

Hello and welcome to You got This!, a podcast about teaching and learning and sustaining community for everyone at Thompson Rivers University. I'm your host, Brenna Clarke Gray, Coordinator of Educational Technologies, and this podcast is a project of your friends over at Learning Technology & Innovation. We're housed with Open Learning, but we support the whole campus community. I record this podcast into Tk'emlups te Secwepemc within the unceded, traditional lands of Secwepemcú'ecw where I hope to learn and grow in community with all of you.

And today is the season finale of season two of You Got This! Somehow over the course of this year, we have made 32 episodes of this show. I want to reflect a little bit on lessons learned from this year, think a little bit about what the podcast will look like moving forward, and as always, I'm going to encourage you to get some rest. So let's get into it.

So, as I noted off the top, this is episode 32, and it's the last episode of this season. Last season, we managed 33 episodes. I was aiming for a little bit of symmetry, but I also think nobody wants to keep listening to this podcast in July. I'm just realistic. So I'm happy to put a pin and end it here. That means that in total we've made 65 episodes of You Got This! since remote teaching began. And I'm really pleased and proud that we've had this sustained conversation with our community for all of this time.

When people ask me about my work at TRU and what I'm most proud of, it's really easy to answer very quickly that You Got This! is one of the things I am most proud of in my time here. I love the opportunity to speak to different people in the community who I wouldn't get to interact with otherwise. But more importantly, I love introducing those very interesting people to all of you. It's a real joy, and I'm grateful for the experience.

I want to share a few stats with you from this season. The five most popular episodes from this season. Number one, with a bullet by far the most popular episode I've ever made of this show was the episode where we talked about the allegations against certain members of senior management and the culture and climate that was emerging from. That episode was really scary to make. And seeing how many members of the community listen to it, that meant a lot to me. I think that one thing that this show can be is a space for difficult conversations. I'm glad we had that conversation, but I'm also really glad that conversation found an audience with so many people. I've gotten a lot of emails about that episode, more than any other. And I think that in general, it speaks to a need for community spaces where conversations can happen as freely as possible. And that's what I think that episode was.

The second most popular episode has been the episode where I introduced MYFest, the summer programming that I'm involved with, that's being put on by a group of faculty and educational developers from really all around the world. I'll link more to that in the show notes. But to me, it's a good example of how this podcast also has a wider audience than within our community at TRU, which I don't always remember when I'm spouting off, but I try to. And I'm grateful. I'm grateful to know that people outside of our walls find the work we do here interesting. And it's also a reminder to me that the people I interview on You Got This! are being shared with the community beyond our borders. I think that part is pretty cool.

And then the next three most popular episodes to round it our top five were my interviews with Robbi Davey about her masters of education work, with Cheryl Gladu about the research and residence program, and with Jenna Goddard about the Writing Centre In all of those interviews, the central piece is engaging either the community with what's going on at TRU or students with the community or connecting students to necessary learning resources and research opportunities. To me, the popularity of those three episodes speaks to our listeners and their interest in seeing students succeed and seeing TRU's place within the community be recognized. I'm really grateful to have this space where we can have those conversations and we can share the important, critical work that's being done by folks here within the TRU community and how that work resonates out. Right? I think that having difficult

conversations too, whether it's about including indigenous learners as I did with Robbi Davey, or about the role of the institution within the community, as I chatted about with Cheryl Gladu, or about the complexities of writing instruction and the white supremacy that's tied up in it as I talked about with Jenna Goddard, all of those conversations, they're valuable, but they also show the multifaceted nature of expertise at TRU and what this community brings to the table when it comes to conversations about equity, diversity, and inclusion. Really, really proud to host those kinds of conversations.

Those five episodes alone, those top five season two episodes, they've garnered a total of 1,287 downloads. That doesn't count people who listen on streaming services. That's just straight downloads and visits to the website. And that speaks to the reach of the show. And it makes me think that we should probably keep making this show.

I haven't run out of interesting people to interview at TRU, but I will say that about midway through the semester I was wondering about my capacity to continue. The show takes a lot of time to make and it's energizing most of the time, but some aspects, creating transcripts in a timely fashion, editing them, running into sometimes various technical issues with the website, these are all things that take up time. That said, spending some time reflecting on the episodes that we've done so far this year helped me to realize that I think that this podcast still has a place within our community, even as we return to a much more "normal", if you listen you know I hate that word, experience of teaching and learning.

