You're listening to, you've got this episode 256. 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. I'm your host, Dr. Katie Linder. On this episode, I want to talk about YouTube and in particular, some of my favorite current YouTube channels.

Now I know some of you may not be engaged in this platform at all, and I'm hoping that I can entice you to take a look at some of the very cool, inspirational motivating. That are on this platform. Now you might be thinking, how are you even finding time to watch things on YouTube? So let me tell you first kind of where I fit this into my schedule, and then I'm going to give you some of my favorite channels and they'll link these in the show notes in case you want to check them out.

Now, if you follow my blog, you'll know about a year ago. I also posted some of my favorite YouTube. There. And I'm also going to be releasing this on, uh, this new list on the blog this week. So I will also link to those in the show notes, in case you want to see some of the older channels that I've really enjoyed, and then the newer ones that I'm recommending.

So one of the things I think to realize about YouTube is obviously this is a lot of people who are, um, relatively, um, well, I won't even call them amateurs because some of them have been doing this for an incredibly long time in terms of nurturing their channels and the production quality of the. Can actually be pretty amazing.

And so I feel like this is one of those areas where if you're interested in people's stories, or if you want to follow along on their lives, this is a good place to kind of explore that. But it's not, um, like reality television, you know, like it's not always a lot of drama. It's more kind of like the smaller moments of someone's life, like what they're reading or what they're cooking.

And I always find this kind of interesting to kind of connect into people's stories now. Area that I started to do. This was on Instagram and this is how I kind of started to stumble upon YouTube channels. So if you're starting to kind of wonder, well, how do you even find, you know, the kinds of things that you might want to watch on YouTube?

I started by, you know, following certain people on Instagram and then realizing that they also had a YouTube channel, that they were sharing things on that. And then I would watch a few videos and kind of explore and see if I thought it was something interesting and decided to maybe subscribe to that channel.

So I could be alerted when they have new videos. Now there's a couple tools on YouTube that I think are really helpful to be aware of. One is if you have a YouTube account, you can subscribe to different. And what this means is that when you come into YouTube and kind of come to the front page of YouTube, it will start to recommend things to you based on either recent videos that have been released from the channels that you're subscribed to, or it will tell you about other channels that it thinks you would like.

And this is like any social media platform. It's just kind of using algorithms to point you to other things that they think you might be interest. Now the other tool, I think that's really handy on YouTube is you have something called a watch later list. Now this is the primary thing that I am using to fit this into my life and my schedule.

So I would say, you know, there's a handful of channels that I'm following on a regular basis. And I'm going to go ahead and share some of those with you today, so you can get a sense of what I'm watching. And I don't always have time, you know, immediately when videos come out. But I know that I want to be watching things later.

What this allows me to do is to have a curated list of what I'm most interested in watching. So I don't fall down the rabbit hole of YouTube. And I think that this is the thing that some people are afraid of is that they'll go on YouTube and then there'll be kind of recommended different videos. And then three hours later, you know, they're coming out of this, this YouTube.

Time suck, you know, where, where you haven't been able to kind of control how you're using it. And what I prefer to do is just go to my watch later list. So I have a ton of videos that I've saved there. Some of them are tutorial videos that I want to watch later for things like click up, which is the task management system that I use.

Um, but there's also videos of, you know, channels that I'm subscribed to that I just kind of throw them in the watch later list, because I know I want to engage with. So, where am I fitting this into my schedule? Well, I would say that during the week, sometimes I want to watch, you know, something short, like before I go to bed.

And some of the channels that I'm going to share with you today are more like relaxing channels. They're not meant to be. Um, like sometimes I think the, the shows that I might watch on Netflix or something like that are kind of a more energizing, like it's a drama or it's something that's dark or, you know, a psychological thriller or something like that.

