

THE ECLIS GAZETTE

The PhD Newsletter



IN THIS ISSUE

**BACK-TO-SCHOOL
EDITION 2025-2026 :
MOVE FORWARD,
CONNECT, GET INSPIRED!**

**(RE)DISCOVER THE ECLIS
DOCTORAL SCHOOL**

**ADMINISTRATIVE
REMINDERS**

**YOU MAKE THE NEWS!
PHD CANDIDATE
VOICES**

**ADOUM
INTRODUCTION**

SAVE THE DATES!

PHD TIPS & TRICKS



BACK-TO-SCHOOL EDITION 2025-2026 : MOVE FORWARD, CONNECT, GET INSPIRED!

A new academic year under the sign of exchange, training, and collective support. The entire ECLIS Doctoral School team wishes you a great start to 2025–2026!

Welcome Message from the Doctoral School Leadership

The ECLIS Doctoral School warmly welcomes all new PhD candidates!

A very happy “back-to-school” season to each and every one of you – though of course, this is far from your first! That said... let’s bet that this one will be quite unique: the beginning of an exceptional experience, at the threshold of a doctoral journey where you are – and will be more than ever – not just a participant, but the driving force. You will soon become the author of a research project that carries your name, making you a researcher in your own right – unique, yet part of a larger scientific community.

By enrolling in a doctoral program, you are committing to a project of recognized scientific and societal value, one that carries deep meaning. Its exploration may well lead to new ways of seeing, to shifts in perception, to the unveiling of assumed truths – and perhaps even to the creation of new knowledge about how we live together in society.

So, congratulations, and thank you for taking on this challenge!

This path will require rigor, perseverance, patience, high standards, and humility – all while keeping your curiosity alive. May that energy carry you far. We wish you fair winds on this journey!



(RE)DISCOVER THE ECLIS DOCTORAL SCHOOL

Back to basics for this new academic year! In this issue, we take a moment to reintroduce the ECLIS Doctoral School: its scientific focus areas, associated research units, and organizational structure.

