



## From the Rep

### It's the 70<sup>th</sup> Annual Mental Health Month!

Since 1949, Mental Health

America has highlighted the importance of mental health in May. This year's theme focuses on the value of animal companionship, spirituality, humor, and social connectedness. There are some great resources on their website (<http://www.mentalhealthamerica.net/may>).

Mental health isn't something that matters only for people who have been diagnosed with mental health disorders. Mental health encompasses how any individual handles their feelings—stress, grief, anger, and also happiness. It is about how we deal with life, including health, relationships, and work difficulties. Ultimately, taking care of our mental health will prevent us from burning out.

Tending to our mental health is personal and multi-faceted. For me, a therapist is absolutely essential. For most of us, strong connections to a support network is required. Some folks have medication as part of their toolkit. Others rely on regular exercise, spending time with friends or family, cuddling with their pet, watching their favorite Netflix shows, and not checking their email from home.

Building a toolkit doesn't mean you won't have bad days, but your bad days will be a lot less likely to turn into bad weeks, months, or years. Resilience, not perfection, is the goal—and resilience is about how you bounce back, not whether you stumble.

Be kind to yourself. Value your mental health. Set the boundaries you need. Try out some new habits. Or, you know, take a day off from holding perfectly to your habits. And if you're struggling, maybe try reaching out to a friend, mentor, or your campus mental health office.

— Chrissy

## Have You Read?

### Three Tips for Giving a Great Talk

- » Tip No. 1: Find a central focus
- » Tip No. 2: Get the details right
- » Tip No. 3: Present clearly

Read the full article in *Science*: <https://doi.org/10.1126/science.caredit.aax7352>



## TOS Student Highlight

**THOMAS MORROW.** Here's my history in a headline: "Florida man moves to Idaho to study seafloor structure and tectonics." I am a PhD candidate at the University of Idaho, with a BS in geology from the University of Florida. Despite my efforts to move further inland, I study oceanic lithosphere rheology, deformation, and tectonics thanks to inclusive approaches to data sharing, open access repositories, and telepresence-enabled cruises.

Most data I work with (e.g., bathymetry, satellite gravity measurements) are from openly available compilations such as the Global Seafloor Fabric and Magnetic Lineation Database and the Global Multi-Resolution Topography Data Synthesis. One of the most frustrating experiences I've had as a graduate student is waiting years for another researcher to share their observations, even after publication or embargoes end. Certainly, scientists that collect observations deserve the first opportunity to publish their findings, but once this information is out, they should share data as openly as possible.

I recently participated via telepresence in a NOAA Ship *Okeanos Explorer* cruise to the Pacific Ocean. Immediately after, I added newly collected bathymetry soundings to a manuscript while the *Okeanos Explorer* crew sent the data on to their open access archive. Competition for funding and ship time have often been limiting factors in my graduate school experience, but open access data, like the GSFML and GMRT compilations, and telepresence-enabled cruises, like the *Okeanos Explorer* program, remedy these constraints and make our research communities more inclusive. They allow students—regardless of where they live—to publish compelling results, even when they can't easily access field opportunities or analytical facilities.

## Seen in *Oceanography*

### THE MICROBIAL LOOP

By Lawrence R. Pomeroy, et al.

Methods and concepts to explore the significance of microbes in the ocean's web of life.

<https://doi.org/10.5670/oceanog.2007.45>

## Tell Us What You Think About the Career Profiles Page

<https://tos.org/career-profiles>

*Oceanography* has now been publishing "career profiles" for almost a decade. We profile ocean scientists who have careers outside of academia. The idea for this column came from you—graduate students.

- Is 10 years enough? Shall we discontinue this column after December 2019?
- Are we asking the right questions?
- Are we profiling the types of careers you'd like to hear about?
- Is there some other column you'd rather us publish?

Please send your ideas and comments to *Oceanography* Editor Ellen Kappel at [ekappel@geo-prose.com](mailto:ekappel@geo-prose.com).

## Mental Health Resources

- **Psychology Today.** Find a therapist using this listing of mental health professionals. <https://www.psychologytoday.com/us/therapists>
- **Mental Health in the Sciences.** *Nature* series offering stories and advice on how to maintain good mental health in the hyper-competitive science environment. <https://www.nature.com/articles/d41586-018-04998-1>
- **PhDepression.** Support and resources for PhDs, post-grads, and grad students. <https://www.thephdepression.com/>

## 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 [@fishy\\_chrissy](https://twitter.com/fishy_chrissy)

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