In 2014, NICHD DIR launched a competition among intramural trainees at the graduate and postdoctoral level, to communicate in three minutes or less the substance of their research and its significance to improving human health—in such a way that can be understood by a broad scientific audience.

The competition is modeled on one developed originally at the University of Queensland, Australia in 2008 and now employed at other places in Australia, Canada, Belgium, and more recently in the U.S., called the Three Minute Thesis 3MT®.

Objectives:
- Develop scientific communication skills among our trainees.
- Showcase intramural science to the general public.
- Enhance awareness of the breadth and significance of NICHD research.

Eligibility: For entry into the competition, fellows must complete a submission form, including a catchy title and brief description of their research talk, by Monday, February 8th. The submission form can be found on the NICHD Fellows TmT website, or by following this link: Submission Form.

Up to 10 postbac, predoctoral, postdoctoral, visiting, and clinical fellows will be invited as NICHD semifinalists to compete for these science communication honors. All participants will receive professional coaching for oral presentation skills.

Awards: The NICHD finalists who are invited to present at the final TmT presentation will receive a $500 award. And within our institute, any winners of the NIH-wide competition for either 1st place, 2nd place, or 3rd place will each receive an additional $500 award. Awards can only be used for approved travel to a scientific meeting or for a training activity.

Timeline:
Training: All accepted fellows must participate in the “science communication” preparatory workshops and peer review and individual coaching sessions. Led by public speaking coach Scott Morgan, the first workshop is on Thursday, February 11, 2021, from 1 to 2 p.m. It will offer fellows tips on how to convey their science clearly and quickly, addressing the human health relevance of their research, telling an interesting story with only one slide, using accessible language.
**Practice:** During the months of March and April, fellows will have the opportunity to practice their delivery, receiving at least one 30-minute individual coaching session with Scott Morgan. You will be able to select your specific time slot and your completed slide will be required for the session.

**Presentation:** In early June, the three-minute talks of all accepted NICHD fellows will be judged by an internal panel of intramural scientists, and based on the TmT judging criteria, NICHD finalists will be selected to advance to the next stage of the competition, which will include trainees from other institutes.

The final TmT presentation and judging event will take place during the last week of June, allowing the finalists from various institutes to present their three-minute research talks to a nonspecialized audience, and based on the judging criteria and overall scoring, a distinguished panel of judges will select the 1st, 2nd, and 3rd place winners.

Finalized dates will be announced soon by email as well as in our monthly fellows’ newsletter.

**Rules:** Fellows can use only a single, non-segmented PowerPoint slide with animations or video files. No sound and props are permitted. Presentations cannot exceed three minutes and must use only spoken words.

**Judging Criteria:**

- Ability to clearly and succinctly describe a research project in language appropriate to a general scientific audience
- Have a logical flow that captures and maintains the audience's attention
- Spend adequate time on each element of the presentation, from description of the background to key results, including its relevance to human health
- Enhance the presentation with a clear and concise PowerPoint slide

Questions should be directed to Monica Cooper (cooperm@mail.nih.gov) in the Office of Education, DIR, NICHD.