



UniGR MR3

UNIVERSITÉ DE LA
GRANDE RÉGION
UNIVERSITÄT DER
GROSSREGION

MR3 seminar

My Research in 3 minutes



July, 7-8th @ the Scientific Station of Hautes Fagnes (Hohes Venn)
Mont Rigi, Waimes, Belgium



This face-to-face training is coming after the attendance at an on-line course (MR3 MOOC)

GOALS

- Learn to present a compelling talk on your own research topic and its significance just in 3 min.
- Increase your self-confidence and self-management abilities in stressful situations
- Experience interculturality in work and sharpen your communication skills

PROGRAMME

DAY 1

- 10-12:30 AM :
 - > Presentation of the UniGR, seminar and trainer/team
 - > Introduction to 3MT™ and MR3 concepts
 - > Criteria of excellent MR3 presentations
 - > First presentation of research topics
- 2-9:00 PM :
 - > « Speed dating »: exercising MR3 presentations
 - > Input on basic principles of verbal and non-verbal communication
 - > Reflection on personality and attitude

DAY 2

- 9-12:30 AM :
 - > MR3 presentations & individual feedback (part 1)
 - > Input on helpful self-management skills and techniques
- 2-5:00 PM :
 - > MR3 presentations & individual feedback (part 2)
 - > General recommendations



Trainer: Ansgar Berger

Work and organizational psychologist at Trier University, collaborating with companies and project teams, working with researchers on communication; already involved in UniGR seminar for PhD candidates (Early-Stage Researchers' Days in 2013 – UniGR ESRD)

MR3 training developed by the University of Liege for the University of the Greater Region