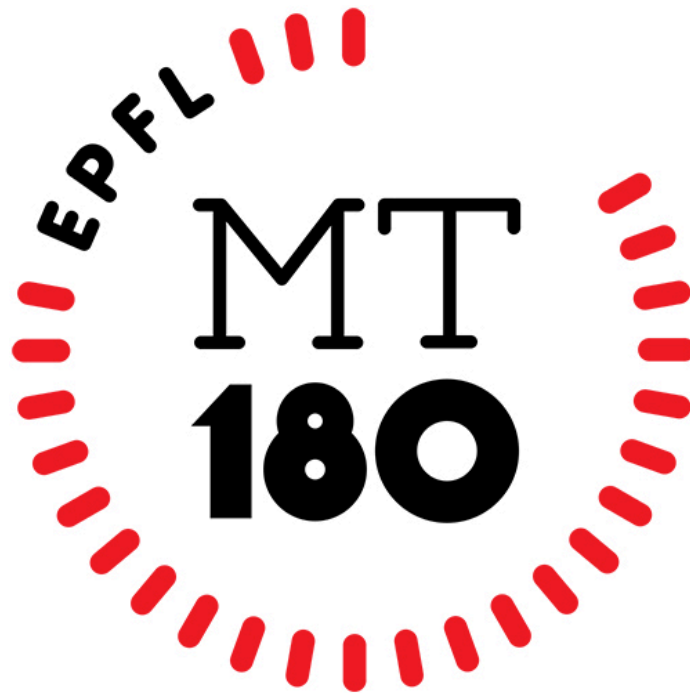


MY THESIS IN 180 SECONDS



Applicant Specifications

2022-2023 Edition

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I. Competition Overview

1. What is it?

My Thesis in 180 Seconds is a competition that gives **doctoral students** the opportunity to present their research topic in simple terms to a general and diverse audience, and to a jury who will grade them. In three minutes each doctoral student must deliver a clear, concise, and yet compelling explanation of his or her research project.

Each candidate will participate in one of the public selection event that will take place during the period 23 January to 10 February 2023. The EPFL final, which will include 12 to 14 candidates, will take place on **30th of March 2023 at the Rolex Learning Centre**. Three finalists may go on to compete in a national final.

2. Background

My Thesis in 180 Seconds is inspired by the competition *Three Minute Thesis* (3MT^{MD}), which was first held in 2008 at the University of Queensland, Australia. The concept was picked up in 2012 in Quebec by the Francophone association for knowledge (ACFAS). The competition has become increasingly successful since 2014 with events organized in several French-speaking countries such as France, Morocco, Belgium and Quebec in Canada.

3. Why should you participate?

My Thesis in 180 Seconds provides a unique opportunity **to hone your communication skills** while **showcasing your research in a public space**. Since the presentations are filmed and uploaded online, you can share your passion with the widest possible audience! Videos of EPFL finalists from previous editions are available on the YouTube channel <https://go.epfl.ch/MT180-YouTube>.

4. Prizes

Prizes will be awarded to the top three participants as determined by a panel of judges from the fields of sciences, economy and/or media. A special «audience award», chosen by the public, will also be given.

5. ECTS Credits

An ECTS credit recognized by the EPFL Doctoral School is awarded to candidates fulfilling the following **two conditions**:

1. Participation in one of the training course either in English or in French (c.f. III.1).
2. Participation in the selection process and obtain a score of 4/6 or higher (c.f. II.3).

II. Rules, Eligibility and Evaluation Criteria

1. Eligibility

To be eligible for participation you must meet the following requirements:

- To be currently or previously enrolled **in a doctoral program with a thesis (PhD) at EPFL** during current academic year **(2022-2023)** or have earned your doctorate during this academic year.
- Present a clearly defined doctoral project.
- Be able to express yourself either in English or in French.
- Not to have won a jury or public prize in a previous edition of the EPFL final My Thesis in 180 Seconds.
- To be available for the competition that will take place in the RLC on **Thursday March 30th 2023**.

The maximum number of participants is 50. The priority is given to participants that are in the last year of their thesis.

2. Rules and Regulations

2.1 Technical Constraints

Please do read the technical constraints below carefully. In the interest of fairness, they apply equally to all participants without exception. It is up to the organizer of the event to implement them.

Stopwatch

- You have 180 seconds to present your doctoral research topic.
- A timer will count down the time from 180 seconds to 0. It **must be positioned in front of you and, if you wish, it will be visible**.