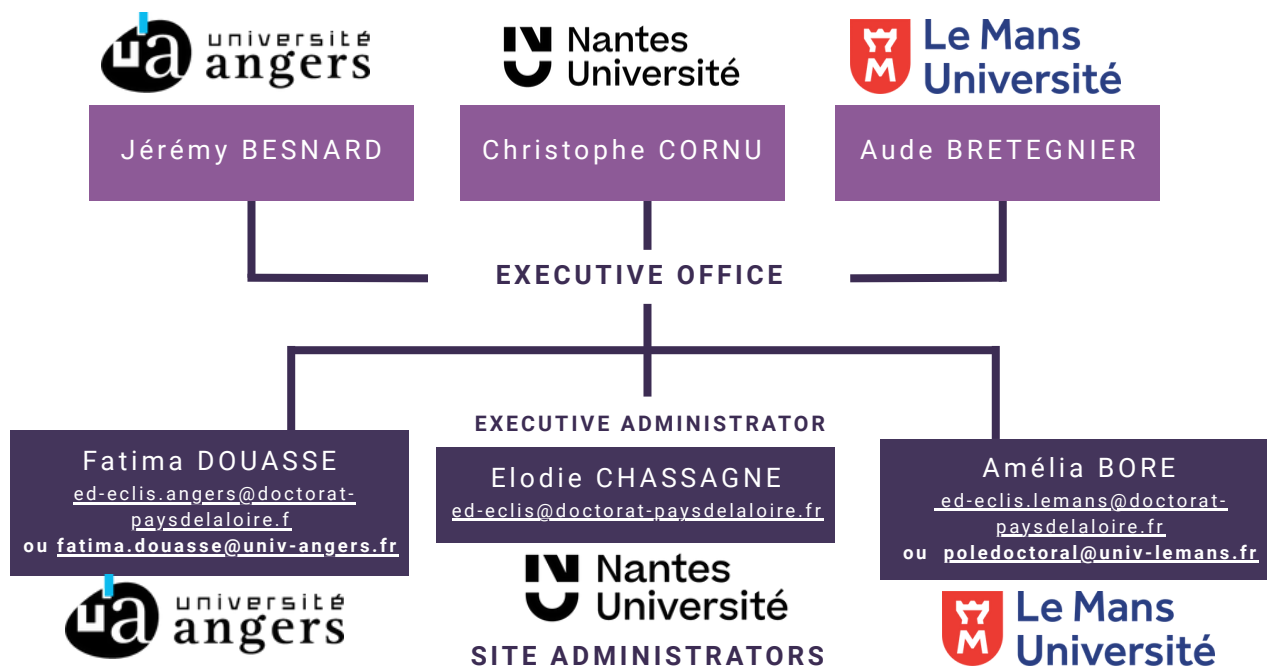
Fields of Specialization

- Didactics (of languages, physical and sports activities, arts, geography, history, mathematics, sciences, etc.)
- Ergonomics
- Information and Communication
- Computer Science
- Philosophy
- Psychology
- Health
- Education Sciences
- Information and Communication Sciences
- Linguistics
- Sports Science (and Techniques - (STAPS))

Affiliated Research Labs



ED ECLIS Organizational Chart



Doctoral School Council

The Doctoral School Council is the advisory and decision-making body that validates the school's strategic directions. Doctoral candidates are represented within the Council – **don't hesitate to contact your representatives** ahead of meetings to share your questions or suggestions!



ADMINISTRATIVE REMINDERS

To start the academic year on the right foot, here some important administrative reminders.



First-time enrollment: To register, you'll need to complete your application via the Amethis platform, providing the necessary documents and information about your academic and professional background (diplomas up to Master's level, work contracts if applicable, etc.). Once submitted, your file will need to be approved by several parties: your thesis supervisor(s), your host research lab, and the Doctoral School. Be patient and responsive, as collecting all required signatures can take some time. Amethis will notify you at each step – but be sure to read the instructions carefully at every stage!



Re-enrollment: If you're re-enrolling after your third year, you'll need to provide: a request for extension form (signed by your supervisor and the Doctoral School), a supporting document justifying the extension, a proof of payment of the CVEC (Student and Campus Life Contribution), and evidence of funding for the new academic year.



Having trouble? Contact your site administrator or refer to the ECLIS Doctoral School website for help. 🖱️

- **Call for Mobility Grants:** Are you planning to attend a conference or carry out research abroad? You can apply for a mobility grant from the Doctoral School! Two funding rounds are organized each year. To apply, complete the application form and consult the criteria on the ED's website.

The next round covers travel between January 1 and June 30, 2026.

You have until November 14, 2025 to submit your application!



Preparing for your PhD defense: Organizing a thesis defense is no small task! Here's a reminder of the main administrative steps to follow – and don't forget, procedures may vary depending on your institution.

Plan ahead! The process must be initiated at least **2 to 3 months** before your desired defense date.

1. **Jury selection:** in consultation with your thesis supervisor(s), select a jury that meets the Doctoral School's requirements (composition, balance, academic qualifications, etc.).
2. **Submission of the defense request form:** send the completed form and required documents (CVs of external reviewers, proposed jury list, etc.) to the Doctoral School office.
3. **Submission of your manuscript:** you must upload a full and properly formatted version of your thesis to the university's platform, generally at least 6 weeks before the defense date.
4. **Reviewers and manuscript review:** once submitted, your thesis will be sent by the Doctoral School to the designated reviewers, who will provide their written reports within one month.
5. **Authorization to defend:** you may proceed with the defense only after receiving favorable reviews, approval from the Doctoral School, and final authorization from the university's Research Directorate.

Doctoral Training Courses



The training courses offered by the ECLIS Doctoral School will be published progressively in the **Amethis** course catalog. Check it regularly to make sure you don't miss anything!

Three Minute Thesis Competition

Registrations are open until October 23, 2025! 🖱️

PhD Contracts - Something for Everyone!



