



From the Rep

Well, my friends, this is it. My last column as the Student Rep. Chrissy Hernandez has

just been elected and will be taking over from me. You can learn more about her in the Student Highlight section to the right.

I've tried to find the best topic to address in my final issue. Job, career, and life transitions? Maybe the peer network that starts with fellow graduate students and expands through conference interactions and new jobs? Maybe not. Sense my theme here? It's because I'm moving on.

In the end, there are no perfect, final words of wisdom. It's been more of a conversation anyway. I let you in on my struggles and solutions. You empathize, scoff, agree, or disagree. It doesn't matter to me—the conversation, not my personal viewpoint, is the goal. I hope I've helped at least some of you, and I hope the issues I talk about bring you all a bit closer together. Keep having that conversation with each other and with your mentors. It will help you feel supported. And, if the issue is larger and change is required, conversation is the first step on that path too.

It's been an honor to serve as your Student Rep.

— Stefanie

Ocean Sciences Meeting 2020 Call for Input

Camille Pagniello, the TOS Student Rep for OSM 2020, and her counterparts from AGU and ASLO want to create exciting events for next year's meeting. Please send your ideas to Camille at cpagniel@ucsd.edu.

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 and [@mnemoniko](https://twitter.com/mnemoniko)

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Meet Your New TOS Student Rep

CHRISSEY HERNANDEZ. I am a fourth-year PhD student in the MIT/WHOI Joint Program. I study larval fish ecology and population dynamics, mostly focused on tunas. I legitimately think that baby tunas are adorable, and that fish otoliths are a beautiful work of art by Mother Nature. I'm the chair of the Steering Committee of the Society for Women in Marine Science (SWMS). I'm also passionate about racial diversity and social justice issues in oceanography—I'm involved in efforts to make WHOI more welcoming, inclusive, and supportive for people from underrepresented identity groups.

I'm really excited to join the TOS Council as your student representative, as a new way to give back to the community of oceanographers and to learn about how the Society works. I'd like to thank Stefanie for her work over the past three years, and particularly for establishing this newsletter. I encourage any of you to contact me with new ideas for content, topics you'd like to hear about, or other initiatives that matter to you. One thing I'm excited to work on is using social media to build community. I have felt a deep sense of belonging through the efforts of projects like [@women.doing.science](https://twitter.com/women.doing.science), [@ph_d_expression](https://twitter.com/ph_d_expression), and student Instagram takeovers in my MIT department, [@mit_eaps](https://twitter.com/mit_eaps). Come find me [@fishy_chrissey](https://twitter.com/fishy_chrissey), and follow our new TOS Instagram account [@tosooceanography](https://www.instagram.com/tosooceanography). I look forward to working with and for you!



31 Tips for Thriving in Graduate School (the next 12)

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

13. Three important things: sleep, eat well, and exercise. Especially sleep. Don't sacrifice here.
14. Mental health is as important as physical health. Take care of oneself.
15. Sometimes it might be helpful to "vent." So, vent in a safe place, and then move on.
16. Know where to find your community, and find them regularly.
17. Failure is an important part of life and success. When it happens, don't take it personally.
18. Graduate student journeys are individual. Don't compare, and follow your path.
19. Value critique and advice. Hear what colleagues and mentors have to say.
20. It is your education. It is your degree. Be actively engaged and own the process.
21. Believe in yourself. You can do this! Yes, you can.
22. Take a moment – breathe.
23. Take time to "fiddle with ideas" – explore, engage, and enjoy!
24. Embrace community as safe and brave space. Silence is the voice of complicity.

Distinguished Oceanographer Walter Munk Passes Away

Walter Munk, one of the most known names in oceanography, passed away on February 8 at the age of 101. Read the Scripps Institution of Oceanography obituary here: <https://scripps.ucsd.edu/news/obituary-notice-walter-munk-world-renowned-oceanographer-revered-scientist>. Read also Mel Briscoe's 2017 article that talks about how Dr. Munk "was there" at the very beginnings of The Oceanography Society (<https://doi.org/10.5670/oceanog.2017.402>)

Seen in *Oceanography*

The Moon, of Course...

By Walter Munk and Carl Wunsch

"This is an essay on tidal friction and ocean mixing... we wish to convince the reader that the connection between these ancient subjects is deep, important, and not obviously lunatic."

<https://doi.org/10.5670/oceanog.1997.06>