

Welcome meeting second year PhD candidates (D2) Doctoral School STEP'UP

November 7th, 2022



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

The doctoral school

Two specialties but one single doctoral school !

Physics of the Universe (PU)



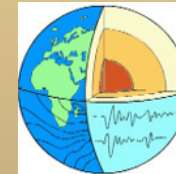
Co-Heads of PU:

Alessandra Tonazzo (APC - Univ. Paris Cité)

Julien Bolmont (LPNHE - Sorbonne Univ.)

Training coordinator: Irena Nikolic

Earth and Environment Sciences (TE)



Co-Heads of TE:

Clément Narteau (IPGP - Univ. Paris Cité)

Hélène Lyon-Caen/Jérôme Fortin (ENS-PSL)

Training coordinator: Frédéric Girault

Our administrative manager **Alissa Marteau** is back ! (alissa.marteau@univ-paris-diderot.fr)

Contact of the doctoral school: ed560.stepup@u-paris.fr

In case your lab is LPNHE (SU) or ENS-Géo (PSL), please also send your mail to

LPNHE (SU): bolmont@lpnhe.in2p3.fr

ENS-Géo (PSL) : helene.lyon-caen@ens.fr & fortin@geologie.ens.fr

You are now in the second year of your thesis

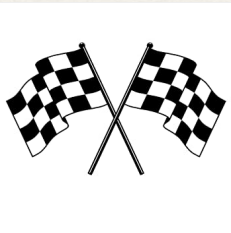
- You have been through your 1st year !
- You have managed to go through numerous Covid-19 waves, lockdowns, international crisis, etc ... → Stay safe !
- Academic re-enrolment at university has to be done asap ! The first year CSI and interview with doctoral school board members have already taken place.
- Find informations about procedures @ <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 your e-mail address to ed560.stepup@u-paris.fr
- The PhD defence is coming up in 2 years !



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 CST
- after 10-12 months: end-of 1st year individual interview
- after 12 months: enrollment 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-ENROLMENT
- 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 (**University procedure ≥ 3 months**)
- after 36 months: PhD **defence** ! (*followed by a doctoral oath on scientific integrity*)



The doctoral oath

- Following your PhD defence and becoming a new doctor, you are now expected to swear an oath to respect the rules of scientific integrity before the jury (and the public) in your future professional career.
- This oath is instaured by an official text of law by the french ministry of higher education and research (Arrêté du 26 août 2022).
- The objective of this oath is twofold
 - to enhance the solemnity of the PhD defence.
 - to reinforce the importance of Ethics and scientific integrity in research.

« In the presence of my peers. With the completion of my doctorate in [research field], in my quest for knowledge, I have carried out demanding research, demonstrated intellectual rigour, ethical reflection, and respect for the principles of research integrity. As I pursue my professional career, whatever my chosen field, I pledge, to the greatest of my ability, to continue to maintain integrity in my relationship to knowledge, in my methods and in my results. »



Requirements to complete your PhD

- Get training (15 points)
 - at least 1 point on **Ethics and scientific integrity (mandatory)**
 - at least 2 points for "Formation pédagogique" if you are teaching
 - '**Job day**' workshop should be organized soon !
- Participate to the PhD Congress next years !
- Participate to an international conference/congress/workshop
- Present your research work (seminar, meeting, conference...)
- Produce original scientific results (that will lead to at least one publication in peer-reviewed journals)
- *The doctoral school strongly advise you to reach a C1 level in English (and a B1 level in French...)*



Comité Suivi Individuel (CSI): second meeting

- Around april/may 2022
- You need to fill in a report with a fixed format in order to be authorized to enrol for the third year.

Présentation orale des travaux effectués et des résultats par le doctorant. Il est conseillé au doctorant de rédiger un rapport de synthèse de 3 pages présentant les avancées de la thèse et les difficultés rencontrées ainsi qu'un programme pour l'année de travail qui reste avant la rédaction. La discussion portera sur le degré d'avancement du travail, l'aptitude et la motivation de l'étudiant pour mener son travail à terme. Le comité n'hésitera pas à discuter avec attention des questions scientifiques mais aussi des présentations écrite et orale.