The “International” (International Joint PhD or European Program)

- €€: European programs or joint PhD agreements between universities
- Duration: 3 years, with research stays in both partner countries
- Status: varies depending on the program



The “Boss 2.0” (company-funded, non-CIFRE)

- €€: fully covered by a private company
- Duration: 3 years
- Status: fixed-term private sector contract; you’re employed by the company



The “Classic”

- €€: granted by higher education institutions (universities, doctoral schools) using government funds
- Duration: 3 years (renewable once in exceptional cases)
- Status: fixed-term public sector contract



The “Boss” (aka CIFRE pour Convention Industrielle de Formation par la Recherche - Industrial Agreement for Training through Research)

- €€: co-funded by a company and the French government
- Duration : 3 years
- Status: fixed-term private sector contract; you’re an employee of the company



The “Einstein” (public research contract)

- €€: from a public research institution (e.g., CNRS, INSERM)
- Duration: 3 years
- Status: fixed-term public sector contract; you’re employed by the institution



The “Good Samaritan” (regional/local authorities or foundations)

- €€: from regional councils, non-profits, or foundations
- Duration: 3 years
- Status: public or private sector contract, depending on the funder

Why so much variety?



Doctoral contracts exist in many forms to meet the needs of a wide range of actors – public, private, and academic – while supporting the training of PhD candidates. Depending on your goals, choosing the right contract can help you thrive within a clear and structured framework. Some paths are more oriented toward professional experience (e.g., CIFRE or company-funded contracts), while others are more academic (such as the so-called “classic” university-funded contract).

Each option has its own advantages and limitations, so we strongly encourage you to explore them carefully before making your decision. And of course, don’t hesitate to talk with your future supervisors about the best fit for your research project!



Did you know? The Doctoral School is launching its Well-Being Survey!

To start the 2025–2026 academic year, the Doctoral School would like to hear about your experience as a PhD candidate.

We invite you to take a short questionnaire (about 10 minutes) – no energy drain at the start of the year, we promise!

The goal:

To get a better picture of your working conditions and daily experience, and to help the Doctoral School identify needs, challenges, and possible actions to improve doctoral life.



Scan the QR code to access the survey, or simply click! [here](#)



MAKING HEADLINES PHD CANDIDATE VOICES

Experience Report: CAIS/ACSI 2025 (Halifax, Canada)

Mamoudou NDIAYE shares his experience attending the **53rd Annual Conference of the Canadian Association for Information Science (CAIS/ACSI)**, held from May 27 to 29, 2025, at Dalhousie University in Halifax.

He tells us about the event, the main topics discussed, and how he was selected to present his research.

Can you briefly introduce the event you attended?

This annual conference brings together researchers, information professionals, PhD candidates, and faculty members from a variety of disciplines to explore major issues related to information, technology, and information science.

What were the main themes discussed during the conference?

Presentations covered a wide range of topics, including information practices, misinformation, digital heritage preservation, artificial intelligence, ethics, and inclusion in the field of information science.

How were you selected to present your work?

I responded to a call for papers open to the international scientific community. I submitted a proposal based on part of my doctoral research in the form of a poster, which was accepted by the conference's scientific committee.



What was the theme of the conference, and how did it relate to your PhD research?

*This year's theme was **"Back to the Future"**, with a double meaning: a return to in-person gatherings after several online editions, and a collective reflection on what the past can teach us to better anticipate the future – particularly in the fields of information science and library studies.*

My paper was titled:

"Digital Serious Games as Educational Tools: Information Practices, Integration Perspectives, and Preservation Challenges at the French National Library."

*I presented some of the initial findings from my thesis, which focuses on the information practices of **various stakeholders** – teachers, instructional designers, and librarians – involved in the design or use of serious games in educational settings.*

*I also explored the issue of **digital preservation**, using the example of serious games archived at the Bibliothèque nationale de France (BnF).*

The conference aligned closely with my doctoral research, particularly in relation to questions about the future of information sciences and the management of my research corpus – serious games – within memory and cultural heritage institutions.



Was this your first time presenting at an international conference? What did you gain from it, personally and academically?

No, it was actually my third presentation at an international conference – and, like the others, it was a truly enriching experience.

On the academic side, it allowed me to position my research within an English-speaking scholarly environment, get external feedback, and see how my research questions resonate in other contexts.

