

A photograph of Barack Obama in a dark blue suit, white shirt, and blue patterned tie. He is pointing his right index finger directly at the camera with a serious expression. The background is a blurred cityscape with blue and grey tones. In the bottom right corner, there is a microphone on a stand.

RUNE AUNE MENTZONI

WHAT MAKES A GOOD PRESENTATION?

— _/_ (ツ) _/_ —

**CONCLUSION:
I REALLY DON'T KNOW**







RADIOLAB

WNYCSTUDIOS



ALAN TURING

A close-up photograph of a baby's face, looking directly at the camera with wide, dark eyes. The baby has light brown hair and is shirtless. The background is dark. A blue speech bubble is overlaid on the left side of the image, containing the text "WHY WAS THIS EPISODE SO GOOD??".

WHY WAS THIS EPISODE SO GOOD??

2

REVERSE ENGINEER PRESENTATIONS YOU LIKE

DON'T BE AFRAID TO USE ANECDOTES

PICTURES OF CUTE BABIES ARE ALWAYS A GOOD IDEA

2



1

CONVINCE YOURSELF THAT THE TOPIC YOU ARE GIVING
A PRESENTATION ON IS INCREDIBLY INTERESTING

PREPARE SHORT SKETCH OF STORY YOU WANT TO PRESENT

1. Conclusion

2. Why interesting?

3. The details

Nerdy bits {
→ theories
→ evidence
→ hypotheses

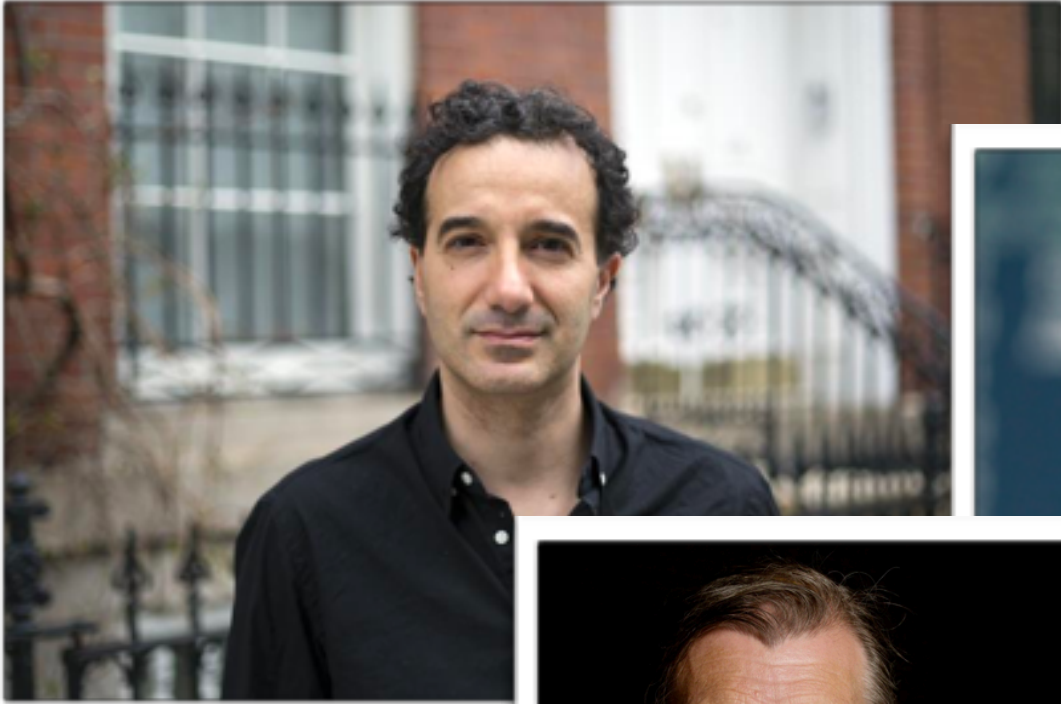
4. Brief summary/
repeat conclusion

**.....DON'T WORRY IF YOU
NEED A MOMENT TO THINK
DURING A PRESENTATION**

3

YOUR PERSONALITY IS LARGELY IRRELEVANT

**MORE IMPORTANT THAT YOU SHOW HOW MUCH YOU LOVE THE
TOPIC YOU ARE PRESENTING ON**



4

NOT ONE "CORRECT" APPROACH

**MORE IMPORTANT THAT YOU SHOW HOW MUCH YOU LOVE THE
TOPIC YOU ARE PRESENTING ON**



SØVNIGHET OG UNGDOM - SURVEYS

Studie	Land	N	Alder	EDS
Gaina et al., 2007	Japan	9261	Gj snitt 12.8	72.8
Gibson et al., 2006	Canada	3235	Gj snitt 16.2	42.1%
Gupta et al., 2008	India	1920	12-18	37.2% – 54.2%
Loessl et al., 2008	Tyskland	601	12-18	50%
Ohida et al., 2004	Japan	106 292	12-18	33.3% G 39.2% J
Paraskakis et al., 2008	Hellas	417	14-18	22.2% G 31.3% J
