3MT Competition

"The Three Minute Thesis (3MT®) competition is a University-wide competition for doctoral students, in which participants have three minutes or less to present their doctoral research to a panel of non-specialist judges. The challenge is to present complex research information in an engaging, accessible, and compelling way."

Comprehension

Background, significance, results, presentation flow

Engagement

Enthusiasm, audience attention, desire to know more

Communication

Appropriate language, explanation, stage presence, slide



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Three Minute Thesis U of T Winner 2014

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Doctoral Research Served Up in Three Minutes

Liam O'Leary and Lily Yee-Sloan

On the topic menu: Do Dietary Recommendations Based on Genetics Change Eating Behaviour?

How do you serve up a winning Three Minute Thesis? Ask **Daiva Nielsen** (pictured, right)—\$1,000 prize winner of the Three Minute Thesis (3MT®) University of Toronto competition.

"I spent a lot of time focusing my overall goal," she explained. "I looked at the bigger picture and thought about the most important point to get across."

A PhD candidate in nutritional sciences, Nielsen is undertaking research to personalize nutrition to the level of genes. "It is a new field, and I wanted to get the ideas across clearly."

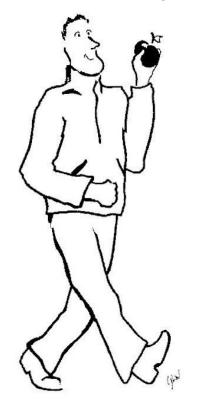
To prepare for the 3MT®, she practiced her talk in front of her lab group and supervisor, and then kept improving it. Ultimately, she chose her study design as the focus of her presentation.





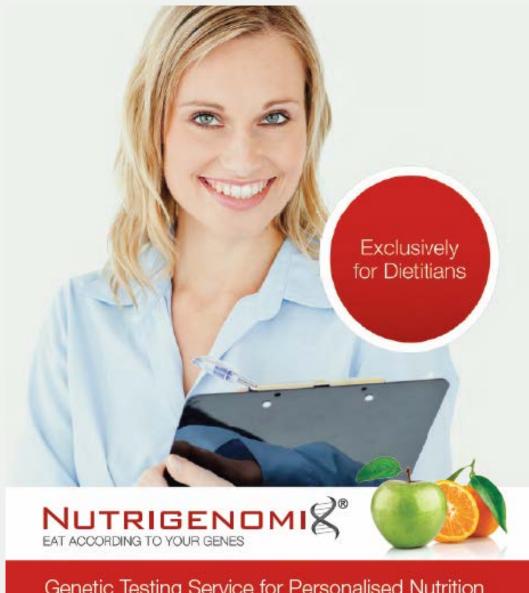


I have the gene, so I eat healthily.



versus





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www.nutrigenomix.com

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The 2013 Inventors of the Year are:

■Ahmed El-Sohemy (Department of Nutritional Sciences). El-Sohemy has invented a panel of seven genetic markers that can be used to determine a person's response to seven key components of diet: vitamin C, folate, whole grains, omega-3 fat, saturated fat, sodium and caffeine, leading to personalized DNA-based dietary recommendations.

