

Welcome meeting first year PhD candidates (D1) Doctoral School STEP'UP

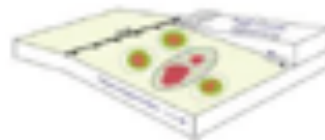
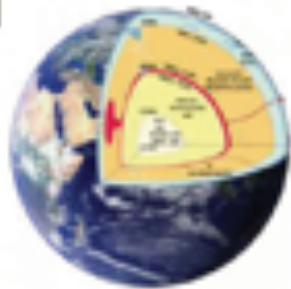
October 25th 2021



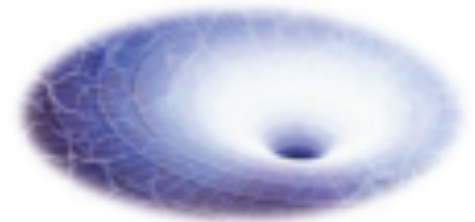
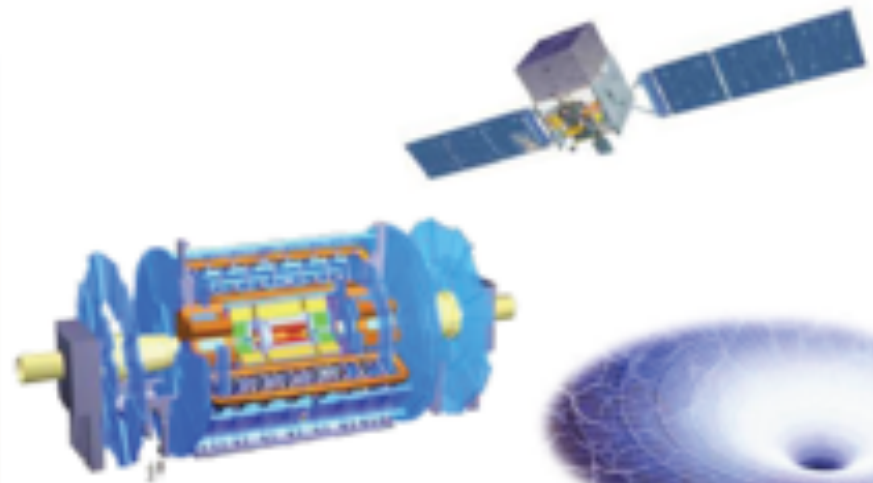
<https://ed560.ed.univ-paris-diderot.fr/>

STEP'UP: Scientific themes

Earth & Planetary interiors
Natural Hazards
Earth System Science
Origins



Cosmology, Gravitation, Particle Physics,
Astroparticles, instrumentation



STEPUP: Universities affiliation



Collège Doctoral SU

Dir: Bertrand Granado



Collège des Ecoles
Doctorales UP

Dir: Catherine Marchand



Collège Doctoral PSL



STEP'UP scientific affiliation



The doctoral school

Two specialties but one single doctoral school !

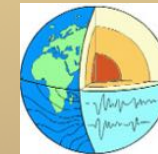
Physics of the Univers (PU)



**Co-Heads of PU: Alessandra Tonazzo (Univ. de Paris)
Sophie Trincaz-Duvoid (Sorbonne Univ.)**

Training coordinator: Irena Nikolic

Earth and Environment Sciences (TE)



**Co-Heads of TE: Clément Narteau (IPGP)
Hélène Lyon-Caen (ENS-PSL)**

Training coordinator: Frédéric Girault

Organisation of the doctoral school

Director : **Fabien Casse**, PR, Université de Paris, APC

Deputy-directors :

- **Sophie Trincaz-Duvoid**, PR, SU, LPNHE
- **Hélène Lyon-Caen**, DR CNRS, PSL, Lab. de Géologie ENS
- **Clément Narteau**, PR, Université de Paris, IPGP
- **Alessandra Tonazzo**, PR, Université de Paris, APC

