

What is the 3-minute Thesis (3MT)?

The UKCO 3MT competition is a celebration of the exciting obesity research conducted by the Early Career Researchers (ECR) who are ASO members, as part of their doctoral studies. The competition cultivates academic, presentation, and research communication skills and showcases the next generation of obesity researchers at the ASO UK Congress on Obesity (UKCO).

The competition supports ECRs capacity to effectively explain their research in three minutes, in a language appropriate to a non-specialist audience.

Eligibility

- 3MT presenters will be chosen based on the submitted abstracts.
- You must be a current PhD/DPhil student or have had your viva voce within the past 12 months to be eligible to apply for the ASO 3MT.
- All 3MT presenters will be invited to give their 3-minute presentation at the UKCO conference in a dedicated 3MT session.
- All 3MT presentations must be given in person.
- All 3MT presenters must all register for UKCO before the online deadline, or otherwise risk being withdrawn from the competition.

Presentation instructions

- You will be asked to give a presentation in person at UKCO 2024, being held at Rhodes House University of Oxford on the afternoon of the 24th September 2024.
- All 3MT presenters are required to register for the conference, and those who have not registered by **Friday 30th August** will be withdrawn from the competition.
- Each 3MT presenter will give a presentation of 3 minutes maximum. The chair will ensure each presenter keeps strictly to time and will stop presenters when they reach 3 minutes.
- The presentation should be clear and concise, using language appropriate to a non-specialist audience and use people-first language when referring to people or patients with specific conditions (including obesity)
- Each presenter is permitted ONE static PowerPoint slide, with text and/or images.
- No slide transitions, animations or 'movement' of any description are allowed on the slide.
- The slide will be displayed from the beginning of the presentation.
- No additional electronic media (e.g., sound and video files) are permitted in the presentation.
- No additional props (e.g., costumes, musical instruments, laboratory equipment) are permitted.
- Presentations are to be spoken word (e.g., no poems, raps or songs).
- Presentations are to commence from the stage/lectern. The Chair will introduce each 3MT presenter before handing over to the presenter (so no need to introduce yourself or the title of your presentation).
- Presentations are considered to have commenced (and timer begins) when a presenter starts their presentation through either movement or speech.
- The ASO Trustees will appoint judges to the adjudicating panel who will decide on a winner of the UKCO 3MT competition.
- The decision of the adjudicating panel is final.