



## FROM THE REP

### 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 defensible 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



## TOS STUDENT HIGHLIGHT

**JAQUAN HIGH.** There was a time when I could only dream about some of the adventures I've been a part of these last two years. Growing up, my family struggled financially, and they provided me with little guidance about how to succeed academically. I would envision myself traveling around the globe, becoming a world-renowned scientist, and becoming a transformational influence on the people in my community. I saw school as the key to making those dreams happen, because I knew college would help change my life for the better.

I am a third-year geology major at the University of South Carolina (USC). My love for planet Earth has evolved from an early curiosity about why different landforms exist around the world to how ocean critters interact with their surroundings. I've met life-long mentors at USC who have provided me with resources and opportunities that position me to succeed. As one example, I have participated in several different research projects. Recently, I've used geophysical well logs to refine Cretaceous subsurface stratigraphy in the South Carolina coastal plain, which led to my attendance at the Geological Society of America annual conference in Phoenix, Arizona. Also, as a participant in the Woods Hole Partnership Education Program, I interned at the US Geological Survey, correlating remote assessments on the Sandy Neck region of Cape Cod, Massachusetts.

After I graduate, I wish to pursue my PhD. I would like to study the physical habitats of species, as well as how benthic macrofauna interact with sediments in their habitats. I'm incredibly grateful for the connections I've made here at USC, and I'm excited to see how the rest of my journey unfolds!

## 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> 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.

## 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!

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## SEEN IN OCEANOGRAPHY

### Why Oceanography?

By Kenneth Brink

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

<https://doi.org/10.5670/oceanog.1999.23>

