**me in three**

By now you are probably very close to finalising your ideas about your “me in three” talk for the final SCIWILWORK workshop this coming Wednesday.

To help you prepare I have prepared a few suggestions for your talk structure. Please remember, they are suggestions, but if you don’t know what to say or do, they will help you. If you already have the “me in three” under control, then don’t feel to have to re-build what you have already done.

**Rules**

- You will prepare a three-slide presentation on your current strengths, what you have learned from the course, and how you will develop your employability in science over the next year. You will present this to the class in a talk that lasts no more than 3 minutes. We are calling this activity “me in three”.
- This is an elevator pitch that you would be able to give to a potential employer or use in a job interview. Please write out your script and rehearse it, even if you don’t need to use it in the classroom. You are NOT allowed to read the script off your slides during the presentation – a text desert is a bad thing. Take the opportunity to make your slides interesting, visually arresting, and informative about you! You can use a script on paper if you want to.
- Please bring your slides on a USB to the session.
- Also, submit your slide set and your speech script to Turnitin before Workshop 5. Both of these items are important for the study we are doing on the project.
- Please also prepare an updated CV, and bring it to the class in case you want to make notes on it. After Workshop 5 you will submit the CV to Turnitin with any final updates that you want to make.
- Your “me in three” talk can only go for three minutes. We will time you, and after 3 minutes we will buzz you off, whether or not you have finished. We will also film you doing your talk.

**Suggestions for talking points during your presentation**

- The talk needs to be about you, your skills, values, and attributes, and what you have learned during the SCIWILWORK trial.
- Your talk should be punchy, to the point, and it should sell your strengths while being honest about your weaknesses.
- Depending on what the group wants to do, we might have a Q&A session after the talks. In this session each speaker would stand up again and the group would get to ask the speaker questions. These could be useful preparation for job interviews.
- There are several things you might like to address in your talk. The simplest structure might look like this:
  - What you wanted to get from SCIWILWORK when you started it
- What weaknesses and strengths you have identified in yourself (with particular reference to how reflecting on your current or prior work experience has been of value)
- What you have done to address your weaknesses and capitalise on your strengths (and whether you have been able to translate those actions into your current work)
- Your plans for what you will do now to help you realise your work capability in your current job or your future work.
- The most important thing you have got out of SCIWILWORK.

- Here’s another potential structure
  - Describe yourself – who are you?
  - What do you value? What do you want your career to stand for?
  - What are your strengths? (list three things)
  - What is your one biggest weakness around work capabilities?
  - Focus and reflect upon one important (critical) component of SCIWILWORK – what did you learn from it and how did it change your outlook on your current work and your career development plan?
  - Describe one key way in which you have grown/changed as a result of SCIWILWORK
  - What three concrete things are you going to do now to help address this weakness and develop your career and your work capability? If possible, describe how this action relates to your current work.