And it's not necessarily what I want to watch before I go to bed. So this is one way that I use it as I'll kind of relax and use it as kind of a way to settle into like an evening. The other thing that I will often do with YouTube videos is on the weekends. When I do client work, sometimes I'll have like an hour in between client meetings and I don't necessarily have anything else that I want to get done, or I want to, again, kind of rest and reset and relax in between the meetings.

And so I'll watch a couple of quick videos on YouTube. So this is something that for me, really fits into the margins of my schedule. I'm not necessarily watching. This, like during the day at work, I just don't have enough time for that, but it's really kind of at the end of the day or on the weekends when I want to relax.

Okay. So let me tell you about some of my current favorite channels and why I'm really drawn into these. So, first of all, I have to say, if you have not been drawn into the world of book flogging, uh, this is a whole sub genre of YouTube that I just find to be so fun and inspirational. So there are a ton of different people on YouTube who are.

Basically creating vlogs of what they're reading. They have book recommendation, videos, they have videos where they're organizing their bookshelves. They have videos where they're basically sharing like over a weekend, what they're reading. And one that I stumbled across is called peruse project. Again, I'll link this in the show notes.

And this is a person Reagan who basically is really interested in, in more like fantasy, um, which is not a genre that I would typically pick up. But I have been so inspired by watching her videos. And she's so kind of, um, enthusiastic about the books that she's reading, that I've, I've picked up a couple of the books that she's recommended because I think that it just, they look fun and interesting.

So the book blogging world, there are definitely a ton of channels. And I have stumbled across a lot of these via Instagram because many of them have Instagram accounts. And I think this is a great space. If you're looking for book recommendations or if you're trying to start reading in a new genre, and you're not sure where to start, there's a lot of great videos on YouTube that are meant to share, you know, like here's a good place to start.

If you want to try Spotify or mysteries or, um, young adult fiction, like, and they kind of walk you through different recommendations. I of course am also just obsessed with what other people are reading. I talk to people about this all the time. I talked to my clients about it. I talked to people at work about it.

So having a set of dedicated channels where I can just see what other people are reading and enjoying is super fun for me. So again, that channel is called peruse project. The second, uh, one that I want to recommend is women. I stumbled across also on Instagram. Um, and it's called good eatings. And this is a channel by Malin who is in Sweden.

And the channel is a cooking channel and specifically a vegan cooking channel. And I kind of stumbled across this because it's been out surprise you. I follow a lot of people who are vegan cooks on Instagram. There's gorgeous photos and really good recipe inspiration there. And what I love about Mailyn's videos is that she's really, um, Clear about kind of the steps that she's taking when she's cooking.

But a lot of her videos are very simple and the way that they're shot has kind of a minimalist look and they're very relaxing, I think. So she pulled together like, you know, five different meal ideas for dinners or, um, ideas for packing a lunch during the. And I really appreciate kind of the range of different options that she's offering for recipes.

It's a lot of creativity. So this is definitely one that I would recommend if you're looking for something that is around cooking, but again, it will not surprise you to know there's a lot of YouTube channels where people are cooking. Um, and basically any kind of dietary preference you have is probably going to be covered on.

Okay. So the next channel I'm going to recommend is one that I think is kind of funny. Um, and I, I didn't really realize that there was a whole kind of sub genre of YouTube channels about cleaning. And I mentioned one of these channels on my last list that I compiled about a year ago and it was called do it on a dime.

And this is a show about DIY it's about cleaning. It's about kind of organization and like craft projects. Well, I found another channel called Scandic home and it's a woman from Hungary who's currently living in the United States and she does a lot of cleaning and cooking and DIY, and these are wonderful videos.

They're so relaxed. And she has a great kind of sense of humor as she's filming these videos. She has a couple of kids. Um, and so you get to see kind of her home life. But what I love about these videos is she is kind of meticulous about keeping her house clean. Cooking from scratch making like natural cleaning solutions.

