

# BSC \_ Season 1 \_ Episode 21 Finale

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## SUMMARY KEYWORDS

pandemic, people, surviving, season, theo, workbook, paying, read, taxes, social capital, thriving, activities, black, happening, started, highlight, learned, workshops, check, sponsor

## SPEAKERS

Dr. Thomas, Dr. Fowles

- 
- D** Dr. Thomas 00:01  
Hey, are you rolling your eyes right now because yet another talented student is questioning their abilities?
  - D** Dr. Fowles 00:07  
Well turn a negative into a positive the "No deficit model" or "No imposter syndrome" tee. Check out all of our Black Social Capital swag, and stay motivated by going to [staymotivatedandrisetogether.com/shop](https://staymotivatedandrisetogether.com/shop).
  - D** Dr. Thomas 00:34  
Black Social Capital.
  - D** Dr. Fowles 00:38  
Hey everyone, and welcome. I'm Dr. Theo. Really excited to be here with everyone one today. Excited to have this season finale of season one.
  - D** Dr. Thomas 00:50  
Yeah. Yeah, I'm Dr. Jaqui Hey, everyone. I am also super excited to be finishing this first

season, this has been a blast, I have learned so much. And today we decided that we were going to bring you video along with the audio that we normally give you. So hopefully you enjoy this special treat.

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Dr. Fowles 01:12

Nothing like a little bit of pandemic video figured we was going on screen all year. So give yall a little fun. Want to make sure that if you're watching this on the video, you notice a couple of things, you'll see that you can scan the QR code at the bottom of the screen. To catch up on all the past episodes. And I do want to give a quick shout out to one of our good sponsors this this season, Huey's Sons accessories.

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Dr. Thomas 01:41

And we'll talk about sponsorship at the end of the show if anyone is interested in sponsoring season two. But for now, I'm going to go ahead and get this ball rolling. We have a lot to talk about today. But we are going to start with a question. So Dr. Theo and myself are going to answer the question, what is the last thing you read? And what is something you either learned or took away from it?

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Dr. Fowles 02:10

So I think for me, I haven't actually been reading too much. But I got some potential books that I'm about to start reading. One of them is a biography of Nipsey Hussle. And that just came out recently got an audible, which is on my phone, you know, cuz flipping pages, that's so 1998 you know, use other modalities, right? So I got my Audible, I have also my library app on my phone from the LA public library to get free books. So I'm using that a little bit more to, to read by ear. So I'll leave it at that. How about you?

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Dr. Thomas 03:01

I also like reading by ear but I'm actually flipping pages. Because the book that I'm reading, I just really want to internalize it. So the book that I'm reading right now is Rich Dad, Poor Dad by Robert Kiyosaki it's one of the classic financial texts. If that is something you are interested in doing, if you're interested in wealth building, this is one of the texts that a lot of people who are interested in that kind of thing have read and can talk to you about. And the one thing that I have learned recently, because I'm about halfway through this book, the one thing I read in the book that surprised me was that taxes didn't start in the United States until 1913. And the entire purpose of taxes was for the richest Americans to assist in paying for social services for Americans who couldn't afford it. And what has

happened between 1913 and today is that, you know, our wealthy and powerful people have successfully lobbied so that they could get out of paying taxes and the people that pay the most in taxes and pay for our you know, less fortunate Americans are actually the educated upper middle class high earning middle class peoples. So I thought that was super interesting. I did not know-- I knew that, you know, the middle class were the individuals who were paying for, um, who are paying the most taxes but I did not know that it originally started out as it should be with the most wealthy people paying the most so that you know so the less fortunate could have what they need.

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Dr. Fowles 04:54

Well, I mean that that makes sense because I mean, the whole reason that people will traveled from from, you know, England over here was I was trying to escape taxes. So it makes sense. Like, they don't really want taxes until 1913s. I was like, that's the reason we left the first place in the first place on top of, you know, religious freedoms and blah, blah, hey, there might be some resources over here that we can plan for ourselves. And, you know, all that kind of thing. colonize, colonize. But, yeah, totally makes sense. totally makes sense.

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Dr. Thomas 05:33

All right. So next, I would like us to talk about our like, topic of the day, which is COVID-19. So if you've listened to the previous 19 episodes, in this in the season, you know, we've talked, we've hinted at the pandemic, quite a lot, but we have not really spent a lot of time talking specifically about it. And definitely in the check ins that Dr. Theo and I have done. Those, I don't think we spent a whole lot of time talking about the pandemic, specifically, um, directly. So the thing-- like the aspect of the pandemic that I wanted to talk about, was this difference between surviving and thriving, like, what is productivity in the pandemic look like? Right? So I don't know if you want me to start or if you like to start?

