

Practicing your 3MT™ presentation

We hope you find the following tips useful as you prepare your 3MT™ oration.

1. Practice, practice, practice

Feeling nervous before you present is natural, and sometimes a little nervousness can even be beneficial to your overall speech. Nonetheless, it is important to practice so you can present with confidence and clarity.

2. Vocal range

- Speak clearly and use variety in your voice (fast/slow, loud/soft).
- Do not rush - find your rhythm.
- Remember to pause at key points as it gives the audience time to think about what you are saying.

3. Body language

- Stand straight and confidently.
- Hold your head up and make eye contact.
- Never turn your back to the audience.
- Practice how you will use your hands and move around the stage. It is okay to move around energetically if that is your personality, however it is also appropriate for a 3MT™ presentation to be delivered from a single spot on stage.
- Do not make the common mistakes of rolling back and forth on your heels, pacing for no reason or playing with your hair as these habits are distracting for the audience.

4. Record yourself

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.

5. Look to the stars!

- Watch your role models such as academics, politicians and journalists, and break down their strengths and weaknesses. Analyze how they engage with their audience.
- Visit the 3MT™ website to view presentations by previous 3MT™ finalists.

6. Dress

- Dress code is business casual, if you are unsure of how to dress you may like to dress for a job interview or an important meeting. Jeans, t-shirts, or athletic shoes are not included as business casual dress.
- Do not wear a costume of any kind as this is against the rules (as are any props).

7. Practice using a microphone

- While each School/Institute or Faculty competition may vary, at the UQ Final you will have the choice of a lectern microphone or lapel microphone. If you haven't used a microphone before, instruction will be provided.