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Form Your Own Opinion and Speak Up

In our podcast's latest episode, Princeton law professor Robert P. George talks about dialogue, being self-critical, and why you should have friends with whom you completely disagree.

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Don't miss the latest episode:

**Episode 17 - ASK THE EXPERTS:
Form Your Own Opinion, and
Speak Up**

PRINCETON, NJ: Princeton law professor Robert P. George talks about dialogue, being self-critical, and why you should have friends with whom you completely disagree.

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It's easy to focus on the downside of the massive societal disruption caused by the spread of COVID-19. But there's an upside to all this. As Marie Oates, host of the *Corona* podcast puts it, "We may never experience a time in our lives like this again. These events offer unique opportunities for growth."

Hear stories directly from young people, find out what they're experiencing during this exceptional time, and how they're navigating the new coronavirus landscape in all its dimensions. Then, in the ASK THE EXPERTS episodes, listen to experts from different fields who offer their input on some existential questions raised by the pandemic and its aftermath.

You can also listen to this podcast on Spotify, Google Podcasts, Apple Podcasts, and other podcast platforms.

ALL EPISODES:

Episode 17 - ASK THE EXPERTS: Form Your Own Opinion, and Speak Up

PRINCETON, NJ: Princeton law professor Robert P. George talks about dialogue, being self-critical, and why you should have friends with whom you completely disagree.

Episode 16 - ASK THE EXPERTS: Oscar-Nominee Talks Creativity & Problem-Solving

LOS ANGELES, CA: Oscar-nominee® Timothy Reckart, a director at Gaumont Animation, talks about how to get the creative juices flowing, why you shouldn't read the news when creatively problem-solving, and why it's a good idea to talk movies over with friends after you see one.

Timothy Reckart is best known for his animated short film *Head Over Heels*, which was nominated for an Academy Award in 2012. He directed

Sony Animation's The Star (2017), and is directing a new animated feature produced by Gaumont Animation and Netflix called High in the Clouds, based on Paul McCartney's book and music.

Episode 15 - ASK THE EXPERTS: Harvard Psychiatrist Talks Anxiety & Frustration

BOSTON, MA: Dr. Kevin Majeres, a professor of psychiatry at Harvard Medical School and founder of OptimalWork.com, explains how to unlock the growth that awaits you in anxiety, distraction, and frustration.

Episode 14 - ASK THE EXPERTS: Dream Again

BOSTON, MA: Dr. Karen Bohlin, head of Montrose School, explains how we can re-imagine our dreams in a time when planning for the future seems useless - and the ideal conditions for doing that dreaming.

Episode 13 - ASK THE EXPERTS: What about summer? Look for POWERS

POTOMAC, MD: Alvaro de Vicente, head of The Heights School, reveals his six secrets for making this COVID summer the best summer of your life.

Episode 12 - ASK THE EXPERTS: Discovering Yourself

WASHINGTON, DC: MIT's Dr. Alice Stanton speaks with Mary T. Ortiz, PhD, Head of Oakcrest School in Vienna, VA. Dr. Ortiz shares ideas about how young people, now removed from their usual routines and social circumstances, can still become the best version of themselves.

Episode 11 - ASK THE EXPERTS: COVID Doctor Talks Stress and Resilience

BOSTON, MA: MIT's Dr. Alice Stanton speaks with Jenny Driver, MD, MPH, Associate Professor of Medicine at Harvard Medical School. Dr. Driver describes how she is coping with stress and anxiety as she tends to high volumes of COVID-19 patients.

Episode 10: Letting Other Classmates Shine

RESTON, VA: Katie, a senior at UCLA majoring in Design Media Arts decides to ditch her "capstone" project and instead create the customized exhibit website to showcase her 60 graduating classmates' capstone projects in June, 2020.

Episode 9: 15 Year-old Consoles Isolated Patients with Letters

SOUTH LONDON, UK: Emily is in year 11 in the UK school system. Stuck in lock-down, away from school and friends, she overcame the torpor and tedium this brought with it by creating a letter writing campaign called: "Letters of Hope for Patients" found on Instagram.

Episode 8: Cultivation of Spaces, Virtual Libraries, Spikeball and Accountability

THOUSAND OAKS, CA and IRVING, TX: Bobby and Patrick are two friends who suddenly find themselves back home with their respective families. They discuss how they are tackling the challenges of being home-bound and forging ahead with their college academics and social life.

Episode 7: Finding Beauty in a Quarantine

BROOKFIELD, WI: John Paul is a junior at the University of Dallas majoring in English Literature. He shares how little things and art have taken on more meaning.

Episode 6: Columbia PhD Student Steps Up to the Plate

SEATTLE, WA: Marjorie, a PhD student in computational neuroscience, repurposes herself while in quarantine back home and ends up helping her entire lab back in NYC do the same.

Episode 5: A New Kind of March Madness

MEDFIELD, MA: John, a sophomore at Catholic Memorial High School, shares how he has adjusted to life with no high school, baseball, or any other extra-curricular activities.

Episode 4: Sisters Start "Insta-Baking" Blog

DETROIT: Monica and her younger sister, Rosie, show how the family that bakes together, stays together and finds happiness. They explain how baking can be lots of fun, a way to get your mind re-focused, and an easy way to give joy to others in the process. Follow them on Instagram at [@cook_vid19](https://www.instagram.com/cook_vid19).

Episode 3: Stay Positive and Motivated

SOUTH BEND: Kate, a senior at Notre Dame University, explains how she stays positive and motivated in the unexpected circumstances she now finds herself in, i.e., away from college and back on the West coast with her family.

Episode 2: Go on a Virtual Coffee Date

WASH, D.C.: Elizabeth, a junior at Catholic University, talks about adapting to her new lifestyle away from classrooms and clubs.

Episode 1: Deep Reading, Focus, and Friends

BOSTON: Alice, a postdoc at MIT, shares how she is finding silver linings during the unfolding coronavirus crisis.

reflections-ideas-young-people/
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