



## From the Rep

The closer we get to the end of the year, the more likely it is that I will burn out. It's been this way for me ever since undergrad. Christmas break is tauntingly close and the hurdles of final exams seem to magnify each day. Exams are, thankfully, no longer an obstacle for me. And yet, somehow, deadlines still appear and accumulate this time of year. Mentally, I feel exhausted, and there's still a month to go.

At this stage, I have several mental tricks to get me through. First, I promise myself that the upcoming break will really be a break (and then I follow through on that!). Deadlines can move, but they can't land on my holiday time. Then, with any tasks that are particularly anxiety inducing, I come up with an ultimate backup plan for my own sanity. For a conference poster or talk that still needs results, I sketch an outline of how to put it together with only the information I already have. Any deadlines that can still move get pushed back. Finally, I make sure I think about my workload in terms of priority, not time. Instead of feeling panicky that I don't have enough time, I consider my time as fixed and re-assign priority to tasks as needed.

It's not the ultimate solution to the problem of too many deadlines, but these mental strategies help me cope when I feel overwhelmed. Depression and anxiety are far too common amongst graduate students. Share your top coping tools with us or with a fellow student. Let's all make it to the holidays in good health.

— Stefanie



## TOS Student Member Highlight

**ZAK KERRIGAN.** After 14 years in the Navy, I entered graduate school starry-eyed and enthusiastic at the tender age of 35. Like most people pursuing a PhD in science, I was going to be a brilliant researcher and secure my place in the annals of history with groundbreaking discoveries. It didn't take long for me to realize that while I enjoyed delving into the microbiology of the deep sub-seafloor, my real talents lay elsewhere, and I found a calling in response to a striking need for effective science communication to the general public. In an effort to hone my skills, I became a contributing writer to Oceanbites.org; an organization started by a fellow graduate student here at the Graduate School of Oceanography in Rhode Island. The aim of Oceanbites is to take cutting-edge, oceanographic research, deliver it in a digestible form to curious readers, and bring the public into the discussion of scientific discoveries. Along with a handful of other dedicated science communicators, I am now on the leadership team for Oceanbites, and we are continually working to improve our reach and impact. While I am still conducting my research towards my degree, this passion for education has led me to become a scuba instructor, and now professor at our local community college. Learning to skillfully communicate science to a general audience is an endless pursuit, and this is only the beginning of that journey. More information can be found at <https://oceanbites.org>.

## Ocean Optics XXIV Best Student Paper

The Ocean Optics Best Student Paper Award is awarded to for novel observations and insightful conclusions that exemplify the high quality of student research reported at the conference and contribute significantly to the body of knowledge regarding the nature and consequences of light in the ocean.

Congratulations to the 2018 winner and honorable mentions!

### BEST STUDENT PAPER

#### Alexandre Castagna

*Extending the Operational Land Imager for Freshwater Research: Retrieval of an Orange Contra-Band from Pan and MS Bands*

### HONORABLE MENTIONS

- Carlos Carrizo
- Alison Chase
- Juan Ignacio Gossn

Read the abstracts and learn more at:  
<https://oceanopticsconference.org/best-student-paper/>

Be sure to drop by  
**TOS Booth #518**  
at the  
**AGU 2018 Fall Meeting**  
December 10–14  
Washington, DC

## Send Us Your Feedback!

Have questions or comments for the Student Rep?  
Interested in being a highlighted student?  
Want to share your best career tips and tricks?  
We need your input!  
» [studentrep@tos.org](mailto:studentrep@tos.org) and @mnemoniko

### Follow Us

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 @TOSOceanography



## TOS Election Ballot Coming Soon!

**Vote for your next Student Rep on the TOS Council, as well as other open Council positions.**

TOS plans to send instructions about voting for open TOS Council positions by late-November. Biographical information for all candidates will be included on the web-based system used for the election. All TOS student members are eligible to vote.

## Seen in *Oceanography*

### Categorizing and Naming Marine Heatwaves

By Alistair J. Hobday, et al.

<https://doi.org/10.5670/oceanog.2018.205>