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How do you navigate a conversation when the stakes are personal? 

On the latest episode of CMC Conversations, Parishi Kanuga '26 sits down with Podlich Family Professor of Government and George R. Roberts Fellow Hilary Appel to go beyond the headlines for a deeper understanding of the Russia-Ukraine war.

They dive into the "phantom limb" rhetoric of the Kremlin, the shift from Cold War optimism to modern-day reality, and what it's like to teach global politics when the conflict directly impacts the students in the room.

"One of the most valuable parts of being a scholar and a teacher is that you have empathy for what your students are going through. If you yourself know what it feels like to come up with new ideas and to face difficult feedback...it makes you a better teacher," Appel shared.

Listen to the episode now on Spotify:

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