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Dr. Fowles 06:29

Well, I mean, so 2020, to 2021, a whole Panini press, right, like a whole, just just just pizzeria. Just things going on, I'm gonna just not say pandemic as much as possible, right. But you know, what I think about even us starting the podcast, I think, even though we didn't necessarily plan it out this way, where we recorded some, some episodes ahead of time, you know, it was a wise because, you know, at the very beginning of the pandemic, people were like, Oh, you know, we don't know how long this is gonna last, I'm at home, you know, I'm gonna use this time to be productive, I'm gonna go follow my dreams, you

know, I'm about to learn a new skill. I'm about to launch a business, first three, four months of pandemic, because we thought it was gonna be over by then. And now we are a year in, you know, damn near a year and a half, and now we live. So, I don't necessarily want to go back to her, but you can I go outside? Can I do these things. And so the transition is just different. Right? So like, I think we talked about productivity and thriving, surviving, I think people are at different spectrums of that, you know, at any given point in the pandemic right now. Right, so. So for me, I think what has helped me is having things that are consistent, right, so I have some consistent things that my friends that keep me social bias, I don't pull, pull up my luscious hair, as you can now see, you know, got fresh retwist too. Look at me, right. So I know, some consistency with friends, I think was really important. And then on the backend, like, learning to say no, at work, and be like, Look, I got I got two, maybe three hours of work in me, after those three hours, like, I'm, uh, I'm gonna be over here done doing something else, right. So I think that in a normal pre pandemic, like, we weren't able to really say those things, right? where it was like, I really don't want to be here. But I can't say that I don't want to be here. And now it's like, okay, I don't want to be here, or people understand, like, Oh, I understand that you're not in the, in the mind space to work, which is something that wasn't said, pre pandemic. So I think those are some of the things that like, Come top of mind for me, you know, as I think about, you know, the pandemic and how I've experienced this so far.

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Dr. Thomas 09:19

Yeah. So at the beginning of the pandemic, or maybe just a couple of months in, I was scrolling through social media, because there's plenty going on in social media right now. Right? Or especially last year, I'm scrolling through social media and I would see, you know, memes that would say, if you don't have a business started by the end of this pandemic, if you haven't invested if you're not living your best dreams, by the end of this pandemic, like I don't know what you're doing and it was just like, okay, that's a little motivational maybe for certain people and Then, you know, I saw that for a few weeks. And then finally I started seeing memes that said, you know, if you don't, you know, start a business and make a million dollars, by the end of this pandemic, it is okay because most of us are out here just trying to survive. And that's why I just like, you know, that's why I'm really just thinking about this survive versus thrive, topics so much on a day to day basis, because there are so many things happening in the world right now, where I'm just like, I need to be out there, and I need to live my best life. And at the same time, it's like things are hard, right? Like, we are at a point, as of today, where there's over 500,000 people who have passed away, right, that's, that's a lot of death in a year, we have so much going on with, you know, social uprisings with Black lives matter. Black Lives Matter protests, with, you know, all of the injustice happening specifically in this country, but also around the world, there's so much going on. And, you know, you kind of just go to social media or

read the news, and you just see it all and it weighs so heavy. And then like if your personal circumstances have been affected, right, like if they're, you know, there's a family member who passes away, you can't go to the funeral, because there's no space for you. Because there's COVID, right, COVID restrictions on how many people can be in a space. There's just people are losing their jobs. Like there's just so much and I think that every individual really needs to figure out what their, what their what balance looks like for them between the surviving and thriving, some people are going to be heavy on the surviving side, and some people are going to be privileged enough to be heavy on the thriving side, and some people are going to walk along somewhere in the middle. Right. So I've been trying to figure out what that looks like for me.

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Dr. Fowles 12:00

Yeah. And and I guess, maybe just to tack onto that a little bit, right? Is, is the idea. Maybe we can take this even beyond ourselves. You know, I'm thinking about just the idea that people can survive in one place and thrive in another. Right. And, and that's very distinguishable, right? I think about industries that are just surviving right now and others thriving, right? Because I look at the higher ed space. And it's pretty basura right now real trash. Right. But like, the pandemic is, is not only, like highlighting, or, or spotlighting like inequities and holes and gaps, but like, people are wondering what that what the next thing is going to look like, right? And how, how this experience is going to shift the whole industry, right. So I know that that's happening in higher ed, but it's also happening in other spaces. And I think that, that, you know, when you look at industries that are going to survive this and other industries that are thriving in this, I think, you know, I don't know if I would have a green screen in my house, right now, if it wasn't for, you know, the pandemic, right, I wouldn't know, some of us wouldn't know about lighting, and or picked up a camera. So we have learned some new skills, even though it's not maybe what we thought it might look like. So I think that there's some balance there as well.

