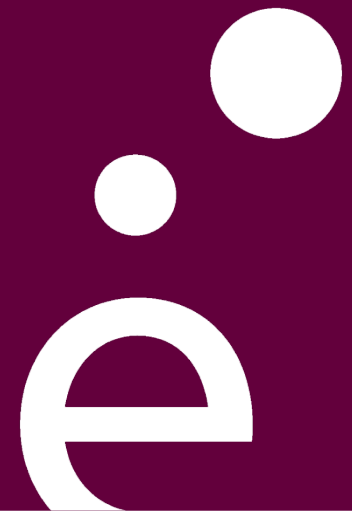


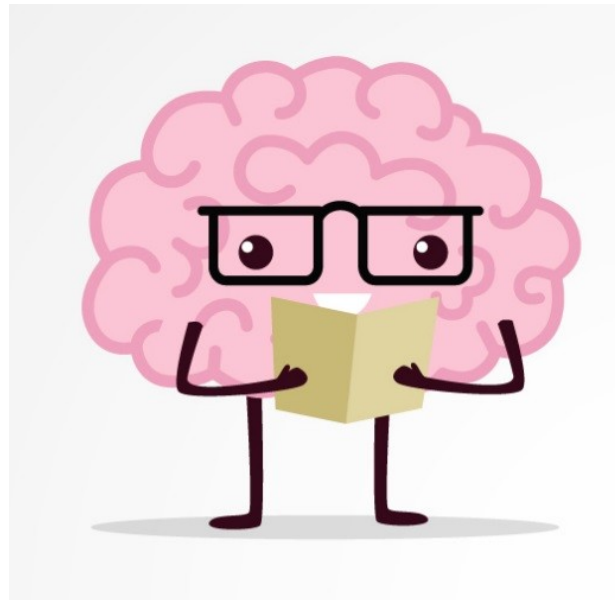
A few words from your PhD representatives



Who are we ?



Where are we ?



This is you

Where are we ?



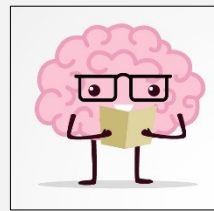
Université Paris-Saclay

Your doctoral school

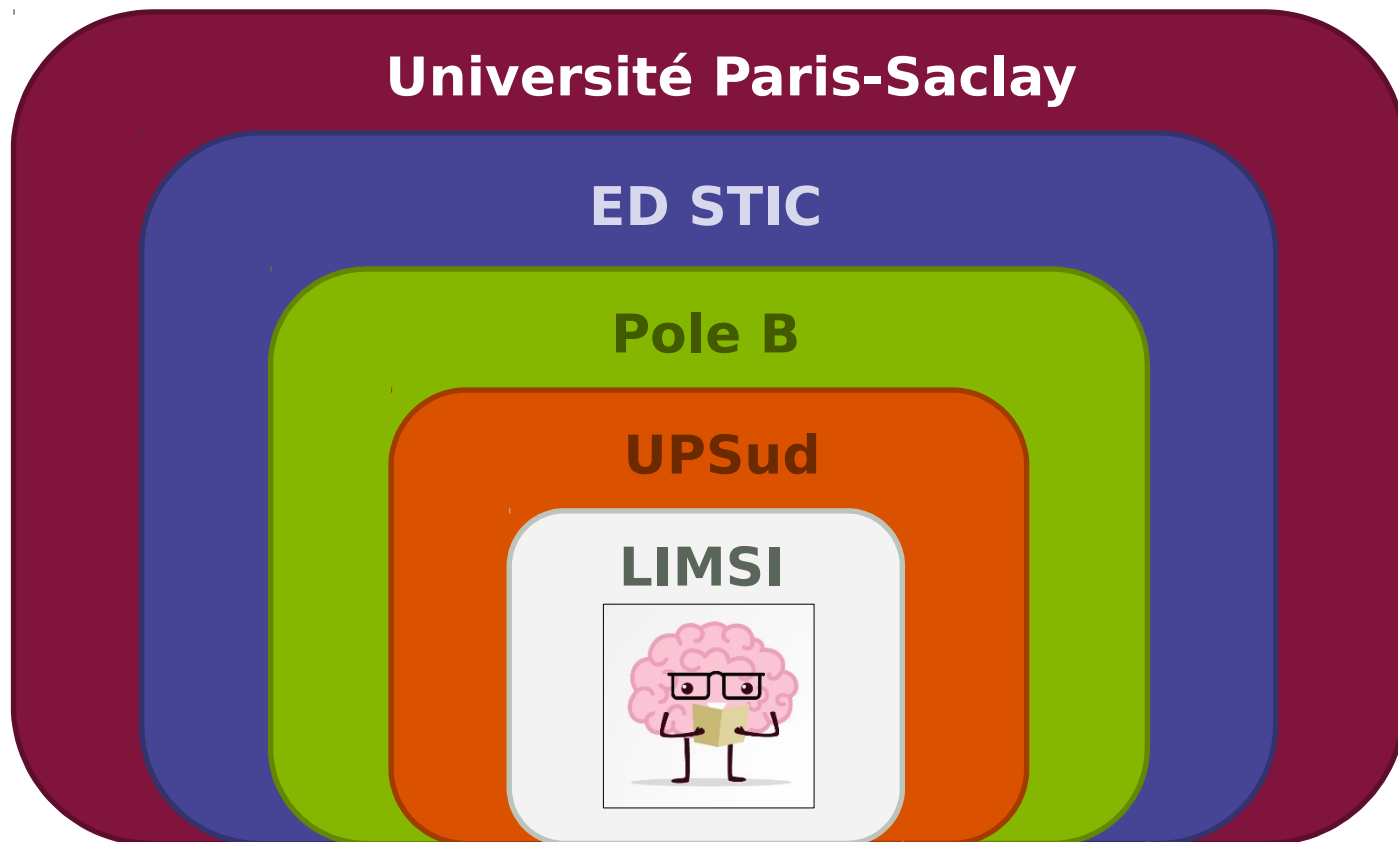
Your pole

Your school

Your lab



Where am I?



The beautiful faces of your STIC rep



Thomas

Pole 1



Sophie



Abdallah

Pole 2



Tsanta

Pole 3



Charlie

Pole 4

What do we do ?



- Attend the doctoral school council
 - Communicate the problems of PhD students
 - Participate in the decision making process
- Organize the STIC student community
 - Administer the Facebook page
 - Participate in information days
- Advise students that reach out to us

- Elections 2020
 - At least one rep by pole + one extra rep
 - Declare your candidacy between mid December and mid January (email + short statement)
 - Election is online
 - Result end of January/ early February

Two very important tips



Don't isolate yourself



- Get involved in your lab's life
 - Go to seminars
 - Have lunch with people (or coffee/tea if you're an introvert)
- Don't be afraid to ask for help
 - Don't wait until it is too late
 - There are some mediation options available
- Talk to
 - Your advisor
 - Your lab mates (even the non students)
 - Your referent
 - Your representatives
 - Some random person that looks like a good listener
- Try and reach out if you feel somebody is struggling

Get started on you training hours early !



- Go to summer schools
 - Usually counts for 20-25 hours of scientific training
 - You can get up to 500€ to help pay for it
 - Summer schools can be in pretty cool places
- Be proactive – Look outside of ADUM
 - Follow a masters course (you can ask to skip the exam)
 - Ask your school/lab if they offer specific classes (French for instance)
 - Get involved in seminars/science fair/vulgarization
- Always check whether something can count as training
 - ⚠ The ED does not generally cover training expenses
 - You must prove that you attended

To contact us



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Thank you for your attention