<https://ed560.ed.univ-paris-diderot.fr/comite-de-suivi-de-la-these/>

- The CSI is now mandatory **at least once every year** (see text of law from the french ministry of research - 26 août 2022).
- It is an important opportunity to adress **ALL the aspects** of your thesis with external scientists (members of CSI **cannot be** referee of your thesis)
 - Scientific progress
 - Relationship with your colleagues
 - Preparing your professional future



Trouble with the progress of your thesis ?

- If you do not feel as motivated as the beginning of your thesis...
- If you are frustrated with the progress of your work ...
- If you do not feel comfortable in your working environment..
- If you feel your thesis subject could evolve.

TELL SOMEONE !!

- Your thesis supervisor
- Members of the CSI
- Members or head of your research team/group
- Any member from the Doctoral School (**especially during yearly individual interviews**)
- PhD representatives (see slide 9)
- Lab director or deputy or doctoral school contact.

WE ARE HERE TO HELP !

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(s)
 - 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: Achrène Dyrek (achrene.dyrek@cea.fr)
- In some laboratories, some dedicated contact persons (eg. at LPNHE your « Parrain » or « Marraine » or mentor)
- Colleagues within your laboratory
- The head of your laboratory or research unit
- Administrative staff within your laboratory or research unit
- Your PhD advisor
- 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/>
- Chief equity officer of your university
 - <https://www.geosciences.ens.fr/diversite-egalite#liens>
 - <https://www.sorbonne-universite.fr/universite/nos-engagements/la-mission-egalite/politique-egalite>
 - <https://u-paris.fr/mission-egalites/>

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>

The image displays three screenshots of university health service websites. The leftmost screenshot is for the 'SERVICE DE SANTÉ UNIVERSITAIRE' (SSU) of Université Paris, featuring a banner with a student and text about health exams and consultations. The middle screenshot is for the 'SERVICE DE MÉDECINE PRÉVENTIVE DES ÉTUDIANTS' (SUMPPS) of Sorbonne Université, showing a navigation menu and a section for international students' health passes. The rightmost screenshot is for the 'PSL UNIVERSITÉ PARIS' website, highlighting the 'Le service santé étudiante' (Student Health Service) and its role in supporting students' well-being.

SSU (Service de Santé Universitaire) - Université Paris

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 SIUMPPS vous accueille sur ses 5 sites et vous accompagne tout au long de vos études.

[Lire la suite >](#)

SUMPPS (Service de Médecine Préventive des Étudiants) - Sorbonne Université

Bienvenue sur le site du SUMPPS (Service Universitaire de Médecine Préventive et de Promotion de la Santé), ce site internet a été créé pour aider tout universitaire sur des questions de santé et présenter nos champs d'activités. Ce service médical et de santé se compose de médecins, psychiatres, psychologues, sages-femmes, orthophonistes, infirmières, réflexologues, sophrologue et praticien dans le domaine du bien-être.

Informations importantes

Passe sanitaire et vaccination des étudiants internationaux

Vous pouvez prendre rendez-vous gratuitement si vous faites votre cursus à Sorbonne Université : Faculté des Lettres, Faculté de Médecine, Faculté des Sciences mais aussi à Paris 2 (et les écoles rattachées), Muséum national d'Histoire naturelle (MNHN) et le Pôle Supérieur de Paris Boulogne Billancourt (PSPBB).

Santé Universitaire : Liens directs

PSL (Paris Sciences et Lettres) - Université Paris

Le service santé étudiante

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 faire évoluer sa situation.

Nos spécialités

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

Prepare your professional future

Think about your goals and the strategy to achieve them

- Write rapidly your scientific papers
- Finish your thesis in 3 years
- Identify the next step (postdoc, job applications, etc ...)