Member of the board

- **Isabelle Grenier**, PR, Université de Paris, AIM

Board of the school

Training coordinators:

- **Frédéric Girault**, MCF, Université de Paris – Terre-Environnement
- **Irena Nikolic**, MCF, Université de Paris – Physique de l'Univers

Administrative manager : **Alissa Marteau** (*on temporary leave* → **Robin Chevalier**)

Head of scolarity at IPGP: **Zarie Rouas**

Contacts : ed560.stepup@u-paris.fr (Univ. de Paris) trincaz@lpnhe.in2p3.fr (Sorbonne Univ.)
helene.lyon-caen@ens.fr (ENS - PSL)

Conseil de l'ED : 25 members with **6 PhD representatives** and 8 external personalities

IPGP: Marouchka Froment (mfroment@ipgp.fr) & Marie Vulliet (vulliet@ipgp.fr)

APC : Léna Arthur (arthur@apc.in2p3.fr) & Konstantin Leyde (leyde@apc.in2p3.fr)

ENS: Alexandre Janin (janin@geologie.ens.fr)

LPNHE: Guy Augarde (gaugarde@lpnhe.in2p3.fr) AIM: Achène Dyrek (achrene.dyrek@cea.fr)

STEP'UP class of 2021/22

- 59 PhD candidates in the class of 2021 (226 in total)
- 15 nationalities from 4 continents
- Gender ratio 32% (W) - 68%(M)
- From Earth sciences to physics of the Universe



One doctoral school !

The role of the doctoral School



The role of the doctoral school is to

- Ensure the quality of the scientific team
- Select the PhD candidates
- Monitor the progress of the thesis (we analyse the annual report from the PhD committee)
- Annual individual interview with every PhD candidate:
 - ➔ *AUTHORISATION FOR RE-ENROLLMENT!*
- Promote exchanges between PhD candidates
- Organization of doctoral training useful for the PhD project and the professional future of the PhD candidate
- Follows and promotes the employment of doctors
- International aspects

Beginning your thesis @



- You can find some useful infos regarding your arrival in France on the website of the doctoral school.

<https://ed560.ed.univ-paris-diderot.fr/pour-les-nouveaux-arrivants/>

- Each PhD candidate has to sign a ‘contrat doctoral’ (working contract) edited by the human ressources of your university or your laboratory.

- Enrollment in the university is mandatory and must be made asap. In case of problems for this procedure, you can contact the doctoral school contact

Contact UP : ed560.stepup@u-paris.fr

Contact SU: trincaz@lpnhe.in2p3.fr

Contact PSL: helene.lyon-caen@ens.fr

- ➔ The doctoral school has sent you e-mails with the full procedure described in details. You can find on the doctoral school website links to the enrollment procedure:

<https://ed560.ed.univ-paris-diderot.fr/inscription-en-these/>

- ➔ **Provide an institutional e-mail address to the doctoral school asap: we need to be able to contact you anytime... (lab address or address provided by your university). Please send it to ed560.stepup@u-paris.fr**

The PhD progress

Arrêté du 25 mai 2016 (<https://www.legifrance.gouv.fr/affichTexte.do?cidTexte=JORFTEXT000032587086>)

- The ‘**Charte du doctorat**’ (i.e. PhD charter) for each university defines the role of every person involved in the progress of a PhD thesis: the PhD candidate, the PhD advisor, the laboratory and the doctoral school.
- You, as a PhD candidate, are expected to
 - ◆ produce original scientific results (leading to at least one publication in peer-reviewed journals)
 - ◆ present your results in conferences and papers
 - ◆ get training (see training section of this presentation)
 - ◆ prepare your professional future
- ‘**Convention de formation**’ (training agreement) : See Irena and Frédéric’s talk
- Each PhD is monitored by a ‘**Comité de Suivi Individuel (CSI)**’ (PhD progress committee)

Monitoring the progress of your thesis

You can monitor the progress of your thesis through interactions with

- Your supervisor
- Your team/group leader, other members of the team
- The Doctoral School lab contacts + board members
- other permanent researchers, other Phd candidates.