On a personal level, it was both a challenge and a source of pride: speaking in English, representing my lab abroad, and meeting researchers from Canada, the U.S., and Europe.

Did you make any professional connections while there? Any opportunities for collaboration?

Yes, I was able to talk with several researchers and PhD students working on related topics, especially around digital heritage preservation and the analysis of information practices in education.

It gave me new ideas to broaden my research perspectives, and potentially explore collaborations – particularly with Canadian colleagues.

How did you prepare for your presentation?

I worked hard to make my poster clear and easy to read, first in French and then in English. I also prepared a short oral pitch to explain it efficiently to visitors. I worked closely with my PhD supervisor to prepare everything.

Have you attended a conference, seminar, or summer school?

Would you like to share your experience, highlight your presentation, or inspire other PhD candidates to take the leap?

Write to us!

Your story could be featured in an upcoming issue of the Newsletter.

What stood out to you the most during this event?

*The warm welcome from the CAIS community, the quality of the discussions, and above all, the **diversity of topics** covered. It was incredibly stimulating to see how information science intersects with such varied fields – from healthcare and archives to comic books! The human-scale format of the conference also made for meaningful and enriching conversations.*

Did this experience give you new momentum in your PhD journey?

Absolutely! Presenting your work to an international audience helps you gain perspective, better understand your own contributions, and gives a real boost of motivation moving forward. It also reassured me about the relevance of my research focus.

What advice would you give to another PhD student thinking about attending a conference abroad?

*I'd say: **go for it!** Even if it feels intimidating, it's an incredibly rewarding experience. Make the most of the interactions while you're there – it's a great way to bring your research to life in a welcoming and stimulating environment.*

Article Reference:

Mamoudou Ndiaye, Fabrice Pirolli, Raphaëlle Crétin-Pirolli. Digital Serious Games as Tools to Support Education : Information Practices of Teachers, Integration Perspectives and Challenges of their Preservation at the French National Library (BnF). *The 53rd Annual Conference of the Canadian Association for Information Science*, May 2025, Halifax (Canada), Canada. *Proceedings of the Annual Conference of CAIS / Actes du congrès annuel de l'ACSI*, 2025, <10.29173/cais1886>. <hal-05089096>

2025 SocioMul Seminar Overview – Inalco

During the first week of September, **Mariem BEN ROMDHANE**, **Tetiana MARILLIER**, and **Poevai LEQUERRE** – all PhD students in sociolinguistics – took part in the **SocioMul intensive seminar (Sociolinguistics of Multilingualism)**, hosted by INALCO (National Institute for Oriental Languages and Civilizations) in Paris.

For one week, Master's students, PhD candidates, and postdoctoral researchers came together to exchange ideas around key issues such as **multilingualism**, **language policies**, and research practices in multilingual contexts.

In this article, Mariem reflects on the experience – and on how it enriched her, both scientifically and personally.

Can you briefly introduce the SocioMul seminar?

The SocioMul Seminar, or summer school, is a one-week intensive training program offered annually by INALCO.

*Its goal is to introduce participants to the main concepts, methods, and analytical tools used in sociolinguistics to study issues related to **multi- and plurilingualism**.*

The program alternated between theoretical sessions and practical workshops, covering key topics such as heterogeneous language practices, language ideologies, and language policies.

The seminar was led by a diverse group of researchers, postdocs, and PhD students from INALCO and other institutions, working across multiple disciplines – including sociology, education studies, health, law, sociolinguistics, and language didactics.

What united them was a shared ethnographic approach, often applied in minority and postcolonial contexts, with a strong focus on researcher reflexivity and positionality, especially during fieldwork.



What made you want to take part in the seminar?

My two fellow PhD candidates and I heard about the seminar from a faculty member in our research lab. For me, it was a great opportunity **to return to the foundations of sociolinguistics**, to **reinforce concepts** I had studied during my master's program, and also to **explore new perspectives** and discover contexts of analysis different from my own.

Attending this summer school was also a way to **discover INALCO**, a key institution in the field of language and culture studies, and to meet other early-career researchers. These interactions were incredibly stimulating – both intellectually and personally.

