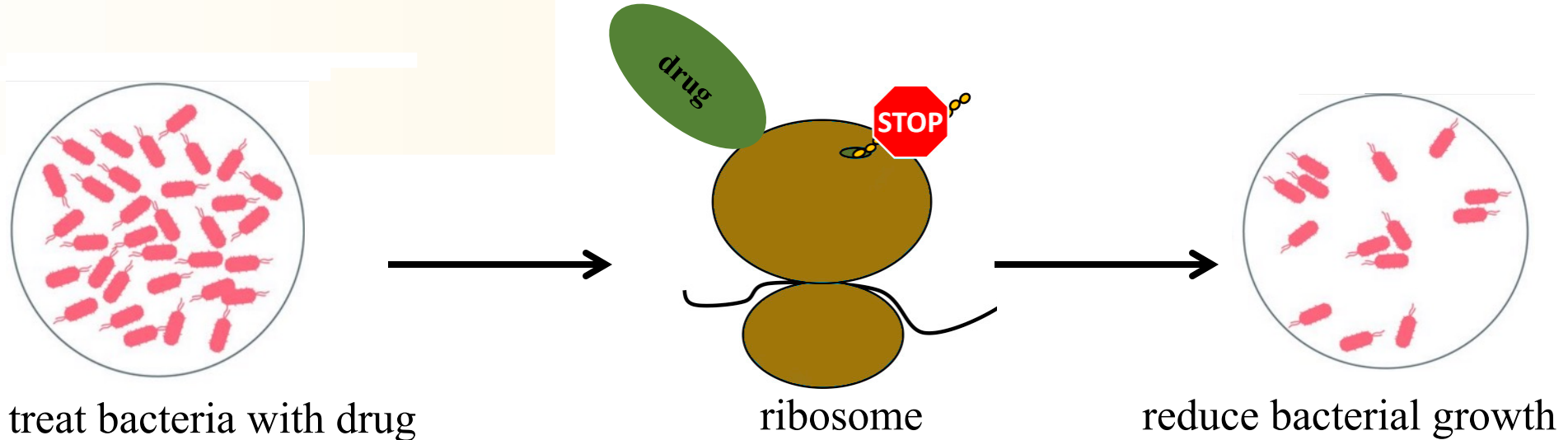
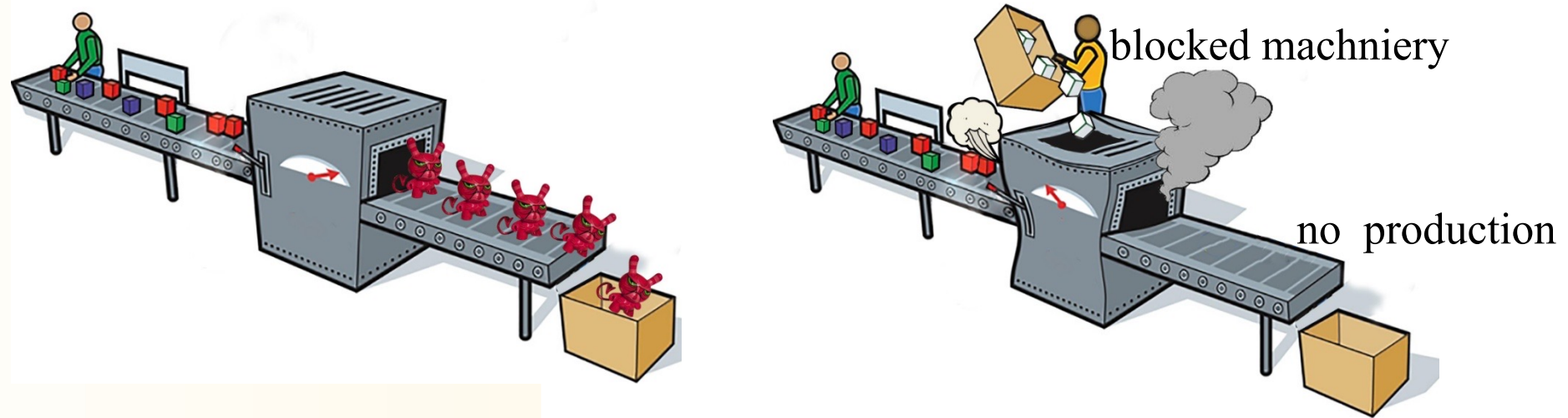
bacterial ribosome as a drug target