Over the 32 episodes this year, we've done 23 interviews, one compilation episode. That was the teaching practices colloquium, where I shared multiple clips from those of you who were contributing to the TPC this year. And eight solo episodes, including this one. I try to limit the number of solo episodes I do because I think the joy of this show is in the interview, not in me pontificating. But I do really welcome this space to do my reflective practice and my thinking in the open.

Between now and the next time you hear an episode of You Got this! I will have submitted my tenure portfolio. And part of that project for me is about thinking about how we open up some of these processes and how we make the work of working in a university more transparent, and I hope therefore less scary, less off putting. How do we bring more people into this world and how do we support their movement through it? I hope that the podcast is a piece of that. And I'm guessing that my first episode back in September is going to be a reflection on the process of putting together my tenure promotion portfolio, which I do hope to do in an open kind of way. So if that's of interest to you, stay tuned for that conversation.

It's been a difficult year, both personally and professionally. I gave a lot of public talks this year. I did a lot of conference presentations. I was a keynote three times I think this year. In many ways, I stretched myself way too thin professionally. At the same time, something I've talked about in other venues, but I haven't talked about on this show yet is that this year has also been really difficult for me personally. I think it's been difficult for everybody personally. I think everyone is on their own difficult journey. This whole "post-pandemic", except what's the post, we're still in the pandemic kind of phase, I think it's difficult for everyone. And grief and loss are on the sleeves of a lot of us.

I had two pregnancy losses this academic year, in addition to one that I had last year. Those experiences have really weighed on me. And I think that oftentimes they've shaped my approach to work. I have a tendency to overcommit at work when I feel out of control in my personal life. And so that's been a piece. I spent a lot of time this year, including the hiatus I took in April, trying to unpack a lot of that and trying to figure out how I can have more balance going forward, particularly as hopefully, fingers crossed, pursuing tenure and promotion gives me some security and some sense that I can tend to myself when I need to. I am, as I have said often, a work in progress. This podcast is a work in progress. My thinking about tenure and promotion is a work in progress. And I'm really grateful that this space exists for me to work through that, as in the open as I feel comfortable with.

More than anything though, as I take some time to reflect on the second season of You Got This!, my gratitude is for all of you, the people who tune in, whether you tune in every week or when the topic takes your fancy, whether you binge a bunch of episodes at once because you're worried you might bump into me or you listen very occasionally because you want to just check in with the community. The fact that there are folks who are interested in this weird little project where I celebrate what I think are the most interesting stories and the most wonderful people at TRU, that means a lot to me. And it's because I know folks are listening that I know that this project is worth pursuing.

To that end, I hope that if you have ideas for interviews in season three, you'll email me and let me know. I would say that the biggest shortcoming of this show as I reflect back on it is that it really relies on the stories that cross my desk and the people I know and connect with in community. I make a lot of connections over Twitter. I jump often when I see things come through TRUConnect, but in many ways, the booking for this show is really limited by my own limited perspective. And so I hope that you'll take this open-hearted invitation to send me your thoughts about who I should interview on the show in season three. Apparently we've got like 30 some odd slots to fill. I guess that's what we're doing here.

This journey has been educational. It's been therapeutic at times. It's deeply grounding and connecting and helps me stay involved in the community, even when sometimes I feel like I'm living in a distance from it. I think this experience has been difficult on all of us. And if this little podcast has helped you in any kind of small way, I'm really grateful to have had the opportunity to share with you in a way that was compelling or interesting, or even just made you smile.

With that, I think I'm going to sign off for this season. That's it for season two, episode 32 of You Got This! As always, if you want to write to us, you can email me on bgray@tru.ca. And I'm also on Twitter @brennacgray. In both cases, that's gray with an A. All of our show notes and transcripts are posted at yogotthis.trubox.ca. And of course you can always comment on individual episodes there.

I'm going to leave you today with a Tiny Teaching Tip. And my Tiny Teaching Tip is to tell you to get some rest. Whether you are teaching, whether you are in a support role, whether you are a student, September always comes so fast on the heels of July. I don't think August exists. I don't believe in it. I've never noticed it. So my tip for you right now is to find a way to take some rest in whatever form is possible for you. If you're working through the summer, finding moments to recharge. I wish that for you. I'm going to try to find it for myself and I'm going to encourage it in my team, and I'm going to hope for it for you.

So until the fall, my friends. That's it. Take care of yourselves and each other. And we won't talk really soon, but we'll talk again. I promise. Bye-bye.