

# Explaining Your Research in Under 3 Minutes

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## Abstract

The inability to clearly and efficiently explain the motivation and goals behind research projects is one of the main barriers to effective science communication in any context. In this workshop, participants will learn how to distill their research to the essentials and engage an audience quickly and efficiently. By the end, they will be able to describe their research in under 3 minutes. We will integrate presentations, individual activities and group activities to present basic information, foster self-reflection, and encourage interactive community-based learning. First, a short presentation will explain the basic structure and features of a 3-minute pitch. Then, attendees will be given time to reflect on their research and prepare their own 3-minute pitches. After that, participants will divide into groups of 3-5 people and each member of the group will practice their pitch. The group will then provide feedback to all participants and select the best pitch. The group will then help the selected representative refine that pitch to compete against other groups in the workshop. All participants and hosts will vote for the overall best pitch.

## Biography

Dr. Ana Maria Porras is a biomedical engineer and Presidential Postdoctoral Fellow at Cornell University. Her research interests encompass a wide variety of topics including biomaterials, tissue engineering, cardiovascular disease, and the human microbiome. Her current research lies at the intersection of the gut microbiome and infectious disease in a global health context. Dr. Ana is also an AAAS IF/THEN Ambassador and the Co-Director of Communications at Clubes de Ciencia Colombia. She also runs a science communication initiative in both English and Spanish on social media. You can find her as @AnaMaPorras and @anaerobias, where she teaches microbiology using crocheted microbes designed by herself. Dr. Porras holds BS and MS/PhD degrees in Biomedical Engineering from the University of Texas at Austin and the University of Wisconsin-Madison, respectively. In her free time, she loves to travel, bake, swim, dance, read, and, above all, eat ice cream.

