



## From the Rep

Happy New Year!

So far, only one person has asked me what my New Year's resolutions are. Which is great, as I don't have any. Again.

Several years ago, after getting caught one too many times in the cycle of resolution - failure - guilt, I started setting mantras for myself instead. I pick a simple phrase or two and use that to guide my year. It's relatively easy to implement: I write the mantra where I often look. A lock screen, a sticky note, my email password. The more difficult part is coming up with the mantra in the first place. I find it requires several days of reflection and introspection to determine what I want to be or do in the next year, and what phrase will appropriately remind me of that.

One year I picked a phrase that reminded me of my dreams, as I often felt overwhelmed by what others wanted for me. In the midst of dissertation writing, I used "the only way out is through" to help induce a sense of resolve. This year, I'm going with "be patient," as I tend to hit peak anxiety just before an issue is addressed. I'd also like to prioritize in-person interactions more, but have yet to find the right phrase for that. I'll keep working on it.

Best wishes for the New Year, whether you make resolutions, set mantras, or do something else entirely.

— Stefanie

## It's Not Too Late to Vote!

The TOS Council Election is still open. All votes must be cast by **January 31, 2019**.

» <https://tos.org/governance/council-election>

## 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

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## TOS Student Member Highlight

**JUDY TWEDT.** When I started graduate school in 2013, scientists around the world were meeting to write the IPCC Fifth Assessment Report. Two years later, world leaders ratified the Paris Accord. It was an exciting time to train as a climate scientist.

Then, I finished my master's degree before the 2016 election cycle, and watched science, facts, and regard for expertise and evidence go through the meat grinder in some public media outlets. I became apprehensive about doing standard climate research when there was so much public underestimation of climate change risks.

Also around that time, I began a new outreach project on the side, turning climate data sets into soundtracks—a process called data sonification. It was inspired by teaching and seeing the need for emotionally engaging representations of climate data. The soundtracks resonated with people—they break out of our expectations of how we encounter data—and they were sparking new kinds of science conversations.

As I puzzled over where to steer my doctoral research, I learned about a small, relatively unknown program at the University of Washington where students design interdisciplinary PhD tracks if their research goals do not fit in an existing program. Now, two years later, I am in a customized doctoral program designing climate data sonifications so that audiences can listen to data. My advisors are atmospheric scientists, an oceanographer, and a composer. Last fall I premiered a composition of Arctic Sea Ice Data for an audience of nearly 3,000 people for TEDx Seattle.

While this unconventional program often feels risky with no well-worn path to follow, I remind myself that we have to innovate and move off the well-worn business-as-usual scenario if we want to live on a healthy planet.

You can listen to the data sonifications at [www.judytwedt.com](http://www.judytwedt.com).

## 31 Tips for Thriving in Graduate School (the first 12)

From <https://graduateschool.vt.edu/about/deanscorner/tips-for-thriving.html>

1. Begin by accepting that thriving is possible.
2. Find a rhythm of graduate school, work, and life outside graduate school.
3. Seek and find supportive colleagues and take time to be with them.
4. Know that you can say no.
5. Guard your time.
6. Communication is key: communicate clearly, directly, and honestly.
7. Working hard is integral, but being tired should not be worn as a badge of honor.
8. Making progress should be the goal, and steps celebrated.
9. Don't give up the power you have over your life. Make choices and exercise control.
10. Know that you are not alone, and reach out to others.
11. Carve out time daily just for you.
12. There will be tough days. Hard work and perseverance are needed. You can do it!

## Seeking TOS Ethics Committee Members

In December, TOS approved its Professional Integrity, Ethics, Conduct, and Implementation Guidelines and is now seeking members for the TOS Ethics Committee. All TOS members—including students—are invited to apply for inclusion on this committee. Details concerning responsibilities can be found on page 10 of the document ([https://tos.org/pdfs/TOS\\_Ethics\\_Policy\\_Approved\\_12.13.18.pdf](https://tos.org/pdfs/TOS_Ethics_Policy_Approved_12.13.18.pdf)). To be considered, please submit your name and a brief statement of interest to Jenny Ramarui at [jenny@tos.org](mailto:jenny@tos.org).

## Seen in Oceanography

Warm Arctic, Cold Continents:  
A Common Pattern Related to Arctic  
Sea Ice Melt, Snow Advance, and  
Extreme Winter Weather  
By Judah Cohen et al.

<https://doi.org/10.5670/oceanog.2013.70>