



From the Rep

Growing Pains

Did anyone else have really bad growing pains as a kid?

I remember in elementary school that my shins hurt so badly, just because I was growing. I hadn't done anything to cause it, and there wasn't really anything to do except wait for it to get easier.

This is how I've started to think about my stress and anxiety in graduate school. First of all, I think that most people in their twenties have these feelings. In some ways, grad school is like your first job—it's a roughly five-year contract, and both you and your supervisors are feeling out whether it's a good fit for you. In nearly any first job, there is a big learning curve; there's wondering if you're learning it fast enough or doing it well enough, and there's worrying if it's even what you want to be doing.

There might be some ways to ease this stress and uncertainty, but mostly it just abates with time. You have to keep walking, writing, culturing bacteria, building instruments, analyzing data, whatever it is...and one day you look around and realize you're a scientist. We should certainly work to reduce the types of stresses that stem from systemic societal issues, but we shouldn't fear the growing pains. If you're reading this, you're doing great—trust the process and keep going.

I'd love to hear what you think—write to me at chernandez@whoi.edu or @fishy_chrissy on Twitter and Instagram!

— Chrissy

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TOS Student Highlight

NANA KAMIYA. I'm a third-year PhD engineering student at Kyoto University. I am investigating subduction zones using paleo-geothermal analyses and rock mechanics experiments. As an undergraduate, I majored in geology and conducted structural geology fieldwork on land. For my PhD, I am concentrating on engineering aspects of geology, performing consolidation tests. Rock engineering can inform different geological processes, thus pursuing studies in the engineering department is very interesting and worthwhile for me.

When I was a second-year master's student, I joined International Ocean Discovery Program Expedition 370, Temperature Limit of the Deep Biosphere off Muroto, as a physical properties specialist. The two-month expedition was aboard *Chikyu*, the Japanese scientific drilling vessel that is capable of penetrating deep below the seafloor. The science party was composed of microbiologists, geochemists, sedimentologists, and physical properties specialists. We probed the temperature of limit of life by exploring the combined geological structure, chemical environment, and population of microbes as revealed through drilling. This experience was very exciting. I found that the field of geology is like a house of microbes! The combined geology and microbiology discussions made me see geology in a whole new way.

Combining the knowledge gained from samples collected from both land and beneath the sea is important for understanding subduction zones. Until now, I have mainly analyzed on-land samples, but the active subduction zone is located in the ocean. I look forward to doing some more marine geology based on my experiences on *Chikyu*.

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https://www.ted.com/series/worklife_with_adam_grant

You may want to check out this podcast.

Titles include:

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- » Become friends with your rivals
- » Networking for people who hate networking
- » And more

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<http://hellophd.com/>

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- » How to give a perfect poster presentation
- » The secret life of pets (in grad school)
- » Conference like the pros
- » Plus many, many more

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By Joseph Genz et al.



<https://doi.org/10.5670/oceanog.2009.52>