



Can you explain your research in 3 minutes?

Clarify your thinking

Get to the core of your work—problem, purpose, and impact—without the clutter.

Increase visibility

Make a strong first impression in brief interactions and spark interest quickly.

Reach broader audiences

Communicate your work clearly to educators, policymakers, and collaborators beyond your field.

Strengthen connections

Help others quickly see alignment and open the door to collaboration.

Boost funding potential

Sharpen how you frame significance and innovation—key for competitive proposals.

Build confidence

Mastering a short summary makes longer presentations easier and more focused.

Focus on what matters most

Prioritize your key contributions and cut what doesn't serve your message.

Being able to deliver a tight 3-minute summary of your research isn't just a communication skill—it's a strategic advantage and one of the highest-return habits you can build.

