



# EPI|LIFESTYLE 2018

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The Early Career Committee of the Council on Lifestyle and Cardiometabolic Health presents:

## 3MT® - The Three Minute Thesis Competition

You are invited to submit abstracts for the Three Minute Thesis (3MT®) competition at the EPI/Lifestyle Scientific Sessions (New Orleans, LA). We will select 5 abstracts to compete and each contestant will receive complimentary registration to the entire conference (March 20-23, 2018). The winner of the competition will receive \$500 and all finalists will have a chance to interact with experienced research faculty in the field. Eligibility is open to all trainees who have not previously attended the AHA EPI/Lifestyle Scientific Sessions and have research interests consistent with the goals of the AHA and the conference (e.g. public health, epidemiology, exercise science, nutrition, obesity, medicine).

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The **Three Minute Thesis (3MT®)** is a research communication competition developed by the University of Queensland. The exercise develops academic, presentation, and research communication skills and supports the development of students' capacities to effectively explain their research in language appropriate to an intelligent but non-specialist audience. 3MT™ is not an exercise in trivializing or 'dumbing-down' research but forces students to consolidate their ideas and crystalize their research discoveries.

Each presentation will be allotted 3 minutes followed by 5 minutes of Q&A, and will be judged by a panel of experienced AHA faculty.

**Where?**

AHA EPI/Lifestyle Scientific Sessions, Sheraton New Orleans, 500 Canal St, New Orleans, LA.

**When?**

Thursday, March 22, 2018, noon – 1:30pm.

**Who?**

Doctoral degree students, Master's degree students, post-doctoral fellows, medical fellows, and medical residents with an interest in epidemiology, prevention, and cardiometabolic health research from universities in New Orleans and surrounding areas.

**Benefits:**

Finalists will be invited to compete in the 3MT oral competition and will receive complimentary conference registration (March 20-23, 2018). Attending AHA EPI/Lifestyle Scientific Sessions is a great opportunity to hear the latest science in the field before it is published, network and collaborate with peers from around the world, and honor the outstanding contributions of our members through our awards and lectures program.

**Grand Prize:**

\$500 (1<sup>st</sup> place)

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## **Eligibility and Application Requirements:**

To be considered for the 3MT competition, applicants are requested to submit a research abstract of 250 words or less as a pdf file by email to Flavia Watkins ([Flavia.Watkins@heart.org](mailto:Flavia.Watkins@heart.org)) by 11:59 PM (CST) on February 16, 2018. Finalists will be notified via email by March 2, 2018.

Individuals are eligible to apply if they (1) are affiliated with a university or training program in New Orleans, LA, and the surrounding region, (2) have not previously attended the EPI/Lifestyle Scientific Sessions, and (3) would like to present research required for their current degree program. Individuals are not eligible to apply if they are presenting their research at another session of AHA EPI/Lifestyle Scientific Sessions 2018 or are receiving another AHA award.

## **Presentation Rules:**

- ! A single static PowerPoint slide is permitted (no slide transitions, animations or ! 'movement' of any description) !
- ! No additional electronic media (e.g. sound and video files) are permitted
- ! No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted
- ! Presentations are limited to 3 minutes maximum, and competitors exceeding 3 ! minutes are disqualified !
- ! The decision of the judging panel is final

## **Judging Criteria:**

### Comprehension & Content

- ! Did the presentation provide an understanding of the background to the research ! question being addressed and its significance? !
- ! Did the presentation clearly describe the key results of the research including ! conclusions and outcomes? !
- ! Did the presentation follow a clear and logical sequence?
- ! Was the thesis topic, key results and research significance and outcomes ? communicated in language appropriate to a non-specialist audience? !
- ! Did the speaker avoid scientific jargon, explain terminology and provide adequate ! background information to illustrate points? !
- ! Did the presenter spend adequate time on each element of their presentation – or did they elaborate for too long on one aspect or was the presentation rushed?

### Engagement & Communication

- ! Did the oration make the audience want to know more?
- ! Was the presenter careful not to trivialize or generalize their research?
- ! Did the presenter convey enthusiasm for their research?
- ! Did the presenter capture and maintain their audience's attention?
- ! Did the speaker have sufficient stage presence, eye contact and vocal range; ! maintain a steady pace, and have a confident stance? !
- ! Did the PowerPoint slide enhance the presentation – was it clear, legible, and ! concise? !