Which aspects of the seminar stood out to you the most?

*The structure of the seminar was extremely well designed! The balance between theoretical lectures and practical workshops made it possible to **immediately apply the concepts** to real-life situations. It felt like a “behind-the-scenes” look at how sociolinguistic research is done – from field observation to data analysis.*

On the very first day, we were invited to explore a neighborhood in Paris in small groups, accompanied by a researcher. This field immersion was followed by group workshops on framing a research question, collecting and processing data, and managing multilingual corpora, building a bibliography, and more. It was precisely this hands-on, field-based approach that left the strongest impression on me.

Did you discover any new theoretical frameworks or authors that shaped your thinking?

*Absolutely! Beyond the disciplinary content, what truly stood out was how the seminar helped me reflect on the **epistemological grounding** of my research.*

*The talks by anthropologist **Valelia Muni Toke** and sociolinguist **Isabelle Léglise**, especially their discussions on the “Global Souths” as both research objects and spaces for thought, deeply resonated with my concerns.*

*They encouraged me to **question the theoretical frameworks** I rely on, to move beyond a narrow academic perspective, and to diversify my bibliography by including voices from various geographical and intellectual backgrounds. It was a real turning point in how I view my position as a researcher.*

How did this intensive seminar enrich your doctoral research?

It provided me with new theoretical references and practical tools that I could directly apply to my own work.

For instance, some of the research presented on family language policies strongly echoed the themes of my fieldwork.

*The work of **Suat Istanbulu**, based on discourse analysis and the meticulous transcription of interactions in Arabic, gave me solid methodological insights.*

*Similarly, **Nanfei Wang**’s presentation on sociolinguistic representations in language transmission among Chinese-speaking communities led me to rethink my own analytical categories.*

These contributions helped me refine my corpus selection and sharpen my research question – which, at this stage of my PhD, is absolutely crucial.



What would you say was the main takeaway from this experience?

For me, the greatest benefit was openness – disciplinary, epistemological, and professional.

I discovered approaches that complemented my own, engaged with participants from a range of disciplines (law, cinema, applied linguistics...), and broadened my research perspective.

This kind of seminar also encourages critical distance from your own researcher’s posture, your thinking habits, and your approach to “doing research.” It’s a valuable opportunity to reflect and refocus.

Was there a moment or activity that particularly inspired you?

*Yes – right on the first day, we were invited to draw our own **“language portrait”** and present it to the group.*

This fun yet introspective exercise gave me the chance to reflect on my linguistic background and its identity-related implications.

As a researcher, it prompted me to re-examine my relationship to languages and how it shapes my scientific inquiry. It was a powerful moment that laid the foundation for a more self-aware research posture.

Would you recommend this seminar to other PhD candidates?

Absolutely – without hesitation!

It’s an extremely valuable program for anyone wishing to engage in sociolinguistics, or simply to deepen their understanding of language practices, ideologies, and language policy research.

Beyond the theoretical insights, the seminar helps to establish a rigorous and reflective research approach, bringing together a variety of perspectives. It’s also a rare and meaningful space for exchange between early-career researchers, and one that deserves to be offered more widely in other labs and universities.

Wrapping Up the PhD – Final Stretch and the Defense



Defending a dissertation marks the culmination of a long journey – often intense, sometimes exhausting, but always enriching.

In this issue, **Valériane LOISON**, newly graduated with a PhD in Information and Communication Sciences, shares her experience of the final months of writing, the defense itself, and life post-PhD.

Between practical advice, emotional reflections, and a look back at her journey, she offers a sincere and valuable testimonial.



The defense was held at the IUT in Laval.



BEFORE THE DEFENSE



How did you experience the final months of your PhD?

The final months were especially intense. Completing a PhD in three years really is a marathon!

To make it happen, I took part in a thesis-writing workshop between late 2024 and early 2025, which gave me the momentum I needed to dive into this last stretch of writing.

In agreement with my supervisors, I set a strict timeline with clear deadlines and submission checkpoints.

