



FROM THE REP

Vacation, Celebration, and Relaxation

As graduate students, we can get wrapped up in how urgent everything feels. Our lives are stressful for a variety of reasons—we're developing skills (aka doing things we're not already good at), money might be tight, and we might live far from loved ones. I'm here to argue that we need to take vacation days.

Although I might not have reached all of my ambitious goals this summer (finish an entire thesis chapter in three months? Yeah, right!), I still deserve my upcoming vacation. Because I haven't traveled much lately, I'm taking a glorious two weeks off.

If that's not an option in your schedule right now, find a way to make a weekend getaway to the woods, beach, or a nearby city. If that's not feasible, take one day off from work and give yourself permission to do whatever you want besides work. Here are some ideas of what to do on your day off that don't cost much money: do some exercise that feels good, get a haircut or manicure, cook something elaborate and delicious, re-watch your favorite movie, Skype with loved ones, play video or board games. Do these things alone, or with people that make you feel happy and relaxed.

You deserve to take time off from science. In fact, you need breaks in order to keep going. Remember, a career in science is a marathon, not a sprint.

— Chrissy



TOS STUDENT HIGHLIGHT

RADHIKA SHAH. Three days into a research cruise and still feeling seasick, I moved onto the upper deck of R/V *Oceanus* and stared out at the lapping waves of the Pacific Ocean. Reflecting back on this experience upon my 2019 graduation from Oregon State University (OSU) with a bachelor's degree in environmental science, I cannot believe how lucky I was to go on a research cruise during my first spring break in college. During that cruise I realized a career in oceanography was an option. I always had a strong affinity for the natural environment, which I attribute to my lineage that includes a number of strong women in science. Early in my career, I realized that those roots go even deeper.

I was born in Mumbai, India, and have been privileged to return there almost every summer throughout my childhood. While witnessing the amount of pollution surrounding me, I would first feel frustrated, trapped, and overwhelmed. However, as I grew older, those feelings morphed into motivation, and quickly led to an empowerment to create change. Luckily, my mentor and professor at OSU helped curate my interests and guide me toward the field of biological oceanography. I think the public sees scientific research in general, and in oceanography in particular, as an interesting but trivial profession because of their inability to understand the science and its value to society. Ocean science research is needed as our nation moves forward to implementing policies and nourishing global relationships that help preserve and restore the natural environment. It's more important than ever for scientists to become advocates for the environment. Our generation needs to take action.

RESOURCES

Achieving Work-Life Balance: A Key Issue for Grad Students

<https://www.insidehighered.com/blogs/gradhacker/achieving-work-life-balance>

In case you don't have time to read the whole gradhacker blog post (which is not long, but contains links to several related blog posts), Danielle Marias' top tips for maintaining a work-life balance in grad school are:

- Prioritize your time and say no.
- Mix up your routine to reset and recharge. Start small with mini goals and deadlines, as well as mini rewards and breaks.
- Surround yourself with people who also aim for a balanced life.
- Get outside. Exposure to nature can improve memory and attention, among numerous other health benefits.
- Be nice to yourself and take care of yourself.
- This is your life right now. Work-life balance is not only important to avoid burn-out in grad school but also your future career(s). Practice makes perfect!

The Happy PhD Zone: How to Maintain a Work-Life Balance in Academia

<https://www.nextscientist.com/work-life-balance-in-academia/>

Read this Next Scientist blog for another view on how to achieve work-life balance.

OCEAN SCIENCES MEETING TRAVEL GRANTS

<https://www.agu.org/en/ocean-sciences-meeting/pages/osm-travel-funding-opportunities>

This program provides financial assistance to US and international early career scientists and students who have little or no support from research contracts or grants, and who are presenting for the first time at a conference.

Application Deadline: September 18
Award Notifications Sent: October 14
Deadline for Award Winners to Accept/Decline: November 30

SEEN IN OCEANOGRAPHY

Impact of Oil Spills on Marine Life in the Gulf of Mexico: Effects on Plankton, Nekton, and Deep-Sea Benthos

By E.J. Buskey, H.K. White, and A.J. Esbaugh

<https://doi.org/10.5670/oceanog.2016.81>



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