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/](https://oceanopticsconference.org/best-student-paper/)

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.

**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 panicked 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