



CoDoc 2022

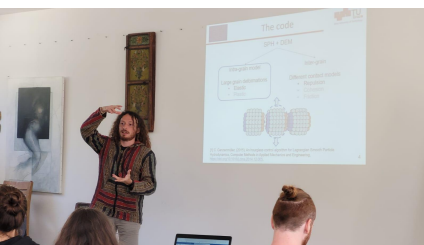
Colloquium for non permanents

23rd-25th May 2022

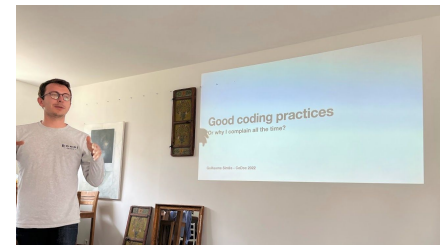
An overview of what we did...

	Monday 23	Tuesday 24	Wednesday 25
8		Breakfast	Breakfast
9			
10	Start from Paris	Conferences + invited speaker	Conferences
11			
12	Arrival		
13	Lunch	Lunch	Lunch
14	Installation + briefing	Vie de Labo	
15			Return to Paris
16	Conferences		
17		Grand jeu	
18	Vie de Labo		
19			
20	Dinner	Dinner	

Talks and discussions



Day	Time	Speaker	Topic	Time (minutes)
Lundi	14h30	Guillaume Sintès	Good coding practices	30
	15h	Alejandro Ibarra	Tools you use in the lab	15
	15h15	Renaud Baillou	Organization of post synaptic receptors	15
	15h30	Pierre-Ewen Lecoq	Controlling symmetric wing development in a fly larva	15
	15h45	Benjamin Perez	Collective motion of bacteria	5
	15h50	Pause		
	16h05	Camille Aracheloff	Surprise	30
	16h35	Lars Kool	The lycurgus cup	15
	16h50	Alberto Megias Fernandez	Mpemba Effect. Is Newton's cooling law always true?	15
Mardi	17h05	Chloé Dupuis	Two photon calcium imaging of the brain circuitry underlying prediction in experimental mouse model of autism.	20
	Nuit			
	9h	Mathieu Letrou	How to present efficiently	15
	9h15	Baptiste+Tristan	Atelier	75
	10h30	Pause		
	10h45	Jules Fraboul (invited)	Ecological Dynamics: A Statistical Physics approach	30
Mercredi	11h15	Yutong Cui	The troubles in Yutong's experiment	20
	Nuit			
	9h	Sébastien Gomé	Some thing(s) related to turbulence and statistical physics that I don't know about yet. or "How to do a shitty boring talk?"	30
	9h30	Aliénor riviére	Introduction to Basilisk (something like that)	15
	9h45	Jishen Zhang	Wind Wave Growth over a Viscous Liquid	15
	10h	Pause		
	10h15	Changsong wu	Sport is good for you to have a passion in your study	15
	10h30	Baptiste+Tristan	top10 FMI	25
	10h55	Francisco Goicoastro	SPH for highly deformable particles	15



Funtivities



Olympiades

Pictionary thesis subjects



Vie de Labo

Main goals

- Reflect on the raison d'être of a PhD student, what is our specific role as PhD students
- Reflect together on the life balance and mental health of doctoral students
- Bring ideas to improve the lab



Organization of the activity

1. Definitions
2. Present
3. Future

Definitions

- What is the role of a PhD student/a post-doc ?
- What is the role of an advisor ?

