



Preliminary Heats

Tuesday, March 24, 2026

9 a.m. to 3 p.m.

Council Chambers (Room 270)
2nd Floor, Student Union Building
6136 University Ave, Halifax



DALHOUSIE
UNIVERSITY

FACULTY OF
GRADUATE STUDIES

About 3MT

What is Three Minute Thesis?

The Three Minute Thesis (3MT®) is a skills development activity that challenges participants to explain their thesis or project to a non-specialist audience in just three minutes.

What are the rules?

- A single static slide is permitted, presented from the beginning of the oration.
- No additional electronic media or props are permitted.
- Presentations are to be spoken word.
- Presentations have commenced when the presenter starts their presentation through movement or speech.
- Presentations are 3 minutes and competitors exceeding 3 minutes are disqualified.
- The decision of the adjudicating panel is final.

What are the prizes?

3MT heat participants who move forward in the competition will have the chance to win the following prizes during the finals:

- **First place:** \$1,000 and eligible participants have the opportunity to represent Dalhousie at the Eastern Regional 3MT Competition
- **Second place:** \$500
- **Third place:** \$250
- **People's Choice Award:** \$500 (in addition to any other prize money received)

Judging criteria

What are the judges looking for?

At every level of the competition, each competitor will be assessed on the judging criteria listed below. Each criterion is equally weighted and has an emphasis on audience.

Comprehension and content

- Presentation provided clear motivation, background, and significance to the research question;
- Presentation clearly described the research strategy/design and the results/findings of the research; and
- Presentation clearly described the conclusions, outcomes and impact of the research.

Engagement and communication

- The oration was delivered clearly, and the language was appropriate for a non-specialist audience;
- The PowerPoint slide was well-defined and enhanced the presentation; and
- The presenter conveyed enthusiasm for their research and captured and maintained the audience's attention.

Schedule of competitors

Heats 1 & 2 | 9 to 11 a.m.

- 1 | **Tania Sultana Tanwi**, School of Health Administration
Élise Poirier, Biology
Pegah Adibi, Pharmacy
Sarah Macdonald, Civil & Resource Engineering
Cierra Stamper, School of Social Work
Annika Benson, Biomedical Engineering
Sibi Chakravarthy Parivendan, Computer Science
- 2 | **Zuby Ain Sohail**, Management
Kokilavani Shanmugasundaram, Process Engineering and Applied Science
Daniel Basso, Psychiatry
Luis Miguel Zamudio Fuentes, Computer Science
Emily Burke, Chemistry

Heat 3 | 11 a.m. to 12 p.m.

- 3 | **Athena Iraj**, School of Resource and Environmental Studies
Katherine Berwick, Architecture
Valerie Schagen, Biology
Christianne Riveroll, Medical Sciences
Aisha Rahman Asha, English
Eshaa Amer, Psychology and Neuroscience
Kevin Nguyen, Physiology and Biophysics
Reshma Joseph, Economics

Heats 4 & 5 | 1 to 3 p.m.

- 4 | **Omar Koura**, Kinesiology
Claire Floras, Materials Engineering
Sophie Baker, Law
Fatemeh Mahdizadeh Karizaki, Health
Kate Leslie, Chemistry
Martins Obialor, Process Engineering and Applied Science
Primrose Watson, Law
Josteve Adekanbi, Computer Science
- 5 | **Rifkhan Nayeem**, Earth and Environmental Sciences
Anita Shahzadi, Physiotherapy
Sierra Palachi, Rehabilitation Research
Noah Doucette, School of Nursing
Achilles David, Mechanical Engineering
Aiden Moore, Biology

Schedule of judges

Heats 1 & 2 | 9 to 11 a.m.

Ebube Sunny-Ekhalume, Engineering

Kelly Abbott, Medicine

Angela Siegel, Computer Science

Kaitlin Burek, Bissett Career Services

Heat 3 | 11 a.m. to 12 p.m.

Wendy Weckworth, Medicine

Ann Griffiths, Arts and Social Sciences

Jo Bryant, Health

Timi Idris, Medicine

Heats 4 & 5 | 1 to 3 p.m.

Kim Good, Medicine

David Rodriguez, International Centre

Bobbi Bowering, Architecture and Planning

Sharon Vogel Kubik, English / Writing Centre

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Previous Finalists as Coaches

Ahmed Ramadan (PhD Candidate, Biomedical Engineering)

Cédric Blais (PhD Candidate, Biochemistry and Molecular Biology)

Dr. Sharon Vogel (PhD, English)

Join us for the 3MT Finals!

Tuesday, March 31, 2026

6 to 9 p.m. | Reception included

McInnes Room

2nd Floor, Student Union Building

6136 University Ave, Halifax

dal.ca/grad/3MT

Free admission • All are welcome!

