

## **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.