My method was to work in parallel: while one part was being reviewed, I would start the next section, then revise the first while submitting the second. ORGANIZATION was the key. I planned everything – by month, week, and day.

To focus fully on writing, I isolated myself. That helped me maintain my concentration and slowly piece the puzzle together.

What was the most difficult part of this final stretch? And the most satisfying?

Despite all the planning, managing my time was the biggest challenge. Balancing thesis writing with attending conferences, publishing papers, and teaching duties, and my responsibilities toward other PhD students was particularly

challenging. The most gratifying moment was when I finally submitted my manuscript to the reviewers – a moment of genuine satisfaction and relief.

Did you receive any specific support to finalize your manuscript? Did you feel ready for the defense?

I took part in a writing workshop, which was very helpful. But above all, it was the support, guidance, and responsiveness of my PhD supervisors that made a real difference. I also wrote several research articles during my PhD, which helped me structure my ideas more easily and save time when assembling the manuscript.

How did you handle the logistics and administrative aspects of the defense?

It's hard to describe precisely – there are many steps! The doctoral office provides an administrative file to be completed. My supervisors managed most of the organizational aspects: setting the defense date, coordinating with the jury members, and handling the paperwork and logistics.

As for me, I focused on organizing the defense reception, sending the manuscript to all required recipients, and most importantly, preparing my oral presentation – both the PowerPoint and the Q&A part.



THE BIG DAY

How did your defense go?

My defense lasted three and a half hours. I presented my thesis work in about 20 minutes, and then the discussion with the jury continued for around three hours, with a short break in between. Of course, the setting was formal, but the overall atmosphere was very supportive.

As I answered the questions, I felt like I was engaging in a genuine peer-to-peer conversation. It was both enjoyable and intellectually enriching. I also chose to stream the defense live online, so that people who couldn't attend in person could still follow along.

How did you prepare for your oral presentation? How many times did you rehearse? Any advice to share?

I rehearsed a lot. I practiced alone about twenty times. I also organized two rehearsal sessions with my PhD supervisors, followed by a mock defense with my supervisors and another researcher in my field.

These sessions helped me fine-tune both the oral delivery and the Q&A preparation.

For the presentation, I double-checked my slides and refined my speech based on the feedback I had received from the reviewers.

To prepare for the questions, I created index cards – one for each point raised in the pre-defense reports. I also made specific slides to address potential questions, as well as slides featuring key diagrams from my thesis, which I could refer to depending on the discussion.

I also re-read my manuscript very carefully and filled it with sticky notes and annotations to help me navigate it during the defense.

What surprised or impacted you the most during the defense?

What surprised me most was how kind and supportive the jury was! Each committee member pointed out not only the limits and open questions, but also the strengths and key

contributions of my work. That really gave me a sense of confidence during the defense and allowed me to approach the discussion with calm and clarity.



AFTER THE DEFENSE

What did you feel right after? Relief? Emptiness?

A strong sense of achievement! All that pressure and all those hours of work – finally behind me. I didn't really feel an emotional void because I transitioned immediately into a temporary teaching and research contract (ATER). But I definitely felt valued and recognized by my peers, which was very rewarding.

What are your plans or next steps?

In early October, I'm starting a temporary teaching and research position (ATER) at the IUT in Laval, where I completed my PhD. I'll be applying for the national qualification to become a university lecturer, and I'll take part in the upcoming recruitment campaign starting in early 2026.

My goal is to obtain a lectureship position. If that doesn't work out right away, I'll continue as a postdoctoral researcher, ATER, or research engineer. In any case, I'm determined to continue in academia! I also want to remain an engaged researcher – with my colleagues, with PhD students, and with the broader public, especially through science outreach and public engagement.



TO WRAP UP

What advice would you give to a PhD student entering their final year?

Don't panic!

The third year is the time to take a step back and bring all the pieces of the puzzle together: your literature review, theoretical framework, data, findings, discussions, etc.

You need to be well organized – list your tasks and set deadlines. Sticking to your timeline is crucial for success.

Don't give up, and don't hesitate to reach out to other researchers or fellow PhD students who are going through (or have gone through) similar challenges.

