

## PRESS RELEASE

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### Results of the final of the *My Thesis in 180 seconds* (MT180) competition at Université Paris-Saclay

**Fourteen of the university's PhD candidates took on the exciting challenge of explaining complex thesis research work in a language appropriate to a non-specialist audience in just three minutes during the final of the *My Thesis in 180 seconds* (MT180) competition at Université Paris-Saclay on Thursday 13 March 2025.**

**Inès Doublier**, a PhD candidate at the MICALIS laboratory (Université Paris-Saclay/Inrae/AgroParisTech), was awarded the Jury's 1<sup>st</sup> Prize and the Audience Award for her thesis "*Construction of new genetic engineering tools in *Bacillus subtilis**". This double distinction marks a first for the competition at the university.

**Nicolas Bienville**, a PhD candidate at the Laboratory for Climate and Environmental Sciences (LSCE - Université Paris-Saclay/CEA/UVSQ/CNRS), was awarded the Jury's 2<sup>nd</sup> Prize for his thesis "*Determination of biological oxygen fractionation coefficients and application to the reconstruction of biospheric productivity fluxes*".

Presenting three years of research clearly and concisely in just three minutes, with the help of just one PowerPoint slide, is no easy feat and certainly not one that can be improvised. Each year, approximately fifty PhD candidates from Université Paris-Saclay take on this challenge in the hope of making it to the final organised by the university, and then on to the national and even international finals.

Once they have registered, candidates are supported by the university's Doctoral centre, the *Maison du Doctorat*, with several half-day training sessions, during which they are able to practice public speaking, persuasiveness, stage presence and more. The aim is to give candidates the tools they need to make their subject as understandable as possible to a non-specialist audience and offer them a unique practical experience.

The training sessions start with theatrical techniques, public speaking, how to make use of space and manage stress, before looking at how to prepare the speech, with several opportunities to practice and support from trainers and feedback. These courses are part of one of the doctoral career paths provided by the *Maison du Doctorat* in '*Doctoral careers: outreach, communication and science journalism*'. Once they have completed the first three modules, candidates audition and approximately fifteen finalists are selected.

#### The twelve other finalists in 2025

**Néva Beraud-Peigne**, PhD candidate in the Complexity, Innovation, Motor and Sports Activities research unit (CIAMS - Université Paris-Saclay), presented her thesis: "*Further investigation of the effects of exergaming on the cognitive and functional abilities of healthy elderly people*".

**Alice Bernard**, PhD candidate at the CEA DAM-Île de France Centre (DIF - Université Paris-Saclay/CEA), presented her thesis "*Improving the theoretical description of nuclear fission with machine learning*".

**Justine Broutin**, PhD candidate at the Jean-Pierre Bourgin Institute (IJPB - Université Paris-Saclay/Inrae/AgroParisTech), presented her thesis "*The mode of action and the effect on plants of two mineral fertilisation supplements of humic substances and a mixture of amino acids*".

**Marina Checchi**, PhD candidate at the Laboratory for the Integration of Systems and Technologies (List - Université Paris-Saclay/CEA/Université Grenoble Alpes), presented her thesis "*Multi-user homomorphic encryption-based protocols*".

**Sacha Douailly**, PhD candidate with a CIFRE contract in the Mixed International Research Unit for Sustainability and Resilience (UMI SOURCE - Université Paris-Saclay/UVSQ/IRD) and the agency, TRANS-FAIRE, for the environmental quality of urban projects, presented her thesis "*Assessing the sustainability of urban development worldwide: towards multidimensional sustainability indicators and the estimation of externalities as a decision-making tool at project level*".

**Rida Lali**, PhD candidate at the Signals and Systems Laboratory (L2S – CentraleSupélec/Université Paris-Saclay/CNRS), presented his thesis "*Semantic and goal-oriented wireless communications*".

**Matthieu Seze**, PhD candidate in the Signalling and Dynamics teams at the Institut Pasteur and the Biomolecules: Design, Isolation, Synthesis Laboratory (Biocis - Université Paris-Saclay/CNRS), presented his thesis "*Allosteric modulators optimization for studying the human polymorphism of alpha 5 nicotinic receptor*".

**Kévin Vilayphone**, PhD candidate at the Laboratory for Matter in Extreme Conditions (LMCE - Université Paris-Saclay/CEA), presented his thesis "*Experimental study of laser-plasma interaction in multibeam configuration in the context of thermonuclear fusion controlled by laser inertial confinement*".

**Gianluca Visagli**, PhD candidate at the Lavoisier de Versailles Institute (ILV - Université Paris-Saclay/UVSQ/CNRS), presented his thesis "*Strategy of III-V semiconductor passivation: new alternative for micro-optoelectronics*".

**Léna Werno**, PhD candidate at the Professions, Institutions and Temporalities Laboratory (PRINTEMPS - Université Paris-Saclay/UVSQ), presented her thesis "*Effects of new management and organizational models on safety policies in high reliability organizations*".

**Sébastien Bruyere**, PhD candidate at the Department for Medicine and Health Technologies at the Frédéric Joliot Institute for Life Sciences (Université Paris-Saclay/CEA/Inrae), presented his thesis "*Isotopic labelling for biological targets identification by autoradiography*".

**Lucie Rosset**, PhD candidate at the Atmospheric Space Observations Laboratory (Latmos - Université Paris-Saclay/UVSQ/CNRS), presented her thesis "*Effect of haze on cloud formation and climates of Titan and exoplanets*".

This 12<sup>th</sup> edition of the competition was organised by France Universités, the National Centre for Scientific Research (CNRS) and Université Paris-Saclay, in partnership with CASDEN Banque Populaire and Servier. The final was hosted by Daniel Fievet and broadcast live on the university's YouTube channel.

## **ABOUT UNIVERSITÉ PARIS-SACLAY**

*Université Paris-Saclay was born from the shared ambition of French universities, grandes écoles and national research organisations. As a leading university in Europe and the world, it covers the fields of science and engineering, life sciences and health, and humanities and social sciences. The university's science policy closely*

*intertwines research and innovation, incorporating both basic and applied science to tackle major societal challenges. Université Paris-Saclay offers a varied range of undergraduate to doctorate level degrees, including programmes with its grandes écoles, all of which are focused on achieving student success and employability. The university prepares students for an ever-changing world where the ability to think critically, remain agile and renew one's skills are crucial. Université Paris-Saclay also offers a comprehensive range of lifelong learning courses. Located to the south of Paris, the university extends across a vast and rich local area. Its location strengthens both its international visibility and its close ties with its socio-economic partners (major companies, SMEs, start-ups, local authorities, charities).*

[www.universite-paris-saclay.fr/en/](http://www.universite-paris-saclay.fr/en/)



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