Timekeeper

- A person who will keep time, without being disruptive, will be positioned at a visible location. When you are ready to begin your presentation, you will notify the timekeeper with an agreed-upon signal. A beep will sound when the stopwatch begins counting down. You may then begin your presentation.
- **If you wish**, you may ask to be notified by visual signal when there are only 30 seconds left. A loud horn will sound when the 180 seconds are out (not a single tolerance second will be allowed). If you have not finished your presentation, you may choose to continue your presentation and thereby disqualify yourself from the competition, or not to finish your presentation and remain eligible for the competition.

Handling Interruptions

- Under no circumstances will the stopwatch be reset to zero (even if your memory goes blank, if you notice that you've made a mistake or if you feel you weren't ready), except in the event of a major technical problem.
- Should a major technical problem occur (for example: a microphone doesn't work, a slide doesn't show up, the stopwatch doesn't start), **the president of the jury** must stop the competition, and you will be allowed to begin your presentation again once the technical problem has been resolved.
- Competitors are not allowed to interrupt their presentations themselves.

2.2 Oral Presentation

- Your presentation must be **in English or French**.
- No other accessories than sheet notes will be allowed: no laser pointer, no clothing accessories used specifically for the presentation, etc.
- You are allowed to interact with the audience, by asking questions, if you wish.
- Depending on the materials available at the location where the final will take place, you may use a handheld microphone, which you can place on a microphone stand, if you wish.
- If needed, you may use a lectern or podium on stage.

2.3 Visual Support

- You may use a slide for your presentation. Although not compulsory, it is **strongly recommended**.
- You are only allowed to use **a single, non-animated slide** to illustrate your points. It will be projected on a large screen behind the stage.
- The texts on the slide must be in English or in French.
- The slide must use the format of **PowerPoint** (.ppt or .pptx) or **image format** (.jpeg or .jpg; recommended resolution: 300 dpi). **Final proportions of the slide Width:Height are 16:9.**
- You must ensure that the images you are using are royalty-free or that the owners of the images have granted rights of use for this contest.
- No audio or video support shall be allowed.
- The title of the presentation on the PowerPoint slide may differ from that of your thesis so that you can popularize your topic. The full title of your thesis will be announced orally by the moderator of the competition.

3. Evaluation Criteria

The jury members will use the following criteria to evaluate the presentations:

Speaker's Talent and Engagement (out of 6)

- Has the participant demonstrated oratory skills: rhythm, fluidity, gestures, on-stage presence, etc.?
- Has the participant conveyed his or her passion for the subject?
- Has the participant sparked the public's curiosity about the subject?

Popularization (out of 6)

- Has the participant explained the concepts or ideas in language and terminology that is accessible to the audience?
- Has the participant used humor, metaphors and examples to illustrate her/his points?

Presentation Structure (out of 6)

- Have the structure of the presentation and the ordering of ideas facilitated the understanding of the subject?
- Has the participant clearly explained the research he or she conducted?

Favorite (out of 2)

- Did you note a particularly exceptional point in the presentation?

III. Additional Support for Candidates

1. Training and Preparation

My Thesis in 180 Seconds is a summary and outreach exercise that requires **excellent preparation** of speech and presence as well as in visual presentation using PowerPoint.

To help you be better prepared, EPFL is offering training courses given by a specialist in public speaking:

- **Monday 31st October 2022 – in English**
- **Tuesday 1st November 2022 – in French and English**
- **Wednesday 2nd November 2022 – in English**
- **Thursday 3rd November 2022 – in English**
- **Friday 4th November 2022 – in English and French**

Places are limited and each candidate can only attend one day of training. **Candidates who receive a confirmation of registration for the course are required to participate to it.**

2. Filming

Presentations will be filmed **during the selections which will take place in January and February 2023** and during the **final which will take place on 30 March 2023**. The videos taken during the selections are accessible to the candidates and members of the jury. The videos of the final are public.

Upon arrival at the preparatory meeting, you must sign a release of your rights to your image in connection with the distribution of these videos on the Internet (see point [1.3](#)) and their development on social media (Facebook, Twitter, etc.).

Screen allowing the audience to see the stopwatch counting down

Large screen for projecting the contestant's visual PowerPoint presentation

Podium with microphone for the moderator



Stage

Handheld microphone (or on stand) for the contestant

Computer controlling the sound

First rows of public seating reserved for participants



Computer controlling the timer

Table with members of the jury

Screen where the participant can see the timer

Computer controlling the PowerPoint presentation

3. Jury

The jury for the final is made up of representatives from the scientific community and broader science world, the business world and the media.

Each selected judge must notify the members of the panel of any conflicts of interest, but may still evaluate all the presentations.

4. Organisation and Contact

My Thesis in 180 Seconds is organised at EPFL by the Science Outreach Department with support from the Doctoral School and the Learning and Development Service, and in collaboration with Mediacom.

Website: <https://go.epfl.ch/mt180>

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