Hey From Your Hosts!

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**SUMMARY KEYWORDS**

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**SPEAKERS**

Meredith Benjamin, Nicholas Lampietti

**Nicholas Lampietti** 00:00

Oh hey, Meredith.

**Meredith Benjamin** 00:04

Hi, Nicholas. I missed you.

**Nicholas Lampietti** 00:07

I missed you too. How was your break?

**Meredith Benjamin** 00:10

Um, eventful, to say the least. Good, mostly good. How was yours?

**Nicholas Lampietti** 00:15

Relaxing, which was really nice. I'm excited to be back on campus.

**Meredith Benjamin** 00:18

Me too, me too. End of the, end of the sprint, or the end of the marathon, starting the sprint

**Nicholas Lampietti** 00:25

Into the sprint.

**Meredith Benjamin** 00:26

Into the sprint.

**Nicholas Lampietti** 00:27

Exactly.

**Meredith Benjamin** 00:28

As we come to the end of the marathon.

**Nicholas Lampietti** 00:29

We wanted to encourage you to maybe go back and have a listen to some of the episodes we've already released, which are pretty cool. Wouldn't you say? Meredith?

**Meredith Benjamin** 00:38

I've enjoyed them a lot. Um, what's been your favorite to listen to?

**Nicholas Lampietti** 00:42

What's been my favorite to listen to? That is really hard. Okay. I love the series on how to write a book and get it published.

**Meredith Benjamin** 00:48

That was fun.

**Nicholas Lampietti** 00:49

I have a manuscript under my bed. That has not seen the light of day, but now I'm thinking, maybe there's a spot for it in the world.

**Meredith Benjamin** 00:58

Oh, that's what Claire said. She said that just about anything can find a readership. So what's your manuscript about?

**Nicholas Lampietti** 01:05

My manuscript? It's sort of like a Noir Mystery Crime thriller that takes place in an attic. In my neighborhood.

**Meredith Benjamin** 01:17

Wow.

**Nicholas Lampietti** 01:18

Anyway...

**Meredith Benjamin** 01:19

That sounds amazing.

**Nicholas Lampietti** 01:20

But moving ever onwards. Meredith, what are your plans for the summer?

**Meredith Benjamin** 01:25

Well, I don't know. I thought I knew and now I don't. So what I'm gonna do is I'm gonna go listen to an episode called Strategize your Summer, where we interviewed Rachel from the CLS who is also a wonderful Grinnell alum. And she helped us think about what to do with our summers, or at the very least, how to think about what to do with our summers.

**Nicholas Lampietti** 01:46

She gave so many fabulous tips, and advice and resources for crafting the summer of your dreams. So I would highly recommend checking that one out. If you're interested in the medical field at all. We've got some great episodes there. We've got a great episode about politics and the arts with an alum who works for Americans for the Arts. We talked about mental health care, we talked about resumes, we just have an amazing slate of episodes, and yes, even more amazing ones to come.

**Meredith Benjamin** 02:16

I was gonna say that as excited as I am about what we've already done. I think I might be more excited about everything that is to come. We've got well, should we tell them?

**Nicholas Lampietti** 02:26

Let's give them a little teaser.

**Meredith Benjamin** 02:28

Okay, if you like research, we've got something for you. If you're interested in going to law school, we've got something for you.

**Nicholas Lampietti** 02:35

If you're interested in tech, we've got something for you. We've got a really cool episode coming up with someone who graduated in 2020. So right into a pandemic and found his job really creatively. We've got an episode on life transitions. We've got an episode on the ultimate side hustle with a fabulous alum who is a business analyst by day and social justice warrior by night. She runs her own nonprofit organization.

**Meredith Benjamin** 03:03

We've got an episode with a married couple,

**Nicholas Lampietti** 03:09

Did somebody say, 60 percent?

**Meredith Benjamin** 03:11

60 percent of Grinnellians sure do marry other Grinnellians. So we've got a lot of great things in the works. We're super interested in hearing if any listeners have any ideas for alums that they want to speak with or topics that they think would be helpful. We want to hear from you guys.

**Nicholas Lampietti** 03:28

We're always open to feedback. Send us an email at goingforth@grinnell.edu. Follow us on Twitter at goingforthpod and on Instagram goingforthpodcast.

**Meredith Benjamin** 03:40

 Can't wait to hear from you.