PhD/post-docs

Role PhD/post-docs

- The ones who “do the research”
- Want to be/learn how to be independent

Role of advisors

- Scientific guidance with tangible and realistic goals
- A role in the professional project/career building

Advisors

Role PhD/post-docs

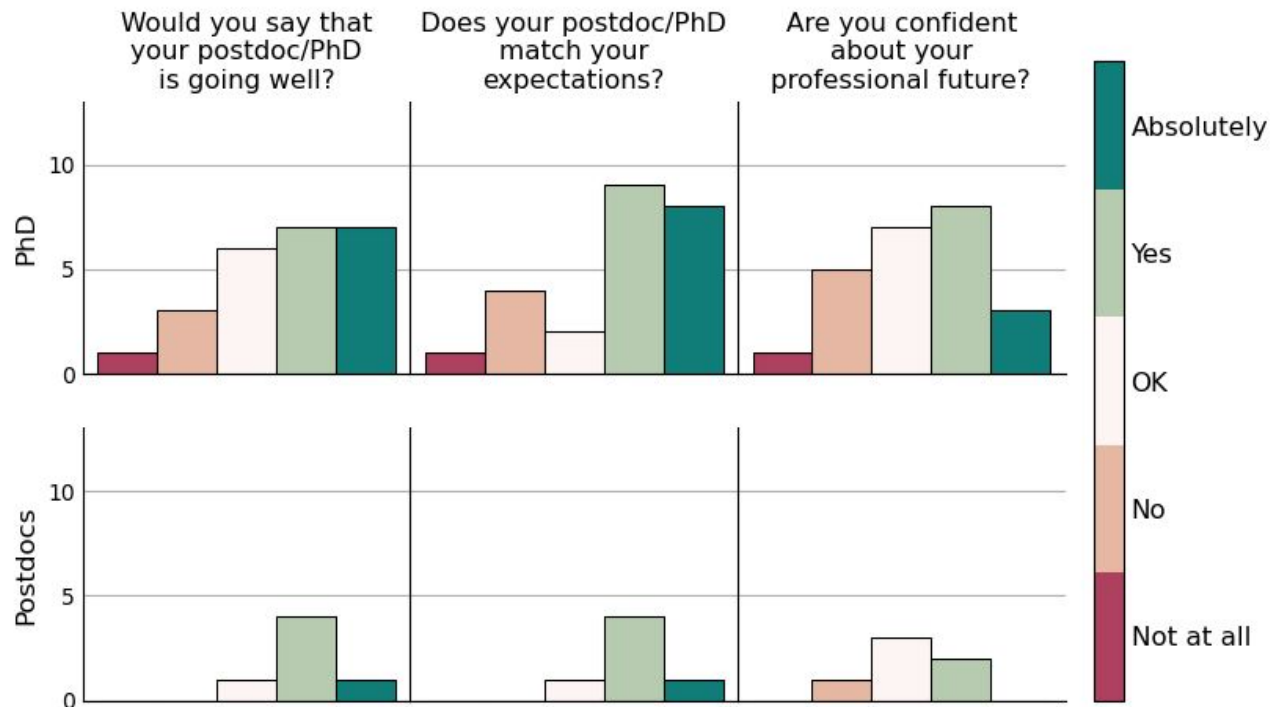
- Here to become an expert in the field
- Contribute to the life of the group/lab

Role of advisors

- Ensure good working conditions (material, finance, personal balance)
- a “difficult balance” (how to be here but not overwhelming ?)

