

# 3MT Competition

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“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**

*I have the gene, so there's  
nothing I can do.*





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## Meet U of T's Inventors of the Year

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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.



# Personalized Nutrition Assessment

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