You're listening to You've Got This, episode 423.

Welcome to You've Got This, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life.

I'm your host, Dr.

Katie Linder.

On this episode, I thought I would offer an update on one of my five side quests for 2025.

Now, I should note I'll be sharing a quarter one update on the entire set of side quests at the end of this month, so stay tuned for that.

But for one of my side quests, I challenge myself to watch something from each of our subscription channels every month.

And I thought I would just kind of update on how that's going, some of the favorite things that I have found from that, and also where am I fitting it in?

Because that was the biggest question that I asked myself when I put this on my list of things.

So, so far, I would say this has been one of the more fun challenges that I have engaged in, and it's introduced me to some really great television and movies.

And I want to add some here, just in case you have a two-watch pile that you're kind of trying to add to, but also really just talk about how I'm fitting this in as well.

So, let me talk about some of my favorite things that I picked up from different channels.

I have like five things that I'm going to talk through, and then I'll talk a little bit about how I fit it in.

So, one of the first things that I watched was this kind of documentary called "Explorer, The Last Tipu."

I think is how it's pronounced.

This was on Disney+.

And this documentary follows this group of mountain climbers and scientists that are trying to find new species in a very remote part of the world.

And there's this like 80-year-old biologist that they have with them that they're trekking through the jungle with this man, real story.

And he, this is like his life's work.

He's an academic.

You know, he finds new species.

And this is like the last trip he thinks he's going to take, basically, like in doing this work.

And so they're like trekking through the jungle, and then they have this wall, this like mountain cliff that they have to climb.

And the goal is actually to have this man climb this cliff with them.

And they have these like specialist mountain climbers that are going to kind of help him do this.

And then when they get to a certain part of this cliff, they're going to find new species because nobody can ever go there.

Because it's so hard to get to.

And I will just say I loved the combination of sport and science.

And this was like a relatively short film.

I think this was like under an hour.

And I was completely sucked in.

I was like, I could watch more of this, of like the dynamics between these scientists and the mountain climbers and this biologist.

I mean, like I was just so invested in what they were doing.

So I would highly recommend that.

And I will go ahead and link all these shows and the show notes just in case you want to follow up on any of them.

The second one that really kind of rose to the surface for me in terms of a show I really enjoyed is a show called "Mare of Easttown," which was on HBO Max.

And this is a show that I will start by saying the leading actress is Kate Winslet.

And there was this kind of at the very, very end of the series, there was this making of like brief documentary.

And it talked about the vocal training that she and other characters in the show had to do because there's a very specific accent that is kind of an East Coast accent that they all had to have.

And several of the actors on the show, actors and actresses, have accents that are not American accents.

Like they're from New Zealand or they're from Australia or they're from Britain.

And they were having to do all of this training, which that alone was kind of interesting to me.

But setting that aside, this is basically a show that is a crime drama.

The female main character, her name is Mare.

She is a detective and lives in kind of a small town.

And there's basically several families that are impacted by a series of crimes involving young women.

So there's a couple young women who are missing.

There is a young woman kind of in the very beginning of the show who is killed.

And they're trying to solve these crimes and they're not sure if they're connected or if they're not connected.

And there are several actors in this particular show, actors and actresses that were so good.

I just really, really enjoyed it.

It was very immersive.

And there were all these great twists at the end as well, where you were just like, OK, who is the killer?

And there's like five different people that you think it is.

And they did a great job of kind of like coming to the end and still kind of preserving that surprise.

So that was also a favorite that I watched as well.

A third show that also was one that I just binged is called The Patient and it is on Hulu.

And this was one that it was like one of the first shows I watched when I started this challenge in January.

And I think I've been to this series in like a few days.

And it's one of these shows that like every episode is actually kind of a different length.

So it's not super consistent in terms of that.

It was kind of like it seemed more focused on story than on kind of like consistency of structure, which I thought was interesting.

But the basic premise is there is a therapist who is kidnapped by a serial killer who is his patient.

And he's trying to change his ways, the serial killer.

He's trying to stop killing people.

And so he basically kidnaps this therapist so that he can just privately work with him to try to fix this situation he finds himself in.

And I will say this show is quite dark.

There's some dark humor and there's just some dark violence that happens in this show.

But it also had this very meaningful subplot around the therapist's family and like their Jewish heritage.

And he has a couple of kids, one of whom he's kind of estranged from.

He has a wife who has recently died and it's kind of caused some challenges within their family.

And you get kind of all of that backstory in addition to like the current situation of what is happening between him and this man who's kidnapped him.

I thought this was one of those shows where I just wanted to know what was going to happen in the end.

And so I just kept watching.

And I did think the ending was really satisfying in terms of how it wrapped up.

So I just want to give kind of the warning.

