



# 5MT (Five Minute Talk)

## Student Handbook

### Event Overview

#### What is it?

5MT (Five Minute Talk) is a research communication competition organized by Life Science School of Khulna University, Bangladesh. Students will have five minutes to present a compelling oration on their thesis topic and its significance. 5MT is not an exercise in trivialising or ‘dumbing-down’ research, but challenges students to consolidate their ideas and research discoveries so they can be presented concisely to a non-specialist audience.

#### History

The first 3MT was held at The University of Queensland, Australia in 2008 with 160 RHD students competing. Enthusiasm for the 3MT concept grew and its adoption by numerous universities led to the development of an international competition.

The inaugural Trans-Tasman 3MT was held at UQ in 2010 with 33 universities participating. In 2011, 43 universities were represented at the Trans-Tasman 3MT that was hosted by The University of Western Australia, and for the first time students from the United States, the United Kingdom, Canada, and Hong Kong took part in their own regional events.

Based on the concept of 3MT, Life Science School of Khulna University, Bangladesh has taken initiative for launching such competition among the undergraduate (4<sup>th</sup> year), Masters and PhD students. They are going to inaugurate it as “5MT (Five Minute Talk) Competition” at the end of 2016.

### **Why participate?**

During your Research Higher Degree there is a strong focus on the production of your thesis. The ability to communicate the importance of your research project and articulate your findings is very valuable. 5MT provides you with the opportunity to:

- Communicate your ideas effectively to the wider community;
- Describe your research findings to a non-specialist audience;
- Crystallise your thoughts about your thesis;
- Increase your profile within the research community of Life Science School, Khulna University;
- Network with other RHD students; and
- Achieve a competent certificate to enrich your CV.

### **Prizes**

The winners of the KU 5MT will be awarded with the following prizes:

- First Prize: 10,000/-;
- Runner-up: 8,000/-; and
- People’s Choice: 5,000/-.

## Competition rules and guidelines

### Eligibility

Anyone who is a regular student in an undergraduate (4<sup>th</sup> year) or Masters or PhD/MPhil program (including thesis under submission) will be eligible to participate in 5MT. Graduates (up to 3<sup>rd</sup> year) are not eligible.

### Judging Criteria

At every level of the competition each competitor will be judged on the three judging criteria listed below. Please note that each criterion is equally weighted and has an emphasis on audience.

#### 1. **Comprehension:**

- *Did the presentation help the audience understand the research?*
- *Did the presenter clearly outline the nature and aims of research?*
- *Do you know what is significant about this research?*
- *Did the presentation follow a logical sequence?*

#### 2. **Engagement:**

- *Did the oration make the audience want to know more?*
- *Was the presenter careful not to trivialise or dumb down their research?*
- *Did the presenter convey enthusiasm for their work?*
- *Did the presenter capture and maintain their audience's attention?*
- *Would I like to know more about the speaker's research?*

### 3. **Communication style:**

- Was the thesis topic and its significance communicated in language appropriate to a non-specialist audience?
- *Did the speaker use sufficient eye contact and vocal range, maintain a steady pace, and a confident stance?*
- *Did the speaker avoid scientific jargon, explain terminology that needed to be used, and provide adequate background information to illustrate points?*
- *Did the presenter spend the right amount of time on each element of their presentation – or did they elaborate for too long or were rushed?*
- *Did the PowerPoint slide enhance, rather than detract from, their presentation – was it clear, legible, and concise?*

### **Rules**

The following rules have been developed for the competition.

- A single static PowerPoint slide is permitted (no slide transitions, animations or 'movement' of any description, the slide 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.
- Presentations are limited to 5 minutes maximum and competitors exceeding 5 minutes are disqualified.

- Presentations are to be spoken word (eg. no poems, raps or songs).
- Presentations are to commence from the stage.
- Presentations are considered to have commenced when a presenter starts their presentation through movement or speech.
- The decision of the adjudicating panel is final.

### **Preparing your 5MT presentation**

Even the world's best public speakers prepare before important presentations. To assist you with your preparations, please find a few suggestions below that will help you in writing your presentation, creating your slide and while practising your verbal presentation.

### **Writing your 5MT**

#### **1. Write for your audience**

One of the judging criteria looks for evidence that you can explain your research to a non-specialist audience. To do this you may like to:

- Avoid jargon and academic language;
- Explain concepts and people important to your research - you may know all about Professor X theories but your audience may not;
- Imagine that you are explaining your research to a close friend or fellow student from another field; and

- Do not dumb down or devalue your research, what you are doing is exciting and you should convey enthusiasm for your subject.

## **2. Have a clear outcome in mind**

Know what you want your audience to take away from your presentation. Ideally, you would like the audience to leave with an understanding of what you're doing and why you're doing it.

## **3. Tell a story**

You may like to present your 5MT like a story, with a beginning, middle and an end. It's not easy to condense your research into five minutes, so you may find it easier to break your presentation down into smaller sections. Try writing an opener to catch their attention, 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. Try to use shorter words, shorter sentences and shorter paragraphs.
- You can use humour, however be careful not to dumb down your presentation.

## **5. Revise**

You may like to proof your 5MT presentation by reading it aloud, firstly to yourself and then to an audience of friends and family. This allows you to not only check your grammar and writing

style, but it will allow you to receive critical feedback. Don't be afraid to ask your audience if your presentation clearly highlights what your research is and why it is important.

### **Creating your 5MT slide**

Before you start work on your slide, you should take the following rules into account:

- A single static PowerPoint slide is permitted;
- No slide transitions, animations or 'movement' of any description are permitted;
- Your slide is to be presented from the beginning of your oration; and
- No additional electronic media (e.g. sound and video files) are permitted.