*Do not hesitate to ask
for help !!*

Comité de Suivi Individuel (CSI):

- 2 researchers (at least 1 exterior to the team and 1 having its habilitation)
- yearly meetings to discuss the progress of your thesis: science, relation with your supervisor, motivation, logistics, professional project
- report required for re-inscription !

A THESIS IN FRANCE = 3 YEARS !!!

Monitoring the progress of your thesis

Timeline of your PhD

- since the 1st month: "Projet de Formation Individuelle"
- after ~8 months (April/May of 1st year): 1st meeting of the CSI
- after 10-12 months: end-of 1st year individual interview
- after 12 months: enrolment to 2nd year
- after 20 months (April/May of 2nd year): : 2nd meeting of the CSI
- after 22-24 months: end-of 2nd year individual interview → OK FOR RE-ENROLLMENT
- after 24 months: enrolment to 3rd year
- after 30 months (April/May of 3rd year): 3rd meeting of the CSI
- after 33 months: start procedures for defence
- after 36 months: PhD **defence** !



Risks related to doctoral studies

As in any other type of working environment you have to be aware that you might be prone to

- ★ Psychosocial risks
- ★ Psychological or moral harassment
- ★ Sexual harassment

If you have any problem of this kind
→ communicate
→ do not hesitate to ask for help !

Different (local) levels of communication

- PhD candidates with more experience or your PhD representative (see slide 6)
- Colleagues within your laboratory
- The head of your laboratory or research unit
- Administrative staff within your laboratory or research unit
- Your PhD advisor
- In some laboratories, some dedicated contact persons (eg. at LPNHE your « parrain » or « Marraine »)
- Members of the thesis committee (CST)
- Members of the Doctoral School (the person in charge of life quality at the ED is Hélène Lyon-Caen, helene.lyon-caen@ens.fr)

<https://ed560.ed.univ-paris-diderot.fr/en/in-case-of-problems/>

But sometimes this is not enough

Psychosocial risks during PhD

A PhD can cause stress due to personal involvement and the challenges of conducting original research.

Preventing stress before health problems occur helps to improve your working conditions, identify dysfunctions that hinder the progress of your PhD and optimize the quality of your research.

→ Do not hesitate to contact the Health care service from your university

UP: <https://u-paris.fr/service-sante/>

SU: <https://santetudiant.com>

PSL: <https://psl.eu/vie-de-campus/service-sante-etudiant>

Bienvenue au SSU

Vous désirez effectuer un examen de santé ?
Vous souhaitez mettre à jour une vaccination, obtenir un certificat médical, adapter vos études en fonction d'un handicap ou encore consulter pour toute question ou problème médical, gynécologique, psychologique, diététique ou social ?
L'équipe pluridisciplinaire du SUMPPS vous accueille sur ses 5 sites et vous accompagne tout au long de vos études.

[Lire la suite >](#)

Le SUMPPS Agenda Consultations Ateliers bien-être Santé

SERVICE DE MÉDECINE PRÉVENTIVE DES ÉTUDIANTS
www.santetudiant.com

PSL UNIVERSITÉ PARIS

Le service santé étudiante

Partager :

Rester épanoui, bien dans votre corps et votre tête est essentiel pour la réussite de votre cursus universitaire. Un service mutualisé de santé, proposant des visites de médecine préventive et consultations médicales en présentiel et en téléconsultation, est à votre disposition au sein de PSL. Entièrement gratuit, il est ouvert aux étudiantes et étudiants des établissements de PSL.

Le service de santé étudiante vous accueille sur RV du lundi au vendredi de 9h à 17h30. Il est composé d'un pôle de médecine préventive et d'un pôle de prévention et d'orientation psychologique.

