Welcome to Going Forth!

Thu, Feb 23, 2023 5:54PM • 8:42

**SUMMARY KEYWORDS**

grinnell, podcast, cls, katie, question, meredith, italy, heard, paid, stay, working, clarinet, snack, love, terrible, eat, give, ballerina, play, spoon carving

**SPEAKERS**

Meredith Benjamin, Nicholas Lampietti, Katie Kriegel

00:02

If you're a Grinnell student, you've probably heard the phrase go forth Grinnell at least once or twice.

**Nicholas Lampietti** 00:08

But if you're anything like us, you might wonder, yeah, but go where?

**Meredith Benjamin** 00:13

Or at the very least, you probably thought Yeah, but how?

**Nicholas Lampietti** 00:17

Well, we are thrilled to welcome you to the very first episode of Going forth, a brand new podcast by the Center for Careers Life and Service, where we will be discussing exactly that.

**Meredith Benjamin** 00:29

We are your hosts Meredith Benjamin,

**Nicholas Lampietti** 00:31

and Nicholas Lampietti.

**Meredith Benjamin** 00:33

I'm a second year political science student from Western Massachusetts.

**Nicholas Lampietti** 00:36

I'm a first year undecided major from Washington DC.

**Meredith Benjamin** 00:39

Here at Grinnell, in addition to producing this podcast I'm a member of the debate union, the Grinnell Food Recovery Network and a recent inductee into the cult of Ultimate Frisbee.

**Nicholas Lampietti** 00:48

And aside from the podcasting world, I love to perform. I'm a member of infinite coincidence pronounced long form improv troupe.

**Meredith Benjamin** 00:57

And if you ever have the chance, you should definitely go watch Nicolas perform because it's quite something.

**Nicholas Lampietti** 01:01

Stop it.

**Meredith Benjamin** 01:02

We are insanely excited to be here with you.

**Nicholas Lampietti** 01:05

This is a podcast about getting you where you want to go, wherever that may be.

**Meredith Benjamin** 01:10

Through conversations, stories and interviews with special guests, we'll be covering everything from how to spend your summer to campus opportunities to hot button issues in the top industries today.

**Nicholas Lampietti** 01:19

You'll also be hearing from generations of Grinnellians about the incredible places they went.

**Meredith Benjamin** 01:24

And of course, how they got from here to there.

**Nicholas Lampietti** 01:27

Our first guest is someone very important to this podcast. In fact, she's the reason we are here today.

**Meredith Benjamin** 01:33

It is our pleasure to introduce the producer of this podcast and the fearless leader behind this project. And our boss, Katie Kriegel.

**Nicholas Lampietti** 01:41

Katie. Welcome.

**Katie Kriegel** 01:42

Hi, how are you guys?

**Meredith Benjamin** 01:44

We're good. We're excited to be here.

**Nicholas Lampietti** 01:45

Excited to be here.

**Katie Kriegel** 01:46

Awesome. So my name is Katie Kriegel. I work in the CLS as an exploratory advisor. And I'm from Cedar Rapids, Iowa. You won't always hear my voice, but I'll be working closely with Nikolas and Meredith behind the scenes. I'm really excited for this podcast. It's been something the CLS has been thinking about doing for the last few years. And we are now underway. We're doing it.

**Nicholas Lampietti** 02:14

So Katie, while you're here, would you be interested in playing a game with us?

**Katie Kriegel** 02:18

Sure.

**Nicholas Lampietti** 02:19

Awesome. Okay, so the game, you might have heard of it. It's called 20 questions. But since 20 questions is way too many for our purposes right now. We'll just be doing a few. How does that sound?

**Meredith Benjamin** 02:30

Let's do it. Cool. Okay, so my first question is one of my favorites because I feel like it can say a lot about a person. Um, when you were a kid, what did you want to be when you grew up?

**Nicholas Lampietti** 02:42

For me, I was obsessed with going to the zoo. And so I really wanted to be zookeeper and work with animals. And since then I've decided that that is something I don't really want to do. But it's nice to think back about those, those young memories.

**Katie Kriegel** 02:55

I loved working with kids. And I saw my mom as a teacher working with kids. And I would always go to the classroom with her. And I totally saw myself teaching little kids. And now I'm here working with not so little kids. Grown up kids. So still still...

**Meredith Benjamin** 03:13

It's a good way to describe it. Yes.

**Nicholas Lampietti** 03:15

So what job would you be terrible at?

**Meredith Benjamin** 03:18

Oh my gosh, so many things. There's so many things I'd be terrible at. I polled my friends on this and the top answers that came out were a chemist, because there would just be so many explosions, and everybody would wind up in tears. Or a ballerina, which is, you know, that one kind of disappointed me. But, it's, I agree. It's not something I'd be very strong at.