Reid et al., 2002	Sør-Afrika	825	16 (SD=1.0)	40 %
Shin et al., 2003	Sør-Korea	3871	Gj.snitt 16.8	15.9%

Gaina et al. (2007). *Journal of Pediatrics*, 15, 518-522
Gibson et al. (2006). *BMC Public Health*, May 2, 6, 116
Gupta et al. (2008). *Indian Pediatrics*, 45, 183-189
Loessl et al. (2008). *Child Care Health and Development*, 34, 549-556
Ohida et al. (2004). *Sleep*, 27, 978-985
Paraskakis et al. (2008). *Pediatrics International*, 50, 690-693
Reid et al. (2002). *Sleep*, 25, 417-422
Shin et al. (2002). *Psychiatry and Clinical Neurosciences*, 57, 451-453



NORMALSPILLERE: 96,7%

PROBLEMSPILLERE: 2,8%

AVHENGIGE: 0,3%

5

YOU DON'T HAVE TO BE AN EXPERT TO GIVE A GOOD PRESENTATION

....IN FACT, IT'S SOMETIMES GOOD NOT TO BE ONE

Teaching What You Don't Know



THERESE HUSTON

FIRST: DEAL WITH YOUR "IMPOSTER SYNDROME"

I HAVE NO IDEA
WHAT I'M DOING



ILLUSTRATED BY
DARIUS FOROUX

WHY NOVICES SOMETIMES HAVE AN ADVANTAGE

REALISTIC EXPECTATIONS LEAD TO MOTIVATED AUDIENCE

NOVICES PROVIDE MORE BASIC AND CONCRETE EXPLANATIONS

NOVICES ARE RATED BETTER THAN EXPERTS AT TEACHING PROBLEM SOLVING WITHIN A FIELD

NOVICES FOSTER DEEP LEARNING

**WHY IT IS BENEFICIAL FOR YOU TO TEACH/COMMUNICATE ON TOPICS OUTSIDE
OF YOUR EXPERTISE**

LEARN SOMETHING NEW

CONNECT WITH PEOPLE OUTSIDE OF YOUR EXPERTISE

BROADEN YOUR CV

DEVELOP NEW AREA OF RESEARCH

1

LOVE YOUR TOPIC / PREPARE A STORY

2

REVERSE ENGINEER YOUR FAVOURITES / USE ANECDOTES

3

DON'T WORRY ABOUT YOUR OWN PERSONALITY
(BUT 1. LOVE YOUR TOPIC – SO BE ENTHUSIASTIC)

4

THERE'S NOT ONE SINGLE, CORRECT APPROACH TO PRESENTING

5

SOMETIMES NOVICES ARE BETTER THAN EXPERTS AT PRESENTING

— _/_ (ツ) _/_ —

**CONCLUSION:
I REALLY DON'T KNOW**

WHAT TO WEAR? I DON'T CARE

**FUTURE
PRESENTATIONS I
HAVE
PLANNED**

**SO YOU MANAGED TO CUT THE TEXT IN YOUR
SLIDES DOWN TO A BARE MINIMUM. COOL!
NOW CUT 50% OF THE REMAINING TEXT**

**DON'T LISTEN TO THE HIPSTERS,
POWERPOINT IS STILL USEFUL**