- Le pôle de médecine préventive permet aux étudiantes et étudiants de faire des consultations dès la rentrée, de bénéficier de certificats d'aptitude au sport à PSL (hors compétition), ou encore d'effectuer des tests visuels et auditifs. Ces rendez-vous de médecine préventive sont l'occasion de faire le point sur les différents aspects de votre santé. Pour les étudiantes et étudiants en situation de handicap, les demandes d'aménagement d'étude et d'examen seront étudiées et un suivi tout au long de la scolarité sera réalisé.
- Le PPOP (Pôle de Prévention et d'Orientation Psychologique) permet aux étudiantes et étudiants de parler à un professionnel de l'écoute de ses difficultés, inquiétudes, questionnements, en toute confidentialité, de trouver des solutions et de se faire accompagner.

Nos spécialités

- Médecine préventive et générale
- Gynécologie
- Santé bucco-dentaire
- Vaccins
- Aide psychologique
- Addictions
- Nutrition

LA COVID-19, LA FAC ET VOUS

VHC, SYPHILIS, CHLAMYDIA ET GONOCOQUES
CAMPUS PIERRE ET MARIE
CURIE
12 h-18 h - 18 h-20 h

International aspects

Languages

- We recommend that you reach the C1 level in English (ED will try to provide on-line tests within the academic year)
- French: B1 level
- French and English courses: several options are available

Mobility is strongly encouraged in the context of your professional project

- Some calls for funding will be announced during the year

International co-supervisions ("co-tutelles")

- Special funding opportunities are available

ResearcherID and ORCID

First step to become a (publishing) researcher:
Get a unique ID to identify you as the author of your work

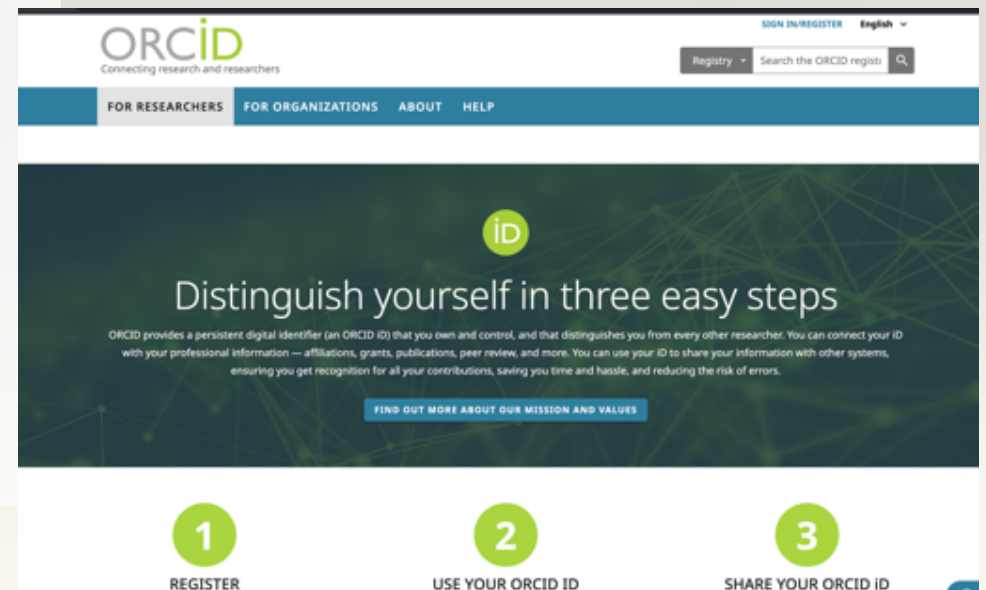
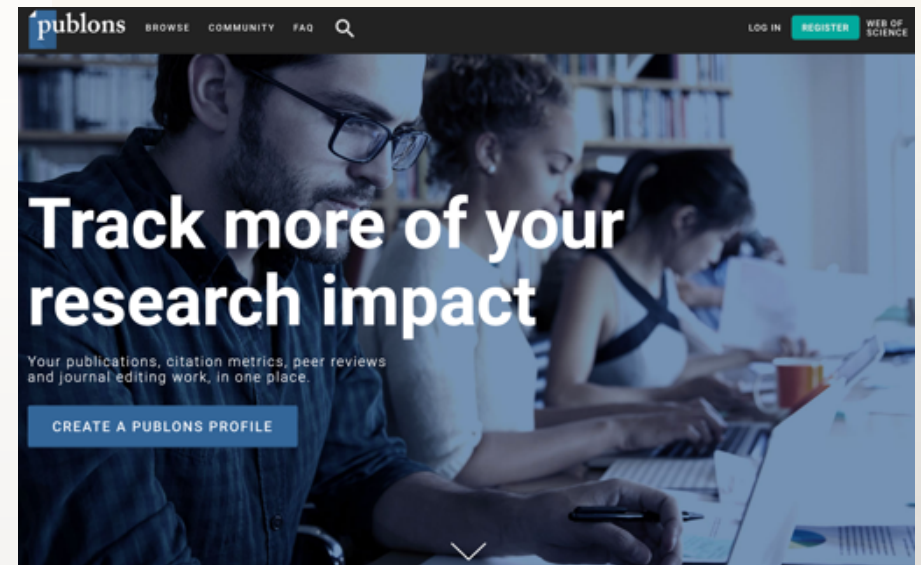
- Go to publons.com