**Katie Kriegel** 03:46

I would join you on the ballerina. I would also be terrible at being a doctor. I don't do blood. So doctor is out of the question for me. And I could never be a vet either. Because I love animals too much and the community.

**Meredith Benjamin** 04:08

It's pretty sad.

**Katie Kriegel** 04:08

Yeah. So those are the the two jobs I'd be terrible at. Cool. Well, not cool. But what is one hobby you've always wanted to pick up but never got around to doing?

**Meredith Benjamin** 04:23

Guitar?

**Nicholas Lampietti** 04:25

Yeah, I really, I played the clarinet in middle school. And I don't know that the clarinet is my forever instrument. But I would love to find an instrument that I can play casually and regularly. I, also a number of my friends have gotten into spoon carving. Apparently they offer that here.

**Meredith Benjamin** 04:41

They do, my friends too. And I have never gone but...

**Nicholas Lampietti** 04:45

I have yet to go.

**Meredith Benjamin** 04:46

Oh, yeah.

**Katie Kriegel** 04:49

I've heard good things about that.

**Meredith Benjamin** 04:50

Yeah.

**Nicholas Lampietti** 04:51

Okay.

**Katie Kriegel** 04:51

Yes. Yes.

**Meredith Benjamin** 04:53

All right. My question is, so you have a plane ticket in your hand. Where are you going? It could be anywhere in the world? And obviously it's free. Where are you? Where are you off to?

**Katie Kriegel** 05:04

I'm off to Italy, not just for the Italian food, but I mean, that's a big reason. But yeah, anywhere in Italy, really? The coast. That's awesome. Yeah. Give me all the, give me all the Italy.

**Nicholas Lampietti** 05:18

Yes, yes. So for me, I would probably just say somewhere in French Polynesia or Bora Bora. I've always wanted to stay in one of those Overwater Bungalows where the water is just like crystal clear.

**Meredith Benjamin** 05:33

So true.

**Nicholas Lampietti** 05:33

Roll out of bed and you're swimming with the fish.

**Katie Kriegel** 05:36

So sophisticated. I'm imagining like those preset screen savers that comes with your computer, right? Okay, next question. If you could get paid to do anything, what would it be?

**Nicholas Lampietti** 05:48

Do you wanna go first? Meredith?

**Meredith Benjamin** 05:50

Yeah, I do. Mine is, it's very specific. But if I could get paid to eat Mike and Ikes, I would be a very, very wealthy person. Um, I love Mike and Ikes. I... They're my study snack. They're my movie snack. They're my sad snack. They're my happy, everything, everything, Mike Ikes, gimme all the Mike and Ikes, and you get to Italy, I get the vibe. So yeah, if I could have just like, you know, even just a nickel per Mike and Ikes, and I think that I eat, I would, I would accumulate pretty fast.

**Nicholas Lampietti** 06:27

I love that. Now, I really actually do want to know how many Mike and Ikes can you eat in a day?

**Meredith Benjamin** 06:32

None yet today. But maybe maybe when I get home.

**Katie Kriegel** 06:35

An experiment.

**Nicholas Lampietti** 06:37

So for me, probably, if I could pay to do anything, have to be some kind of like quality assurance or, like critic of something without the criticism part. I would get paid to stay in fancy hotels, or go to fancy restaurants or see Broadway shows. But I wouldn't have to do anything to like, give a thumbs up or thumbs down. What is the best piece of advice you've ever received? I think that's a good way to end.

**Meredith Benjamin** 07:07

Yeah, as a fitting last question. Um, probably it's just something that I heard somebody say once, but it stuck with me. And it's a give yourself credit and give yourself time.

**Katie Kriegel** 07:18

I like that. Curiosity over judgment. And that's something I kind of keep with me through my day to day and it's, you know, how I somewhat approach life. I think it's, it's important to be curious and ask questions. And so I'm hoping that's what this podcast does also.

**Meredith Benjamin** 07:37

Yeah.

**Nicholas Lampietti** 07:38

Yeah, I think those are fabulous things for both of you guys to take. Take with us as we embark on this exciting new journey.

**Meredith Benjamin** 07:46

Yeah. We are super excited to connect with you and connect you with an amazing network of Grinnellians as we listen firsthand to them as they share their journeys.

**Nicholas Lampietti** 07:58

You'll also be getting advice from experts like Katie at the CLS about how Grinnell can be of help to you as you embark on your journey.

**Meredith Benjamin** 08:06

So for now, I think that's it. Katie, thank you so much for hanging out with us.

**Katie Kriegel** 08:10

My pleasure. It was nice to be here.

**Nicholas Lampietti** 08:13

So stay tuned for more episodes. You can find our contact information in the show notes and please don't hesitate to reach out with any thoughts, questions or advice for what you want to hear. We'll see you soon on going forth.

**Katie Kriegel** 08:26

Cheers.

**Meredith Benjamin** 08:27

Woo!