The life of PhD students at PMMH

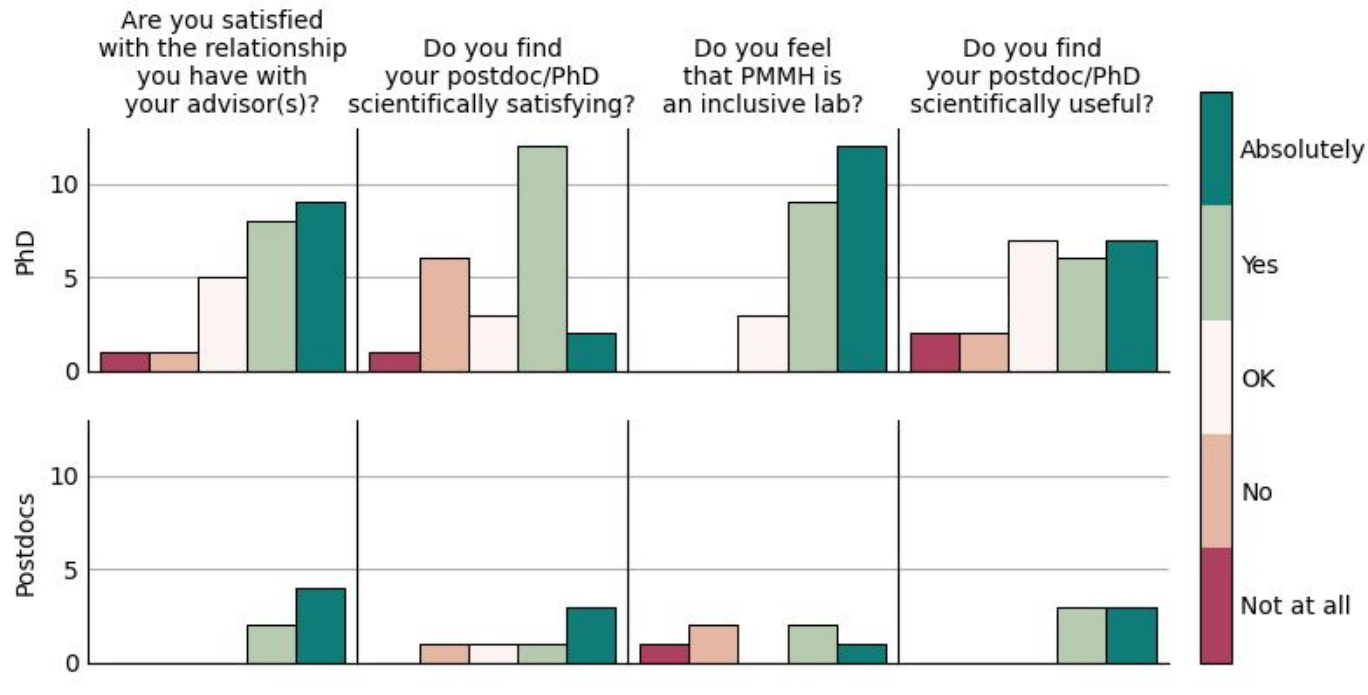
Answers from the survey



24 PhD students
(out of 38)
6 post-docs
(out of 16)

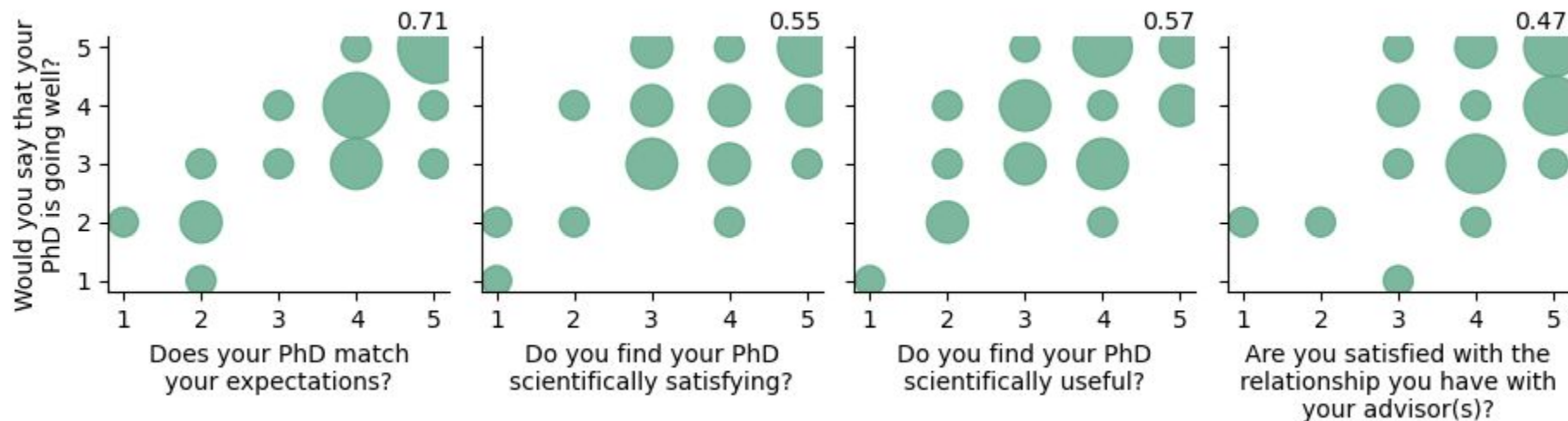
The life of PhD students at PMMH

Answers from the survey



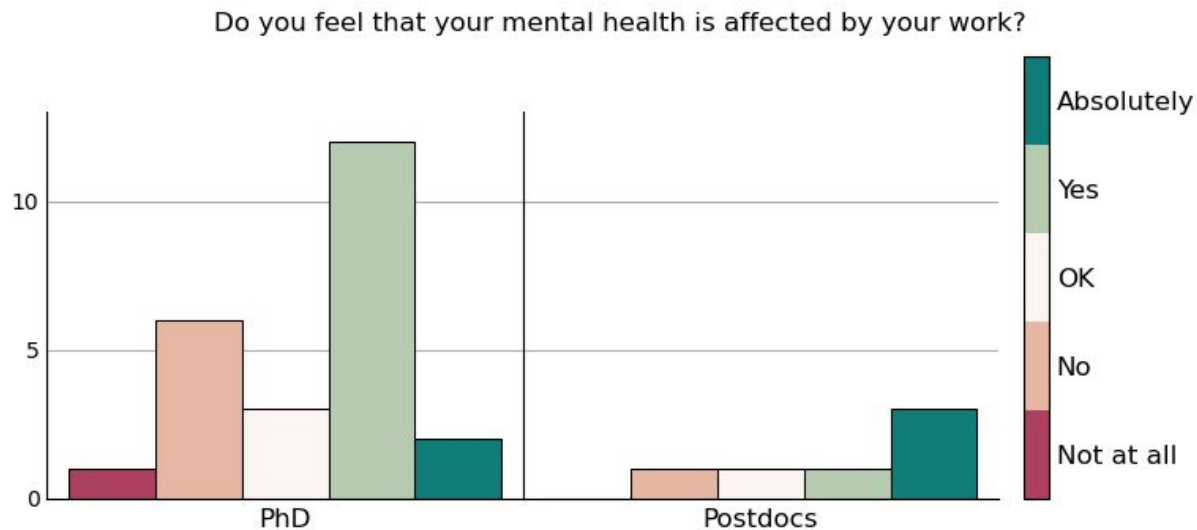
The life of PhD students at PMMH

Correlations



The life of PhD students at PMMH

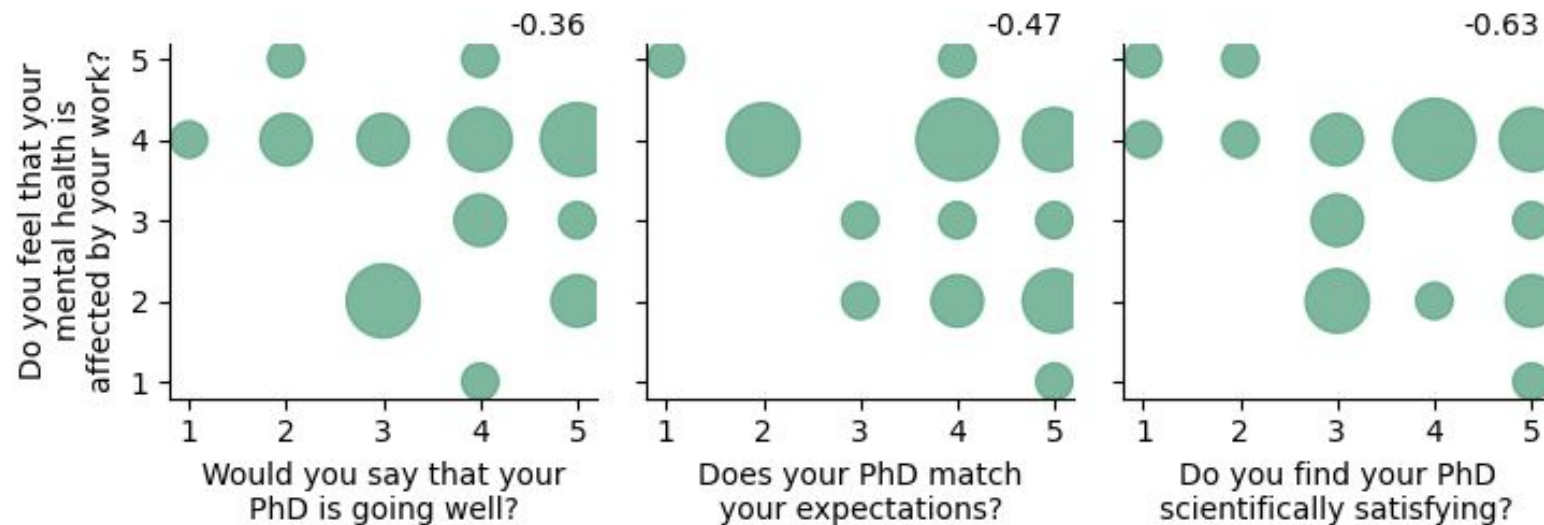
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The life of PhD students at PMMH

Correlations



Motivation

Why did we choose to do a PhD thesis?

TOP 10 reasons to do a PhD thesis

1. It's fun!
2. Learning, gaining knowledge and skills
3. Doing experiments
4. Freedom: letting your creativity free and having flexibility in time management
5. Professional growth and personal fulfillment
6. Being useful for the society

TOP 10 reasons to **not** to do a PhD thesis

1. Lack of stable future
2. Low income
3. High risk of mental health problems
4. High cost for quit
5. Pressure for results and to publish
6. Feeling alone

To be continued in the report!

