

I have a love and hate relationship with public speaking.

Love because I look up to role models who are excellent public speakers, and because I wish to be like them. Hate because of obvious reasons — being the centre of attention, facing a big crowd and the fear of making mistakes.

Beyond this, I am simply an ordinary student who would like to see her public speaking skill awakened while sharing her research with the public. Keeping these factors in mind, I joined 3MT thinking that it would do me good, as a challenge and as a goal to strive towards.

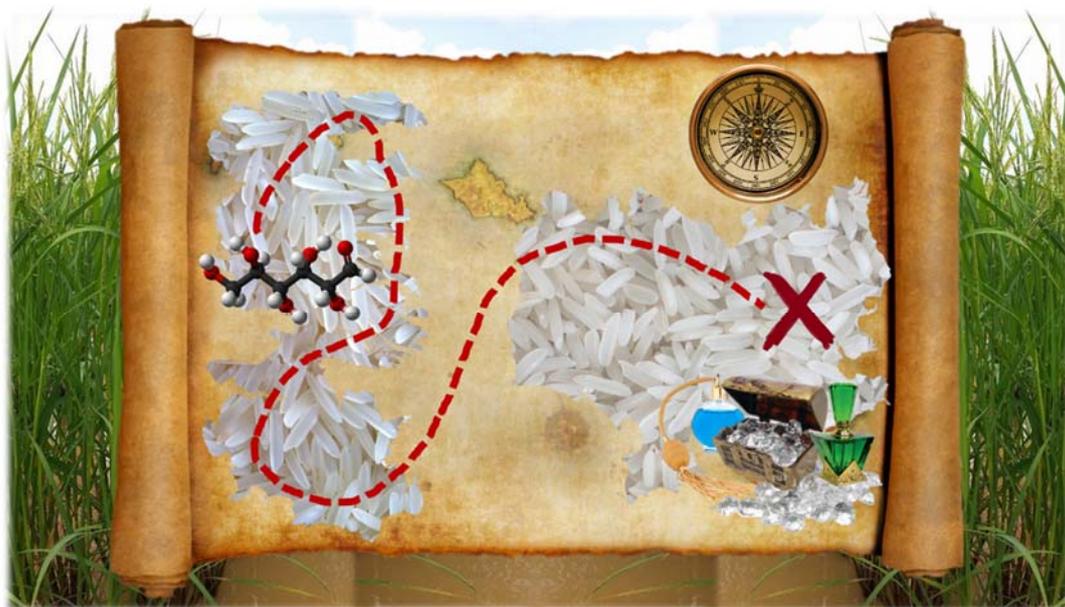
Winning the school heats was probably the sweetest gift that I had last year. It is common that PhD students experience some sort of research trouble somewhere in our second year, and my experience was no different. Which was why winning that 3MT round was like a breath of fresh air. After this, I attended a 3MT workshop, which was very helpful in my preparing for the Science Faculty round. Here I gained another reward for my efforts — from winning this round I was able to represent the Science Faculty at the UQ Finals. Being one of the finalists, I became part of the promotional video for UQ 3MT, which was a good exposure to the fast and exciting world of film. Then was later asked to also promote 3MT in the UQ website (<https://threeminutethesis.uq.edu.au/>).

Because of these experiences, I have become more confident in sharing my research with others regardless of their expertise or background. Just last month I was invited to give an inspirational speech at a graduation ceremony at my primary school in my home country. Because of my experiences with 3MT I felt more confident in speaking in front of an unfamiliar audience, as well as in being able to incorporate aspects of my research on improving rice grain quality into my speech. The audience responded keenly and I learned that some of them even wanted to do research themselves one day.

So, whether you love or hate public speaking, and whether you achieve a win or not, I assure you that 3MT will make you appreciate your speaking abilities and your research topic. Why not give it a try?

Here is an article written about SAFS winning the Science Faculty round 3MT:
<http://www.science.uq.edu.au/tasty-win-in-three-minute-thesis-science-faculty-final>

Below is the static slide that I used for the Science Faculty 3MT and UQ Finals.



Kind regards,
Jeanafior Crystal Concepcion