

# PRESENT YOUR THESIS IN 3 MINUTES



## Training in "My Thesis in 180 Seconds" for PhD students

This training course for competitions such as "My Thesis in 180 Seconds" and "Three Minute Thesis" is made up of 3 sessions. During the first session, the PhD students construct a first version of their pitch. The second day, in small groups, they work on their presentation to make it more clear and concise. On the actual day of their talk, a technical rehearsal allows the participants to familiarise themselves with the stage, room and microphone..

## Objectives

Structure your 3-minute presentation  
Reinforce your pitch  
Improve your confidence  
Familiarise yourself with the stage

## Training duration

Initial talk: ½ day  
Training: 1 day per group  
Technical rehearsal: ½ day

## Number of participants

Up to 6 people

## Audience

PhD students and/or candidates for a 3-minute thesis competition

## Educational resources

Theoretical and methodological background, practice on material brought by participants, group exchanges, exercises

## Evaluation procedures

Questionnaire at the beginning and at the end of training (self-evaluation)

## Prerequisites

None

## Program

### SESSION 1: talk on the basics of the 3-minute style

#### Structure your presentation

Develop your message and structure your talk  
Assimilate tools for popularising science

#### Learn to condense a speech into 3 minutes

Distinguish the essential from the superfluous  
Adapt your talk to the "Three Minute Thesis" style

### SESSION 2: training in small groups

#### Reinforce your pitch

Clarify the contents  
Find elements to be memorable

#### Improve your confidence

Reduce stress by using breathing techniques  
Use correct body language

### SESSION 3: technical rehearsal

On the day of the competition, a coach will carry out a technical rehearsal. The candidates rehearse their presentations in the lecture hall where the competition will take place so that they can familiarise themselves with the stage, room and microphone.