

Guidelines for the Three Minute Thesis (3MT) Competition

Applied Sciences Undergraduate Research Sessions 2026

Purpose

The 3MT (Three Minute Thesis) Competition encourages students to present their research within three minutes in an engaging and easily understandable manner for a non-technical audience. The competition aims to enhance students' academic presentation abilities, research communication skills and confidence in public speaking.

Eligibility

The competition is open to all the B.Sc. (Honours) Degree students of the Faculty of Applied Sciences, Rajarata University of Sri Lanka.

Presentation Guidelines

- Presentations are limited to **three (03) minutes** maximum.
- A single static PowerPoint slide is permitted. Slide transitions, animations or movement are not allowed.
- No additional electronic media (i.e. sound and video files) are permitted.
- No cue cards or additional props (i.e. laboratory equipment) are permitted.
- The presenter is allowed to interact with the audience. This should be limited and not break any of the 3MT rules.
- The decision of the adjudicating panel is final.

General Rules

- All presentations must be delivered in English.
- The decision of the adjudicating panel is final.

Awards and Certificates

The top three presenters will be awarded medals and certificates. All the participants will receive a certificate.

Submission of the PowerPoint Slide

- The single static PowerPoint slide in the default slide size should be submitted and renamed in the following format.

Name with initials_Study programme_Registration number (i.e., K.L.Perera_Health Promotion_HPT/19/20/078)

- All participants are requested to submit their finalized 3MT slide via the Google Form <https://forms.gle/pfSd1yeLpEpPCG2g8> **on or before midnight on the 20th of June 2026.**

Special note:

Do not include your personal information on the slide. The 3MT Competition organisers will prepare a “title slide” for each candidate, including the candidate’s name, study programme, registration number and the presentation title. This “title slide” will appear before each presentation.

You can use a presentation title in non-specialist language other than your thesis title to facilitate your presentation.

For queries:

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