Create your account and as soon as you can link one of your paper to your account you will have a researcherID.

- Go to orcid.org and register.

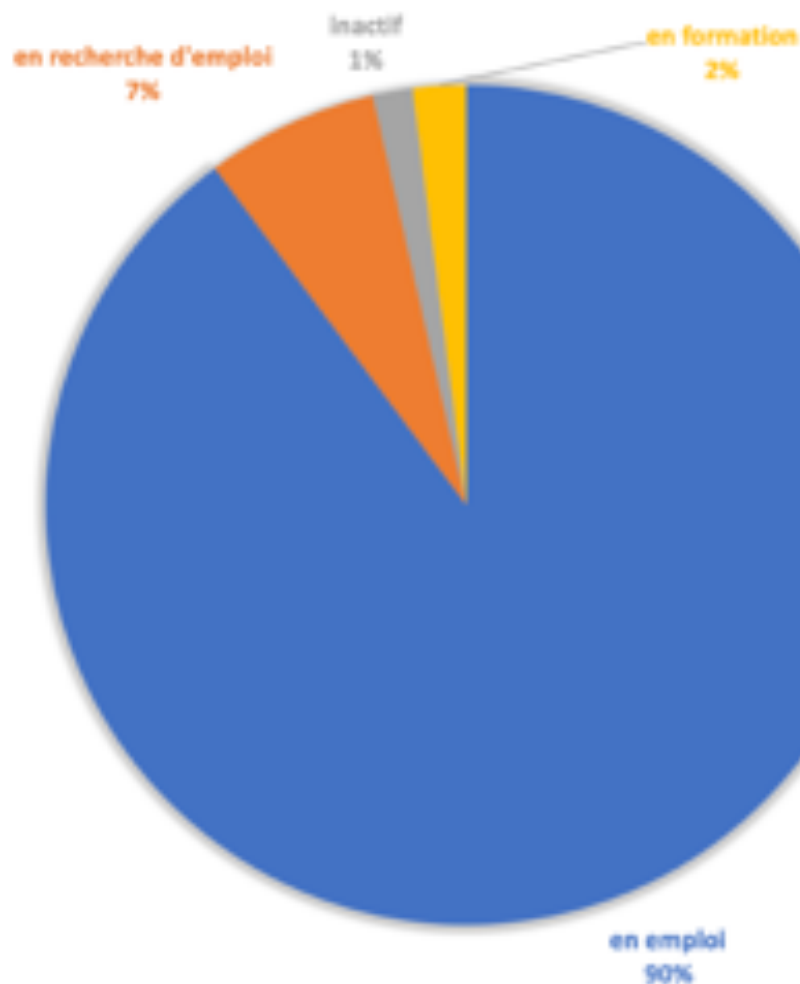
- Link your Orcid number to your ResearcherID

