AAHB 2021 Virtual Scientific Meeting

3-Minute Thesis

Friday March 12, 2021- 3:30 pm EST

Thank you very much for helping make March Memorable by participating in the the 3-Minute Thesis Competition during the American Academy of Health Behavior 2021 Virtual Scientific Meeting.

As indicated, the 3- minute thesis presentation requires a pre-recorded presentation.

Please videotape your presentation and provide **your video (mp4) and slide by March 6, 2021.**

Example of some virtual 3-minute thesis presentations: <https://youtu.be/AijT247uryE>

**E-mail the completed video & slide to Sarah Griffin:** [**sgriffi@clemson.edu**](mailto:sgriffi@clemson.edu) **and CC: Joanne Sommers:** [**jsommer@bgsu.edu**](mailto:jsommer@bgsu.edu)

**Tips for videotaping:**

1. The best camera resolution is HD-1080 (HD-720 is ok, but less than that is too small. UHD-4K is too big).

2. Camera orientation should be in landscape mode(horizontal).

3. Try to "fill the frame" with your head and shoulders. Don't give yourself too much empty space above your head.

4. Look directly into the camera lens and remember to smile when appropriate.

5. Place a bright, soft light just behind the camera. Use a lampshade to soften the light, or "bounce" the light off a bright wall or ceiling.

6. Even better, face a window and let daylight do the work!

7. Remove any distractions in the background. Turn off any lights that might be behind you.

8. For audio, try to find a quiet room that's not too echo-y. You can put a sweater or blanket on the table in front of you to absorb any reverb. Just remember to keep it below the camera frame.

9. Stay hydrated! Sticky tongues and lips sound really weird.

10. If you mess up, it's ok. No need to get flustered. Just pause and try again.

[**https://aahb.org/2021-AAHB-Virtual-Meeting-Overview**](https://aahb.org/2021-AAHB-Virtual-Meeting-Overview)