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Dr. Thomas 13:32

So along the lines of the conversation of surviving versus thriving, we actually want to spend a little bit of time talking about one of our newer developments, which is or new and not so new, actually, right. Like, we're gonna tell you the story, but our new development, which is our Smart Digital Workshop, process that we have coming on board, and I we'll tell you the story, but kind of in a nutshell, if you are an individual who is looking to be heavy on the survive side or heavy on the thrive side, or find a balance in between, um, at this point, SMART Digital Workshop is just absolutely a place for you to take a look at and make a decision on whether it's right for you?

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Dr. Fowles 14:24

Yeah. Okay, I can jump in a little bit here too. Right. So Smart Digital Workshop, really was a was a pre pandemic concept. Dr. Jaqui and I, for probably will say about, what, five, five years, maybe more, maybe more, maybe more. But each each year, we take some time to sit, reflect and figure out what's gonna be next right. I think a lot of what the pandemic did for a lot of people will just force them to stop, right? And say, like, hey, like, I haven't had any self reflection, hey, you know, I want to learn and we'll still but for, for Dr. Jaqui , myself and a few of our friends each year, we spent some time together as an accountability group to really figure out, you know, what our next job move is gonna be what? what books we wanted to read, what? How can we grow a skill set or try a new idea. And that's actually where our podcasts grew from, right, the Black Social Capital podcast, grew from this time spent within the group. And that group of individuals, over the course of these years has gone on to get raises, get promotions, pay off debt. So that's been really great. And so we wanted to bring that to you, all our listeners, who we know are doing some amazing things in the classroom, as professionals. And so we put together a workbook to get you started. And now we're also going to have workshops, where we can eventually in person go through step by step with you some of the tactics that I have, I have helped us with our own success.

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Dr. Thomas 16:18

So once you get our Smart Digital Workbook, you will see that this edition is called using your strengths, there will be other workbooks available at some point, definitely, if you become a participant of Smart Digital Workshops, you will get a different workbook, lots of good stuff in here, you are going to get more than 20 pages of content for the free. So there are a few activities in this free ebook, where you are asked to do things like set a timer for five minutes, and you get an inspirational quote from one of our Black American greats, as well as a task to do. So there are different activities aimed at helping you do different things to use your strengths.

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Dr. Fowles 17:09

So I'm gonna jump in here, Dr. Jaqui, real quick, right? Because I think this first activity that I have, that we have here that we highlight, in terms of just setting our goals and and, and setting it for five minutes. I think that one of the reasons that we only say five minutes, right is the fact that a lot of times we get caught on our head, right? And when we're like Hmm, maybe this goal is too much or maybe the goal is too little. And are we set our timer only for five minutes so that you can stream of consciousness put anything everything down, right? Because I think the the the times that we think too much, it gives us that analysis paralysis, right? where it's like, oh, man, you know, I thought too much. And I don't

have anything now. So it's one of the reasons why I like that our activities, our five minute kind of sessions here.

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Dr. Thomas 18:09

But there's one more thing in particular that I want to note, here we go. So this is an article written by yours truly called Communicating Like a Boss. And what I tried to do was talk about how to draw professional and personal boundaries. And then from there, talk about how to treat others as you are moving forward on your goals, because it's all about building your network and supporting your team and being part of a team. I don't think I've seen too many people get anywhere on their own. So I'm just trying to give some some tips.

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Dr. Fowles 18:46

Yeah, and I think that that was a theme throughout the whole season this year. You know, again, the pandemic highlighted the fact that people were really bad at communicating. And now there's that we were forced into different ways of communicating whether it was, you know, video, whether it was slack channels, or our Group Mes, right, different, different ways to communicate. But, you know, as we tried to point out this year, and just the people that you were introduced to, you know, you never know who's sitting right next to you, that you can leverage for your own social capital, right. It's all about collecting that capital and cashing it in I when you need it, right, when you want to make that move when you've written down those goals, and you want to take it to the next level. So I think that that was was really impressive in terms of some of the things you highlighted in the article that you wrote.

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Dr. Thomas 19:42

Thanks. Yeah, I had a lot of fun writing it. And I definitely there were things I was just like, Oh, I'm not very good at establishing boundaries this way. Or, Oh, I know how I can be when I'm working on a team. Sometimes most of the time I'm great, but some of the times that you know- I have room for growth. But I'm growing right through this process.

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Dr. Fowles 20:04

Don't we all

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Dr. Thomas 20:09

So I hope that you all download the free ebook and get, you know, get from it, what, you know I got from contributing to it

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Dr. Fowles 20:22

Perfect perfect. I think that that's, that's a great, it's a great opportunity for us to provide some structure to us sitting, right, I feel like a lot of people have not been forced to sit. But now they can have the opportunity to collectively, kind of look at this together. And I think that if you're interested, and, and not only doing the workbook, but looking at the workshops, that's the next step. And you can you can do that, just by going to our website as well.