Mental health in academia

A global challenge

nature biotechnology

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Published: 06 March 2018

Evidence for a mental health crisis in graduate education

[Teresa M Evans](#) ✉, [Lindsay Bira](#), [Jazmin Beltran Gastelum](#), [L Todd Weiss](#) & [Nathan L Vanderford](#) ✉

[Nature Biotechnology](#) 36, 282–284 (2018) | [Cite this article](#)

81k Accesses | 353 Citations | 3517 Altmetric | [Metrics](#)

With mental illness a growing concern within graduate education, data from a new survey should prompt both academia and policy makers to consider intervention strategies.

There is a growing cry for help from graduate students across the globe who struggle with significant mental health concerns¹. Despite increased discussion of the topic, there remains a dire need to resolve our understanding of the mental health issues in the trainee population.



Voices of Academia

Improving mental health and wellness in academia by giving you a voice.



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Blog Universities
Dark thoughts: why mental illness is on the rise in academia

University staff battling anxiety, poor work-life balance and isolation aren't finding the support they need

● **The blog that started the debate: there is a culture of acceptance around mental health issues in academia**



Mental health in academia

Situation at PMMH: we look out for each other

Mental Health Risks during the PhD

Here are the **red flags** we identified as PhD students and Postdocs of PMMH during the CoDoc 2022 colloquium. If you open one problem, like a window, you will find the **solutions** we found together, the little tips and contacts that might help you to overcome those difficult times. You're not alone.



Conclusion and perspectives

- Positive overall vision of the life at PMMH
- BUT we must not neglect reports of various concerns that arise during PhD life
- Two physical supports came from our “Vie de Labo” workshop: report and help poster
- Importance to perpetuate such initiatives: support group of PhD students going through the same things

Thank you !!