It's a little bit dark.

I mean, any show about a serial killer is going to be dark.

But I thought it was really worth it.

The fourth show that I am actually still watching, I have not finished it yet.

But even just like the initial episodes have gotten me far enough along that I'm like, "Yep, I feel like I can recommend this."

Is the show presumed innocent on Apple TV?

And this is one that is based on a book series, probably why I like it so much.

And there is a book series by Scott Tarot where the first book is presumed innocent.

It's called the Kindle County Legal Thriller series.

And I think there's like a dozen books in this series.

So it's a relatively long running series, I think up through the last couple of years.

Presumed Innocent was published in the late 80s.

And so I would guess, I would have to go back and I have read Presumed Innocent, but it's been a while.

And so I would have to go back and reread it to kind of understand how closely the show follows the book.

But all that to say, it's based on this book and the series.

And the basic premise of the show is that there is a prosecutor, a male prosecutor who is accused of a crime against a female prosecutor who is killed.

And all of this kind of happens in the first episode where you start to kind of lay the ground work of what's happening.

And one of the things that I appreciated in just even the first episodes of the show is again kind of similar to Mary of Easttown, just really phenomenal acting.

Jake Gyllenhaal plays one of the main characters in the show.

And there's several other actors that you would be very familiar with.

If you watch the show, I'm not going to be able to remember all their names in this moment.

But I do think that the acting quality is really good.

And also this book and the concept reminds me a lot of like early John Grisham narratives, which watching this, I was like, I really need to go back and read some John Grisham because I basically grew up reading legal thrillers.

And that was something that I really enjoyed.

And so anyway, this kind of hit, I think, a special nostalgic place for me because of that legal thriller aspect.

And I've enjoyed that.

And then the last show I'm going to mention is another dark one, another kind of serial killer show.

Which is a show called You on Netflix.

This is also based on a book series.

And now that I think about it, I'm looking back to see, I don't think any of the other ones are based on books.

But You is basically a show that I've been watching on and off for a period of years.

And I keep kind of coming back to it.

I'm only on the third season.

I think there's four seasons that are currently out and maybe a fifth one that they're going to close out the show.

And I think that might come out later this year.

And one of the things I appreciate about this show is they've gotten really creative with the twists and turns to kind of keep people engaged with it.

And basically you have a male main character who is basically a stalker.

And he, because he is such a strong willed stalker, this often results in him killing people every once in a while.

And this kind of gets him into trouble.

And he's basically trying to live a normal life.

He's trying to hold down a job.

He's trying to eventually have a long term relationship and a family.

And he gets in his own way quite a bit at the time.

And each season kind of stands alone as a very interesting and unique set of characters.

And they kind of shift the settings and all kinds of things so that every season is very unique.

And so this is one that I think I would also recommend just because I like how twisty it is.

And that's something that always keeps me really engaged with television and movies and books, I should say.

So I also wanted to talk about how am I actually making time to watch things from all of these different subscription channels?

Because I'm already spending a decent amount of time with reading.

And you might think, like, how is this possible?

And I had the same question for myself.

So what I will say is I was able to kind of loosen my grip a little bit on what am I actually going to watch.

So rather than watching like an entire show, which depending on the show is sometimes possible for me to do.

But if I watch an episode here or there of a show, I count it for the month.

I'm not trying to get through like an entire season or anything like that.

So creating some flexibility for myself around that was really helpful.

The other thing that I would say that is kind of the easiest way for me to build this in is on weekend evenings.

After I'm doing kind of like some client work and I'm kind of winding down for the day.

That is probably the easiest place for me to build this in because I'm tired and watching something is maybe a little bit easier than reading something.

And so when I find myself in an evening, whether that's a weekday evening or a weekend evening where I'm just feeling really fatigued, I will tend to go more toward a television show or movie than toward a book.

Now, I also have started bringing a lot of my reading into the morning.

So if I'm doing like a workout or something like that, I'll be listening to an audio book.

But that has been some of the way that I've been balancing this.

And sometimes too, if I just have like a time windfall where like a client cancels or something on the weekend, then I'll grab a show and I'll watch the show.

So those are some of the tips that I have for how I'm building this in.

But of course, I would love your tips too.

And I would guess that some people find this relatively easy to build in.

But with a busy schedule, it's kind of like one more thing.

So I am trying to find shows that really engage me so that I look forward to watching them.

And it doesn't feel like I'm just checking a box on this particular side quest.

So I'd be really curious if you have television shows and films you've been loving lately.

Of course, I want to know what I should add to my watch list this year.

If you have other things that you want me to be watching and trying out, you can always email me at hello@drkatie\_lindner.com.

I always do love to hear from you.

Thanks for listening.

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