→ Having a ResearcherID and ORCID is compulsory to register for 2nd year



After the PhD thesis

Situation en juin 2020 de l'ensemble des docteurs 2015 – 2019 :



En formation :

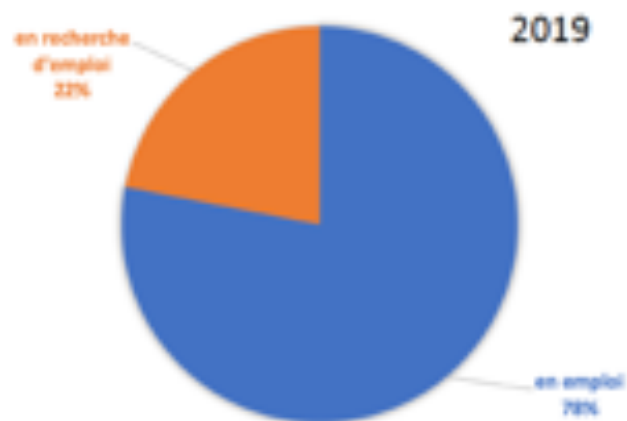
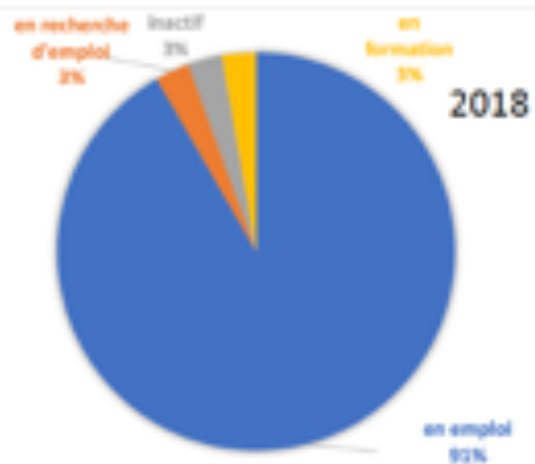
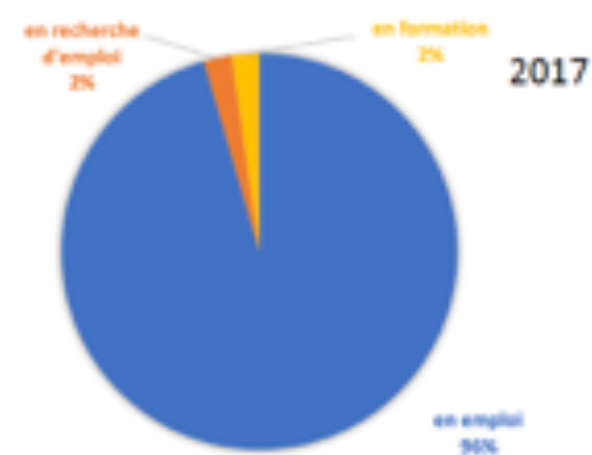
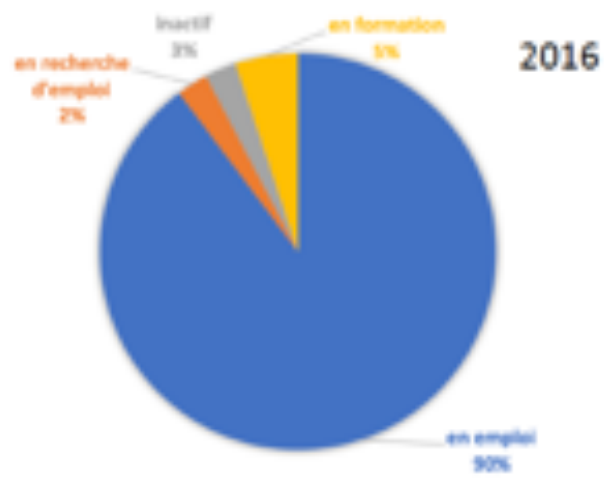
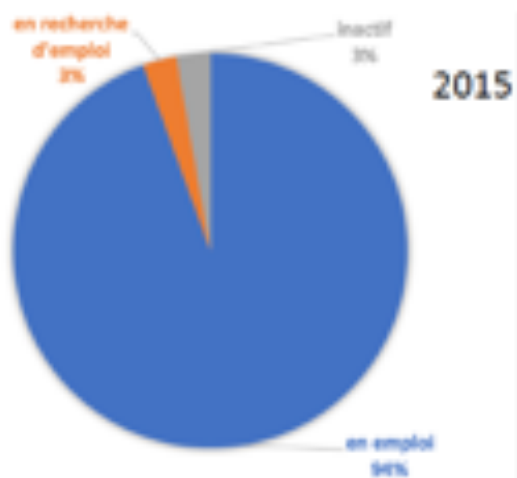
- Préparation à l'agrégation
- Master MEEF
- Master Pro
- Réorientation (CAP boulangerie)

