Three Minute Thesis challenges doctoral candidates to present a compelling spoken presentation on their research topic and its significance in just three minutes. ®3MT is an academic competition developed by the University of Queensland, Australia. Its success has led to the establishment of local and national competitions in several countries.

Since 2014 Vitae have hosted the UK ®3MT competition which is the culmination of finalists from Vitae member Higher Education Institutions throughout the UK including GCU, which has been part of the competition since 2015. GCU's 3MT competition involves a development programme on the lead up to school heats and the final at the conclusion to GCU's annual research celebrations.