

Capstone Project & Three Minute Thesis

Modified from Griffith University's Three Minute Thesis Workshop

Program preceptors

- Each participant of the Provincial Health Leadership Program (PHLP) will be assigned a preceptor who is a current leader in Manitoba's health system or academic health sciences
- This preceptor will mentor the participant in the development of a capstone project in an area of leadership relevant to the participant's workplace or sphere of influence

What is a capstone project?

- A capstone project serves as the culminating and integrative experience of an educational program and is an opportunity to devise an innovative solution for a real-world problem
- PHLP participants will integrate the program teachings into moving their project forward.
- It is not expected that the project be completed, but to have a solid start by the end of the program.

Briefing note & presentation

- PHLP capstone projects include the submission of a short, written briefing note due on the final day of the program.
- A briefing note is a tool used to inform decision makers about issues they are responsible for. It is in the form of a short paper that can quickly and effectively break down complex information into a brief, well-structured document
- Additionally, participants will present their project to their peers in a 3-minute thesis-style presentation.

3 Minute Thesis: Workshop overview

Modified from Griffith University's Three Minute Thesis Competition

Their goal: “Every researcher should know how to present a clear, concise, yet engaging description of their research project”

Our goal: to enable you to precisely and accurately present your Capstone Project at the end of the program



Rules

- Use only one slide when presenting
- No audio or video files permitted
- Presentation can run no more than three (3) minutes



Goals

- Clearly describe your project and its relevance
- Use your presentation to aid the group in understanding your choice of topic
- Make the audience want to know more
- Change the way you think about presenting



Summarizing your project

1. Divide your material into main thoughts: write brief summaries for each thought, creating an outline
2. Write your presentation
3. Re-read the presentation and highlight the most important ideas, circling key terms
4. Create one sentence that summarizes your central idea

Summarizing your project

5. Aim to cut down your presentation to 200-250 words

6. Make sure to include:
 - Key terms identified
 - Important (but basic) data
 - Main thoughts, ideas and steps followed
 - Important conclusions and/or discoveries

7. Edit again: aim to be more concise, eliminating needless words and repetition

Tips for good communication

Highlight

- Why you chose your project
- How you achieved the results
- How it relates to your area of leadership

Simple Organization

- Main points
- Main results
- Conclusion and/or recommendations



Hints for improving presentations

Tailor your presentation to your audience. They want to know the big picture: explain what you did, but leave out the details

Start your talk by introducing your project in the grander scheme of things: why will it interest people

Be thoughtful about what you include on your PowerPoint slide. Only include things that are relevant, ensure that images are good quality and don't overcrowd



Hints for improving presentations

Speak in an engaging manner. If you don't sound like you're interested, no one else will be either

Body language is important. Don't stand there frozen: engage your audience, look them in the eye and smile

Finish your presentation by summing up your project: **how will your project contribute to your grander goals?**

**Practice, Practice,
Practice!**



Your audience is there because they want to hear about your project.

Inspire them and enjoy the opportunity you've been given to share your work with others.



GEORGE & FAY YEE

Centre for Healthcare Innovation

