



# 22.33 PODCAST DISCUSSION GUIDE

## SEASON 02 EP 30 - CONNECTING THROUGH ISOLATION, PART 6

Note: This guide is designed to be used by American Space staff or volunteers to lead a discussion around ECA's 22.33 podcast. For ideas on how to run this virtually see our [virtual programming toolkit](#).



### INTRO TO PODCAST

The "Connecting Through Isolation" 22.33 podcast series launched due to the COVID-19 global pandemic when many were forced to stay at home. These episodes are a compilation of people from all over the world submitting audio recordings of their experiences. This episode tells the story of a backyard musician and a quarantine reading list. You can access the full transcript [here](#).

#### Key Term

*Quarantine - a strict isolation imposed to prevent the spread of disease*

### DISCUSSION QUESTIONS

Play [22.33 Podcast, season 2 episode 30](#): Connecting through Isolation, Part 6. Stop the podcast at 21:40 and discuss the following questions.

1. Tim reminds us to be patient with ourselves and not feel a need to make this time productive. Have you felt a need to be productive? Are you taking time to relax with your thoughts?
2. The news cycle on COVID-19 has been exhausting for many of us. What are some ways we can practice media literacy and responsibly consume information to stop that exhaustion?

Continue the podcast until 26:25, then ask the following question:

3. Shujat describes COVID-19 as an enemy in war that can help us realize what is lacking in our lives. Do you agree this? Have you realized something in your life that was lacking? Are you feeling greater connections although you are apart?

If time permits, continue listening to the podcast and ask the following questions:

4. Have you been reading more during this time? Do any of these titles sound interesting to you? What book would you recommend others read?
5. How else have you been spending your time at home lately?

### Resources

<https://eca.state.gov/2233>

<https://elibraryusa.state.gov/>



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