And basically she's giving me a window into a life that I probably will never have. I don't, I don't really foresee myself, you know, having the time or energy to like make my own cleaning solutions and all of those things. But I feel like that's part of the fun of watching these kinds of YouTube channels is that you're getting to see an existence that is maybe very different from your own.

And I find it incredibly inspirational. Um, I've there are already things that she's kind of mentioned on her channel. I thought like, oh, I would like to try that like a recipe or something else. And, um, this is also a channel that is very minimalist. And so that's also kind of inspiration for me as well in terms of her decor and what she's doing in her home.

So again, that was scanned at home. I'll link to it in the show notes. And then another channel, um, that I found that is very similar in the kind of cleaning and decluttering realm is one by a Canadian woman named Sarah teres. And this is a channel that. I was honestly kind of surprised that I liked it and that Sarah teres is a mother of four.

She recently gave birth to her fourth child. And a lot of the videos are about things related to motherhood and kind of how she's managing being a stay-at-home mom. She does homeschooling. Um, and I think the videos that I'm more drawn to on her channel are more kind of the cleaning and decluttering videos.

She is also kind of a practicing minimalist and as diligently working to declutter different parts of her home. And that includes, you know, like household items, kids, toys, you know, books, media, all these other kinds of things. Now, there are definitely videos on this channel that I tend to skip. Um, for example, she does vlogs of her home births.

Um, and this is not necessarily something that is particularly interesting to me. However, I could see how it would be fascinating to, to someone else. So there it's really like a picture into her life. And again, this is someone who's been on YouTube for quite some time. Um, has a lot of experience with shooting these videos.

And I guess I'm, I tend to be drawn toward people who will have. Kind of actively nurturing their channels for a while because it means they know what they're doing and they know how to kind of tell a story. They know how to edit together the videos in a way that's really compelling. And I'm really drawn in.

Um, okay. So the last channel I'm going to recommend is one that I actually, um, put on my list last year, around this time when I was blogging about it, but it's so good and it deserves another mention, and that is the channel wild we roam. This is a channel that is about kind of adventuring and a little bit of DIY the.

The, the couple that is kind of the main characters of this channel are Lou and Dana and they for awhile had kind of outfitted a van and they were driving it around Europe and they were living full time in this. And then they decided that they were going to buy a sailboat and they were going to outfit the sailboat and sail around the world.

So there was kind of a whole like series of videos about what they were doing with the sailboat. And then most recently they decided that they wanted to be homesteading and they've bought a plot of land or they're renting a plot of land rather in Hawaii. And they're starting like this garden. Um, it's fascinating.

I love how they have these adventures and they take us along the way. And I think that Lou and Dana are such a good example of, um, kind of values led living where they're really kind of trying to have a lifestyle that is closely tied in with what they believe in and what they want to prioritize. Um, so this is a, a series of videos that they were kind of on hiatus over the.

And then recently they've come back and they've been sharing these, these kinds of new adventures that they're having in Hawaii. I think that a lot of the older videos are worth going back to, because they're just really interesting in terms of how they're doing kind of some of this DIY work with their van and with the boat.

Um, but even if you were to pick it up right now, I think you'd find it really interesting as well, because they're starting to do this kind of home setting. Uh, if venture in home, So, I mean, I can imagine this is just a small handful of the amazing kind of creative work that's happening on YouTube. And I think a lot of people just don't really know about it.

I mean, it seems like kind of a culture of its own that many of us have just not been introduced to. So I wanted to give you a few ideas of the kinds of things that you could look for, like book flogging. Cooking cleaning, adventuring, decluttering, all these different kinds of things that you might be able to find on YouTube.

That could be interesting to you, but I promise if there are other topics that you are interested in, I am sure you would be able to find a channel that would be relevant for you. Now, of course, I would love to hear what are you watching on YouTube? Are there things that you would recommend that you think I would really enjoy?

You can always email me at hello at Dr. Katie linder.com. And I would love to hear your recommendations as well. Thanks for that. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

Thanks for listening.