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Dr. Thomas 20:54

I do want to say one more thing about the workshops, because I do want people to understand what they should expect if they do decide to participate. So this is a really community based workshop. And it is an awesome experience, we definitely set it up so that everyone in the community gets to help everyone else. And then we do set up an accountability structure. So this isn't like, Oh, I'm just gonna go sit with Dr. Theo and Dr. Jaqui, get my one hour of you know, pep talk or workshop activities. And I'm done. Like this is a this is a day long workshop. And after that we set you up with an accountability partner who you're expected to check in with and, you know, do work before you meet with your accountability partner, if you haven't been doing it, right. And then, you know, check in and make sure that they're doing their things and that they're on top of their goals. And then there are opportunities to check in with Dr. Theo myself, I'm 45 and 90 days out. So we are really following you. This is not a one and done. This is a real commitment of time and effort on everybody's part to make sure that everybody's successful. So this is a stay motivated and rise together event.

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Dr. Fowles 22:19

Yes, yes, yes, yes. Yes. I think I get I get juiced every time we talk about it just because Are y'all don't know. But I know and Dr. Jaqui know, like, we didn't do this ourselves, or we wouldn't be exactly where we are, I think by from from starting this process until now, Dr. Jaqui, you don't have one or two new jobs, you know, add on got some bonuses and a new job. You know, we upped our skills. But it was because we were intentional, right. And we found a structure that that works for us. And all we're doing now is sharing that with you all so, definitely be on the lookout for those dates as they come. We'll have some announcements via our social. So follow us on Instagram @BlackSocialCap. And follow us



on Facebook [facebook.com/BlackSocialCap](https://www.facebook.com/BlackSocialCap) as well, for some updates there. And that that leads us it's a one of my final announcements, right? Like what what's coming next? down the pipe? Yeah.

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Dr. Thomas 23:27

Oh, let's talk about it. So we are going on summer break.

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Dr. Fowles 23:32

Yeah, some of you know. The streets are calling my name, I'm going to the streets. So while we're out in the streets safely, as social distancing. You know, we're also going to take a break from the show, we're going to be back in August, with some brand new guests. For you all, we already got some lined up that we can't tell you about. But it's gonna be great.

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Dr. Thomas 24:01

There real doubt. We got some professors. Some industry people.

D

Dr. Fowles 24:06

Yeah, so so when we come back for season two, in August, just know that you'll see you'll see us a little bit more. So we'll do something like this a little bit more often, you'll hear from us a little bit more. And we'll also have more time with our guests. And so, in season two, be on the lookout for things like you know, your shout outs. You know, the We See You's that we talked about at the beginning of our of our show, we'll have a little bit more time. So to highlight some folks that we didn't get to highlight this season, we'll give you the opportunity to do the same. It's gonna be great. But in the meantime, in between time, you know, on our socials, we'll be doing some highlighting. We'll keep you posted on some new merch that will be dropping. Well, we have some things coming up just for your grads. You know, we see you grads you know class of 2021 pandemics sensations, you know, getting those stoles getting those caps, getting those gowns being extra in your shoots, you see. But But, you know, we're gonna take this time.

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Dr. Thomas 25:15

One thing. Yeah, we see you and we love it. And we understand, right, because I know that I definitely graduated undergrad in the middle of the financial crisis that we had in this country. And to graduate and to be looking like uncertain times is a thing and you will

never forget it, but you will get through it, you will come out on top. So celebrate yourselves-- differently than you probably expected. But make sure you find a way to celebrate yourself and your accomplishments and be optimistic about the future is going to be okay.

D Dr. Fowles 25:54

Yes, it's gonna be all right. We gon be alright. So, I mean with that, I think that that was our major announcement.

D Dr. Thomas 26:04

Yeah, I would say so. If you are, we did give a shout out I think at the beginning to our sponsor for season one, which was Huey's Sons is that what happened? Am I remembering correctly?

D Dr. Fowles 26:20

Yep

D Dr. Thomas 26:20

Yes, those pins are great. I love mine.

D Dr. Fowles 26:26

Some amazing pins. I wear mine on my blazer all the time.

D Dr. Thomas 26:32

And, and also the stickers are super cute on my laptop. But if you are interested in sponsoring season two, go to [Black Social Capital.com](https://black-social-capital.com) and look for the sponsor button. And we'll be in communication. But yeah, that's all.

D Dr. Fowles 26:55

That's all we got. So on the video end we'll see you very soon. We're going to loopback this, this text and graphics and get on out of here. We hope you enjoyed today's show. Remember, the way we build social capital is to build self and build others. We're sure you

got some notes on your tablet, computer or even using a pen and paper. Leave us a review, continue the conversation on social media @BlackSocialCap and share the show with someone you know. Until the next episode, stay motivated and rise together.



Dr. Thomas 27:32

This is Black Social Capital.