d'écran

Situation en juin 2020 :

STEP'UP

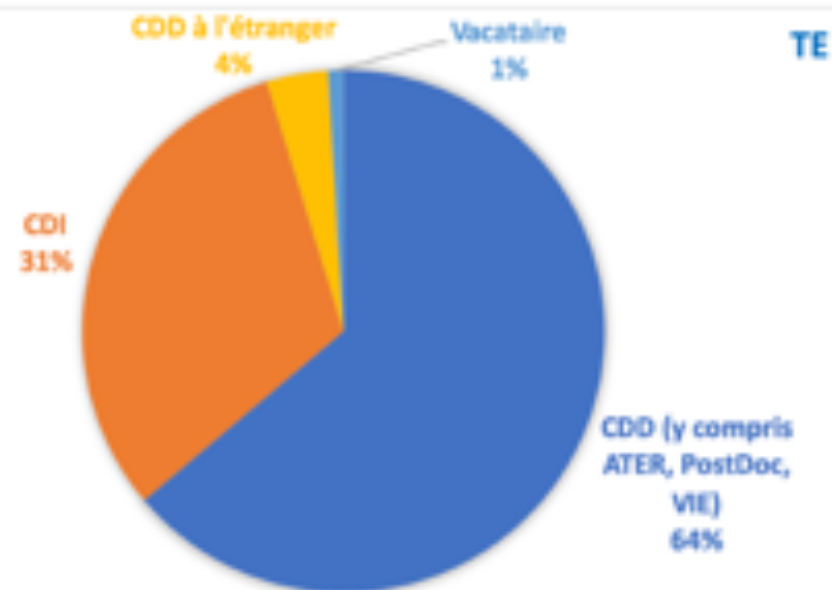
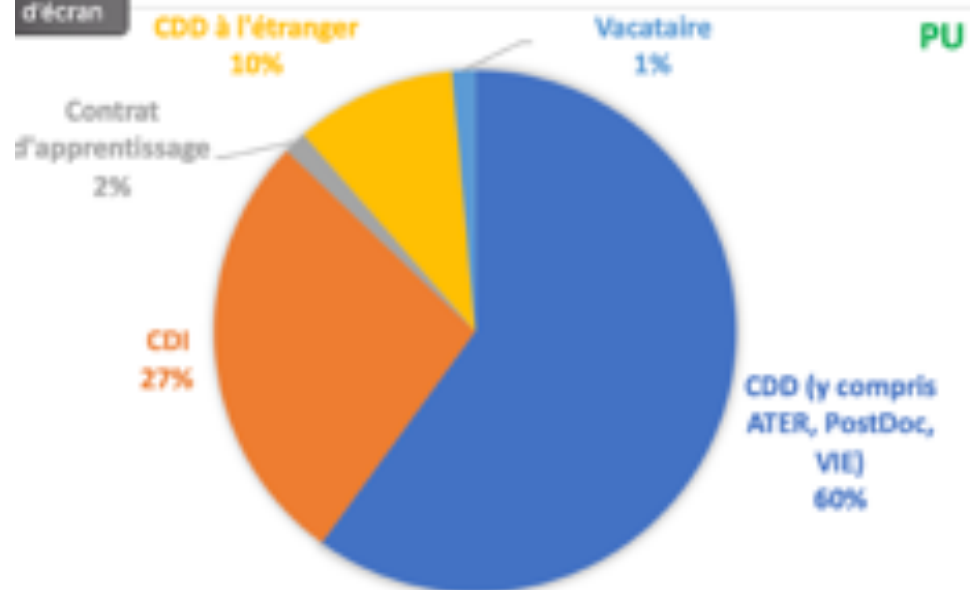
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Docteurs en activité : STEP'UP