# Combat Antibiotic Resistance

## no action today, no cure tomorrow

bacterial ribosome as a drug target



# 3MT WSU

## Rules

- Presentations limited to 3 minutes
- Begins when presenter starts presentation through either movement or speech
- Presentation occurs from stage/front of room during symposium/ virtual platform
- Cannot be delivered in poem or song-form but quotes/lyrics permitted if relevant to thesis topic
- Decision of the adjudicating panel is final



# 3MT WSU

## Judging Criteria

- Presentations will be judged by the participating audience.
- Every member of the audience will vote for their top three presentations according to the criteria listed below.  
(Each audience member can vote only once for a specific competitor.)
- The scores from all audience members will be compiled to determine the winners.



Did the presenter,

- Provide an understanding of the background to the research question being addressed and its significance?
- Clearly describe key results of research including conclusions and outcomes?
- Follow a clear and logical sequence?
- Communicate in language appropriate to a non-specialist audience?
- Use a clear, legible, and concise PowerPoint slide that enhanced presentation?



## Comprehension and content

# 3MT WSU

Did the presenter,

- Avoid scientific jargon, explain terminology and provide adequate background information to illustrate points?
- Spend adequate time on each element of their presentation?

## Engagement and communication

- Capture and maintain their audience's attention?  
Eye contacts, hand movements, vocal range
- Convey enthusiasm for their research?
- Make the audience want to know more?



# 3MT WSU

## When ?

- Graduate Research Symposium, Thursday, March 6-8, 2023.
- Prior registration is required. Please check the graduate school website for more information
- [Three-Minute Thesis \(3MT\) guidelines - Graduate School - Wayne State University](#)





# Presenters' Recommendations

- Practice makes it perfect.
- Record and listen to your presentation to hear where you pause, speak too quickly or get it just right. Then work on your weaknesses and exploit your strengths.
- Dress professionally and comfortably.
- Deliver an easy message.
- Make sure the slide gives the big picture of your research to the audience.



# Resources

- 3MT website: [www.threeminutethesis.org](http://www.threeminutethesis.org)
- [3MT Competitor Guide](#) by The University of Queensland (2017)
- Dr. Nisansala Thilakarathne Muthunayake: [es5848@wayne.edu](mailto:es5848@wayne.edu) / [nisansalas@wyb.ac.lk](mailto:nisansalas@wyb.ac.lk)
- WSU Graduate School
- [Three-Minute Thesis Best Practices - YouTube](#)
- [GPPD seminar series & micro-credentialing - Wayne State University Graduate School | Multimedia | thesouthend.wayne.edu](#)
- Dr. Todd Leff: [tleff@wayne.edu](mailto:tleff@wayne.edu)



# Thank you !

WSU Graduate school for inviting me to do this workshop

- Dr. Tod Leff – Associate Dean, Student Career Development
- Mary Wood, Program Director Nick Matter, Director Marketing

My Mentors at WSU

- Dr. Chrstitine Chow (PhD advisor)
- Former Dean WSU Graduate School, Dr. Ambika Mathur (one of the BEST mentors I met in my life through the BEST program)
- Dr. Jared Schrader (Post doctoral advisor)



■ WARRIOR STRONG



WAYNE STATE  
UNIVERSITY

Wayne  
State



My 3 MT of 150 words became a 1500+ words containing research paper in 2020.

## Expression and *In Vivo* Characterization of the Antimicrobial Peptide Oncocin and Variants Binding to Ribosomes

Nisansala S. Muthunayake, Rabiul Islam, Ellen D. Inutan, Wesley Colangelo, Sarah Trimpin, Philip R. Cunningham, and Christine S. Chow\*

 Cite This: *Biochemistry* 2020, 59, 3380–3391

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