Organise your training

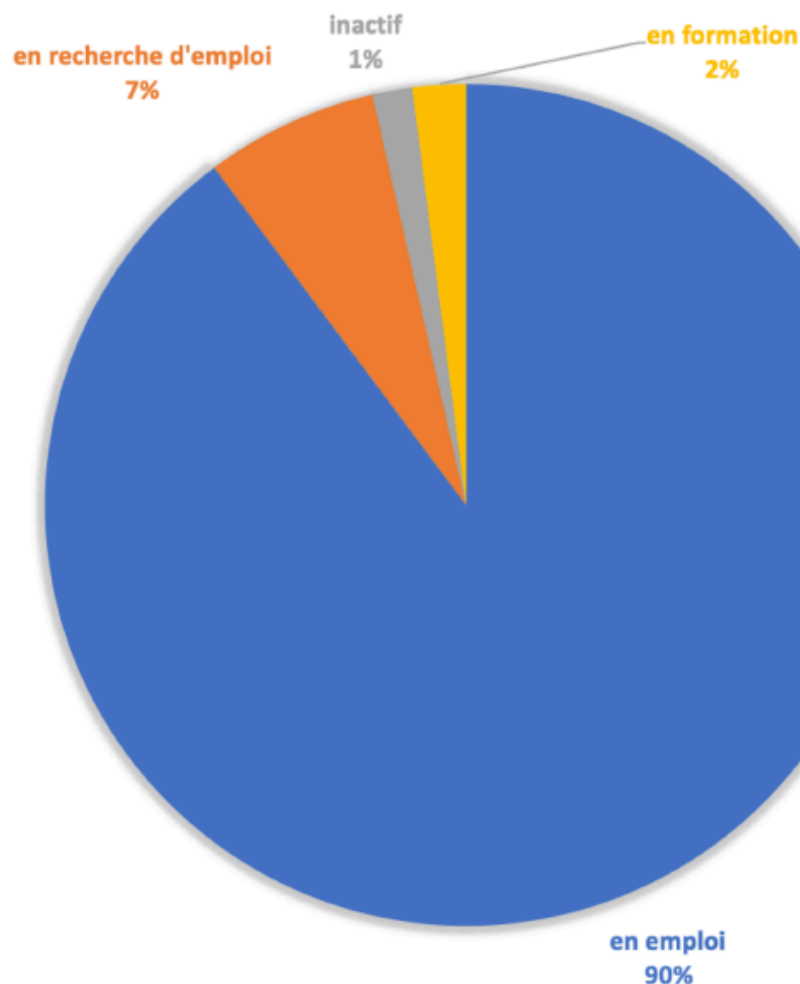
- Methodology courses
- General courses (CFDiP, Collèges Doctoraux)
- Firms etc

Build your professional network

- Scientific network: conferences, meetings, websites
- Address book
- Your webpage, Linkedin etc.
- Your information on websites (ResearchGate, Google Scholar, ArXiv; ORCID/ResearchID)