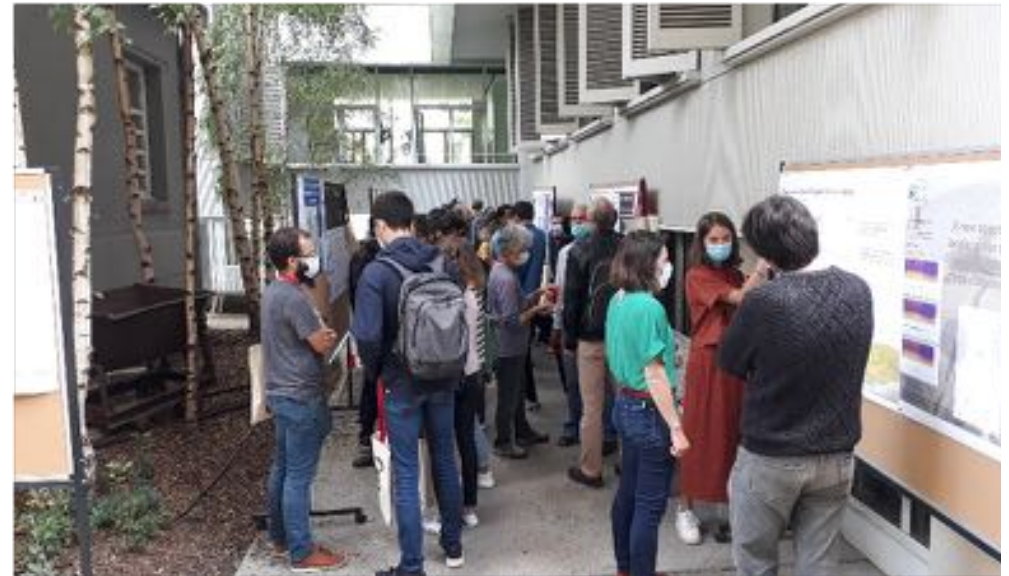
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Promote interaction between PhD candidates

Interactions between PhD candidates have been slowed down due to the Covid-19 outbreak !

- Today ! → Welcome meeting
- **Congrès Des Doctorants (CDD) STEPUP** (aka STEP'UP PhD conference)
(Robin Lacassin, Alexis Coleiro)
- This event is meant to bring all PhDs and researchers affiliated to STEP'UP together.
- *Organization of the event in 2021/22 by D1 has to be discussed (meeting + presentation of the HEKLA association)*
- *See Alexis' presentation of the CDD...*



Training within STEP'UP

Irena and Frédéric's talk

Welcome on board !