Late-Stage PhD Musings
The late stage of grad school is stressful: the thesis looms over you, but you also have to find time to apply to jobs and fellowships. Most of the scientists I’ve talked to have agreed that completing a thesis is daunting, but the pieces do eventually fall into place. Here are a few strategies that I’m using to navigate the end of graduate school:

1. Prioritize your thesis and be a little picky about what fellowships/jobs you apply for. Of course you should apply for a few things (a stretch/dream option, a safe option, etc.), but you only have so many hours and brain power in a day.

2. Try to focus on writing that can be reused. Instead of writing a new proposal for each fellowship, maybe one of your awesome ideas can be applicable to a few different programs. Tweak cover letters and personal statements to each job, but you shouldn’t have to start from scratch each time.

3. Break things down into manageable steps. Going from a blank document to a defendable draft might feel like standing in the Marianas Trench and staring up at the ocean surface. Taking a few solid steps in the right direction every day will get you to your goal.

4. Keep being a human. Take care of your physical and mental health so that you can finish this marathon. You might feel pressure to work all the time, but it’s important to spend some time on a hobby, your favorite exercise, and/or being with loved ones. Your thesis does not need to be your whole identity. What strategies are you using? I’d love to talk to you through email or social media!

— Chrissy

POSTDOC OPPORTUNITIES

**Postdoctoral Fellow at NOAA-Cooperative Science Center, CCNY**
Application Deadline: October 30, 2019

**Postdoctoral Researcher in Ocean Biogeochemistry**
Application Deadline: November 1, 2019

**Richard Gilder Graduate School Postdoctoral Fellowships**
Application Deadline: November 15, 2019

**Green Foundation Postdoctoral Scholarship**
Application Deadline: December 1, 2019

**Harry Hess Fellows Program**
Application Deadline: December 8, 2019

**Flint Postdoctoral Fellowship**
Application Deadline: December 15, 2019

**NOAA Climate and Global Change Postdoctoral Fellowship Program**
Application Deadline: January 10, 2020

**Gulf Research Program Early-Career Research Fellowship**
Application Deadline: February 20, 2020

Want to learn more? Click on the program titles above or go to [https://tos.org/opportunities](https://tos.org/opportunities) for links to the above.

**RECOMMENDED READING**

**Commentary: Lessons Learned from Leaving Academia**
https://doi.org/10.1063/PT.3.4305

In this commentary published in *Physics Today*, Elizabeth Frank elaborates on her career and three important lessons she’s learned from leaving academia.

**Novelist Cormac McCarthy’s Tips on How to Write a Great Science Paper**
https://doi.org/10.1038/d41586-019-02918-5

In this Career Column in the journal *Nature*, Van Savage and Pamela Yeh condense and share Cormac McCarthy’s advice for writing scientific papers.

**SEEN IN OCEANOGRAPHY**

Why Oceanography?
By Kenneth Brink

The TOS President's column from a decade ago still resonates.

https://doi.org/10.5070/oceanog.1999.23