In one word or sentence, how would you summarize your PhD journey?

Rigorous, rich, and committed!

I carried out my PhD work by following a strict schedule, but I also took part in competitions, engaged in science outreach, and took on responsibilities within the doctoral community.

I would say that I conducted a thesis in line with my values, and that's what matters most!

A heartfelt thank you to Valériane, who has been in charge of communications at the ECLIS Doctoral School for the past three years.

She is now passing the torch...

We are now calling on all motivated PhD candidates to take over this volunteer role (with training hours counted), alongside Inès and Poevai!
Contact us if you're interested!



Do you know ADoUM

The **Doctoral Student Association of Le Mans University (ADoUM)** works to build connections and energize doctoral life.

Its president tells us more about the association's mission, ongoing projects, and how you can get involved. Whether you're just starting your PhD or approaching your defense, ADoUM may be for you!

What is ADoUM, in a few words?

ADoUM is a non-profit association that has been around for nearly a decade. It aims to bring together PhD candidates from various research labs and departments across Le Mans University. Only doctoral students can become members. The association gathers around twenty active members each year, with about fifty participants attending each event. There are very few similar associations in France — of course, the size of the Le Mans campus makes it possible, but it's still a real source of pride !



THE EXECUTIVE BOARD AND ITS MISSION

Through its activities, ADoUM aims above all to **bring together PhD candidates** from all disciplines at Le Mans University. The association offers opportunities for **social connection, peer exchange, and mutual support**, especially for those who may feel isolated in their labs or departments.

Who is currently on the Executive Board?

For the academic year 2025–2026:

President: Emma Weiss-Blanchard (Economics)

Vice President: Jean Philippon (Geology)

Treasurer: Camille Vendetour (History)

Secretary: Clément Beucher (Law)

Deputy Secretary: Cassilda Mazurier (Chemistry)

By the way, the position of Vice Treasurer is still open — why not give it a try?



EVENTS & PROJECTS

What activities were organized last year?

During the 2024–2025 academic year, the association hosted around ten events!



Café-Thèse: every third Tuesday of the month, two PhD students are invited to present their thesis or research topic in a casual, engaging way.

Participation in a Café-Thèse can be validated as 2 hours of doctoral training in Amethis!



Doc'entraide: a new initiative launched last year! It's a friendly peer exchange between first-year PhD students and more advanced doctoral candidates, where participants can share advice and work tips (digital tools, Amethis navigation, Zotero, Inkscape, etc.).

The goal is to share experiences across disciplines and learn from one another.

Next Doc'entraide: Wednesday, November 12:00–2:00 PM at EVE!



Welcome Party: every November, we organize an integration evening so that doctoral students can meet. In 2024, there were around sixty of us!



Secret Santa: at Christmas, we invite PhD students to exchange small surprise gifts. Last year, the theme was "Festive Socks."



Doctoral Work Retreat: This is another new project launched last year. We reserve a room where PhD students can come and work. Everyone sets SMART goals and works individually using task management techniques like the Pomodoro method.

This year, our goal is to offer a weekly work session!



"PhD at the Bar" Nights: inspired by the "My Thesis in 180 Seconds" contest, doctoral students present their research in a fast-paced format (5-minute high-speed thesis talks) in a bar, for a non-specialist audience.



ADoUM Hoodies: last year, we launched the very first edition of ADoUM hoodies! The project will likely return in 2 or 3 years.



Lab Visits: one PhD student gives us a tour of their lab during the lunch break – experimental rooms, PhD offices, etc. Last year, we visited labs in geology, biology, acoustics, and the MIP lab (Motor Skills, Interaction, Performance) in sports science.



Pint of Science & ADoUM Project: in May 2024, we took part in a science communication event in partnership with the national Pint of Science association (which organizes science talks in bars). For three days, we joined in public outreach events to present our research to a general audience.



End-of-Year BBQ: around June or July, we organize a big potluck to celebrate the end of the academic year.

Was there a highlight or particularly memorable moment in 2024–2025?