After the PhD thesis

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



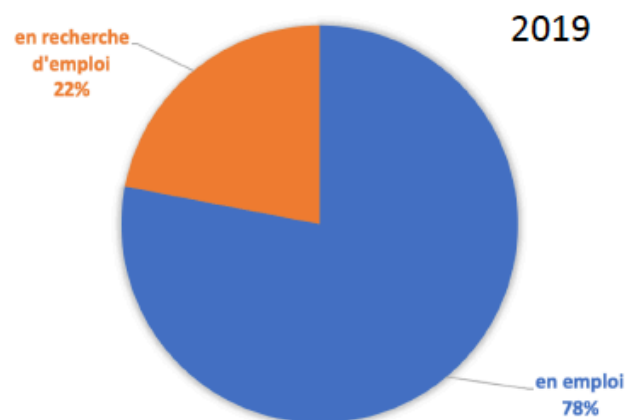
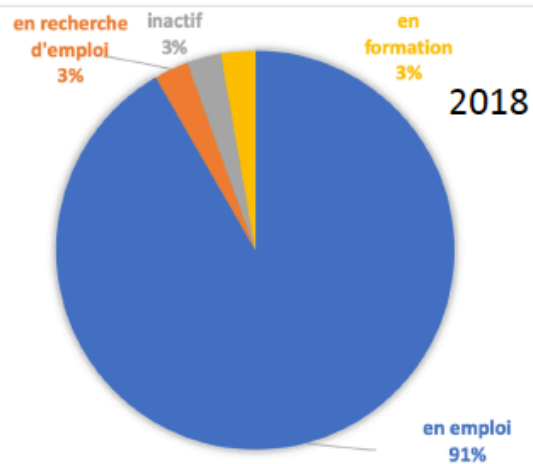
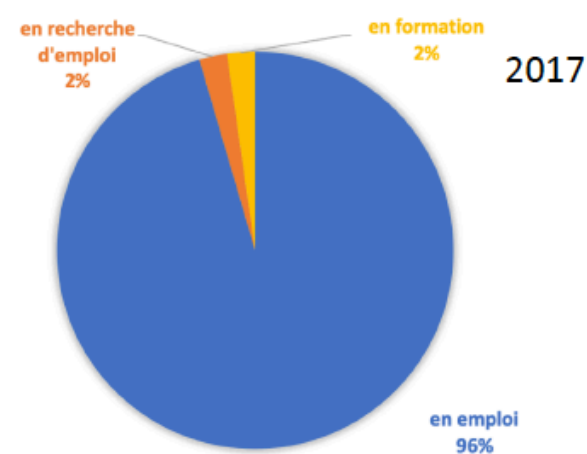
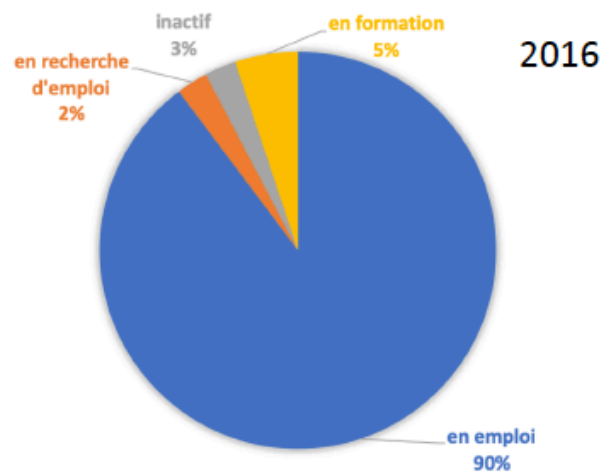
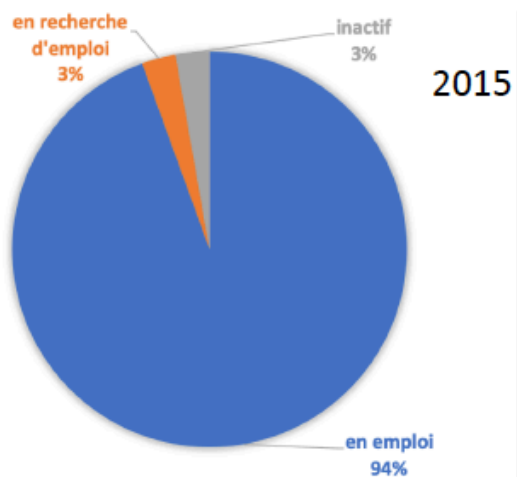
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- En formation :
- Préparation à l'agrégation
 - Master MEEF
 - Master Pro
 - Réorientation (CAP boulangerie)

Situation en juin 2020 :

