



From the Rep

This holiday season, I'd like to encourage you to be a bit selfish. I know, it's not a

state usually associated with this time of year. Rather the opposite: it's a time of giving and of celebrating. But you, as a grad student, do an awful lot of giving throughout the year. You give your free time, your energy, your mental stability, and every ounce of effort you have, with very little in return. And, if you're anything like me, you give these few days or weeks of time off to your family, who hardly ever see you anymore. Well, that's great for them. But unless you have a much better family than most people, this adds to the price you are paying, without giving you much in return.

So, while you go about your holiday activities, take some time to think about giving back to yourself. Go on a holiday next year that is only for you—no visiting family allowed! Give yourself time to recover from setbacks, disappointments, and rejections—you deserve it. Instead of rewarding yourself when you finish writing that next chapter, do it simply because. Think about what you need to feel happier and less stressed, without regard to anyone else, and give that gift to yourself this year.

Happy Holidays! — *Stefanie*



Call for Self-Nominations for Ocean Sciences Meeting Student Rep

Would you like to represent TOS on the 2020 OSM Planning Committee? The student reps from TOS, ASLO, and AGU work together to plan student workshops and special events. Contact Jenny at jenny@tos.org with questions. Deadline: Jan 31, 2018.

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 and @mnemoniko

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TOS Student Member Highlight

ANNA ROBUCK. I attended University of North Carolina Wilmington (UNCW) for both my undergraduate and masters degrees. UNCW was a great place to mature as a scientist and a person, and I found myself ready to tackle new subject matter within a doctoral program at the University of Rhode Island Graduate School of Oceanography.

The NOAA Nancy Foster scholarship afforded me such an opportunity, allowing me to pursue a project evaluating human contaminants in Massachusetts Bay and the food web supporting a priority seabird. The scholarship provides support in the form of tuition, stipend, and professional development opportunities to masters and doctoral students working on objectives relevant to NOAA Office of National Marine Sanctuaries.

My role as a scholar has allowed me to work closely with Stellwagen Bank National Marine Sanctuary (SBNMS) in both scientific and regulatory capacities; I've spent time collecting samples aboard R/V *Auk*, while also participating in management tasks vital to SBNMS and its stakeholder community. Moreover, each scholar is expected to be an ambassador for the Office of National Marine Sanctuaries, and as such I get to work on diverse science communication and outreach products to get my science into the hands of the general public. The multifaceted program has vividly demonstrated how intimately science, policy, and communication are intertwined at both local and federal levels; interested students can learn more about the program here » <https://fosterscholars.noaa.gov>.



Countdown to Ocean Sciences 2018

February 11–16 » Portland, OR, USA » osm.agu.org

OSM registration and housing are now open! Register by early January to obtain discounted rates.
REGISTRATION » <https://osm.agu.org/2018/registration> | HOUSING » <https://osm.agu.org/2018/housing>

- **Student Mixer.** 6–8 pm, Monday, Feb 12, Oregon Convention Center (refreshments provided).
- **Save the Date—TOS Breakfast.** 7–8 am, Tuesday, Feb 13, Oregon Convention Center (invitation and RSVP form coming from TOS in December).
- **K–12 Mentors Needed.** Wednesday, Feb 14. Help mentor students at OSM K–12 Day. Includes student-mentor luncheon (box lunch provided). Interested? Contact abstracts@agu.org.
- **Fluid Oceans Pecha Kucha.** 8–10 pm, Wednesday, Feb 14, at the Spirit of 77 bar right by the Convention Center. » <https://osm.agu.org/2018/meeting-wide-events-2>
- **Pop-Up Talks.** Wednesday and Thursday, Feb 14 & 15. An interdisciplinary session for five-minute student presentations. More information and an application form will be available later this week at: » <https://osm.agu.org/2018/students/pop-up-talks>

Check here for updates » <https://osm.agu.org/2018/student-and-early-career-events>

News & Views

Arctic Shows No Sign of Returning to Reliably Frozen Region of Recent Past Decades

Check out the Arctic Report Card: Update for 2017. » <http://www.arctic.noaa.gov/Report-Card/Report-Card-2017>

Student Resources

Grad School Is Hard on Mental Health—Here's an Antidote

By Ardon Shorr

» <https://www.chronicle.com/article/Grad-School-Is-Hard-on-Mental/240626>

Seen In Oceanography

Biological Impacts of the 2013–2015 Warm-Water Anomaly in the Northeast Pacific: Winners, Losers, and the Future

By the SIO280 Class and Prof. Franks

» <https://doi.org/10.5670/oceanog.2016.32>