Yes! The welcome party in November 2024 was a big hit! Everyone joined in, people chatted and got

to know each other – it was a true moment of cohesion and community.

What kind of support or services do you offer to PhD students?

Our main goal is to combat the isolation that can come with doctoral studies by creating opportunities to meet and work together in a supportive environment.

Do you work with other administrative or university structures?

Yes, we collaborate with the Doctoral Office (Pôle doctoral) of Le Mans University and occasionally with other associations (like Pint of Science). While we don't have an official representative role, most of our board members are also involved in other university bodies and committees, so we do indirectly contribute to doctoral student representation.



ASSOCIATION LIFE & GETTING INVOLVED

As President of the association, what motivated you to get involved?

Personally, I wanted to help build connections between doctoral students. A PhD is such a solitary endeavor, and the world of research in general can sometimes lack a human touch. Through the association, I hope to foster a sense of solidarity and mutual support – that's a real source of satisfaction for me.

What have you personally gained or learned from your involvement in the association?

Friendships, support, and a sense of community.

What would you say to a PhD student who's unsure about joining or getting involved?

COME JOIN US! Come to the first Café-Thèse on October 21 at 12:30 p.m. at EVE!



adoum@univ-lemans.fr



**Vous souhaitez partager
vos réalisations, vos
bons plans et vos
questions, n'hésitez pas
à nous contacter !**

**communication.ed-
eclis@etu.univ-nantes.fr**



Would you like to take
part in an upcoming *Café-
Thèse* and present your
PhD topic in a fun and
engaging way?
Scan here to sign up!



UPCOMING ADOUM EVENTS!



Doc'entraide : 12 novembre

Keep an eye on your inbox –
we'll be sending out the dates
of upcoming events!



**Retraites de rédaction
Doctoral Work Retreat**



**Soirée d'intégration
Welcome Party**



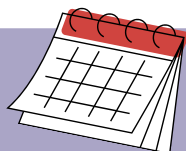
"PhD at the Bar" Night



Secret Santa



**To join
ADoUM
(5€)**



SAVE THE DATES!



**OCT. 23
MT180 TRAINING
SESSION
REGISTER
DEADLINE**

**NOV. 14
MOBILITY
GRANT
APPLICATION
DEADLINE**

**NOV. 28
ECLIS
DOCTORAL
STUDENTS
WELCOME DAY**



PHD TIPS & TRICKS: STARTING YOUR PHD ON THE RIGHT FOOT

Starting a PhD is both exciting... and a little overwhelming.

To help you begin this new chapter with confidence, here are some useful tips gathered from former PhD students and the ED team:



Take time to define your topic

Don't try to read everything at once! Gradually clarify your research questions, objectives, and methods. Remember: a PhD is a marathon, not a sprint.



Establish a work routine

Find your rhythm—a quiet space, consistent time slots, and habits that help you progress. The key is consistency, not overexertion.



Keep track of your readings

Use a research notebook, a spreadsheet, or a reference manager like Zotero or Mendeley. It will save you precious time down the road.



Rely on your supervisor

Don't wait to have all the answers before asking questions. Regular dialogue is essential to good guidance.



Connect with other PhD students

Don't stay isolated. Join seminars, working groups, or associations: peer support is often a great resource.



Start training early

Check out the *Amethis* course catalogue—many helpful trainings are available in Year 1, covering methodology, ethics, academic writing, and more.



And most importantly... be kind to yourself

It's normal for the beginning to feel unclear. Stay curious, patient, and flexible—you're entering a whole new world.

EDITORIAL TEAM



Valériane LOISON

*PhD in Information and Communication
Sciences*

*Le Mans Université – IUT of Laval
CREN Research Laboratory*



Poevai LEQUERRE

*PhD Student in Language Sciences
(Sociolinguistics and Language Education)*

*Le Mans Université
CREN Research Laboratory*



Inès BOUILLAUD

*PhD Student in Educational Sciences (CCU-AH)
in Pediatric Dentistry*

*– Nantes University Hospital (CHU de Nantes)
Nantes Université
CREN Research Laboratory*

HAPPY BACK-TO-SCHOOL SEASON TO ALL!