STEP'UP

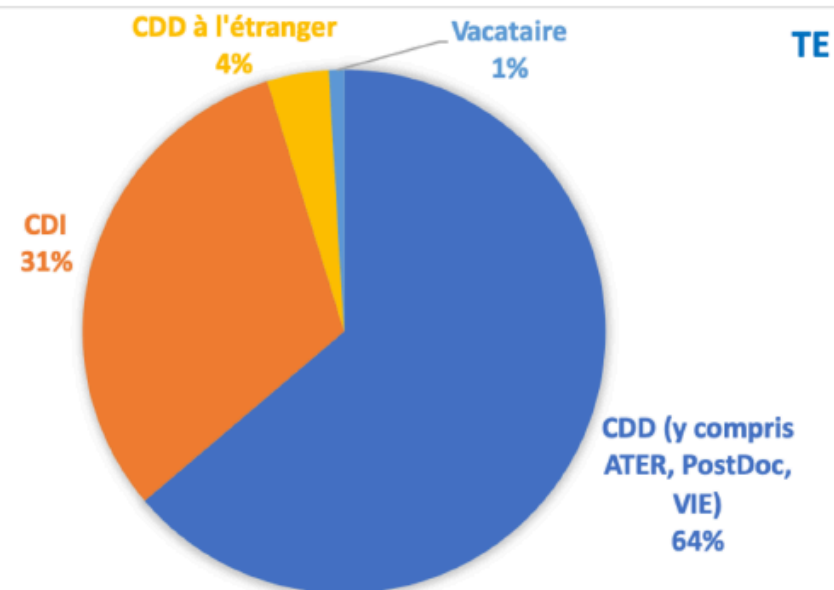
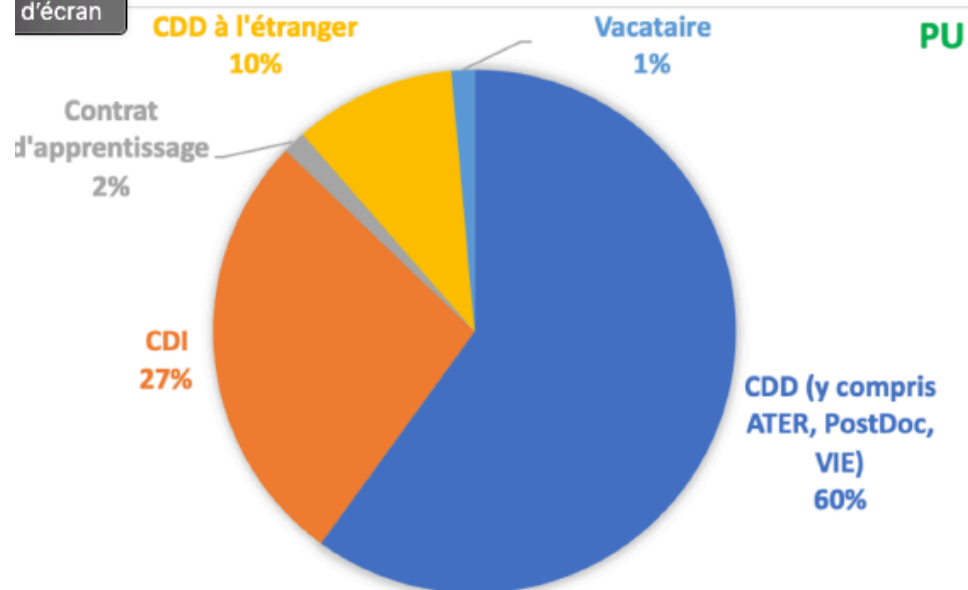
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Docteurs en activité : STEP'UP



d'écran



Promote interaction between PhD candidates

- In January 2023, new PhD candidates representatives will be elected for a 2 years mandate.
- We wish to have representatives from all the labs affiliated to STEP'UP in order to insure good representativity of all PhDs.
- The mission of PhD representatives is to be a relay between the board of the doctoral school and PhD candidates.

Please consider running for candidate !



Welcome back !