Podcasts are becoming one of the most popular digital media formats today, and it’s easy to see why. They’re the perfect audio companion to almost any activity: walking, workouts, chores, and even sleeping! But with so many podcast options out there, it can be difficult to choose which ones to listen to. Here are some podcasts from a variety of topics and voices, created right here at CSU.

**THE LAND GRANT CHRONICLES: HISTORY AT CSU**

Students of HIST 479 and HIST 481

This podcast is brought to you by the students of Professor Thomas Cauvin’s Fall 2019 Public History and Professor Michael Childer’s Spring 2021 History of Outdoor Recreation classes. Season 1 covers a variety of stories about CSU and Fort Collins’ pasts. Season 2 discusses the environmental impacts of outdoor recreation.

**COLORADO STATE INSIDER**

Department of Communication Studies

Do you want to stay updated on the latest CSU Sports news? Then this podcast is for you! Each week, host Brian Roth, the Voice of the CSU Rams, shares the latest news and updates in CSU Sports. Episodes include game recaps, analyses and interviews with coaches, players, and many other exciting guests. If you are a CSU Rams fan, this podcast is a must-listen!

**LIVING HEALTHY LONGER**

Columbine Health Systems Center for Healthy Aging

This podcast features the latest in aging research and gives listeners tips for healthy and happy aging. Each episode features interviews with a CSU faculty member who focuses on aging research. These interviews turn these aging research topics into actionable steps listeners can take to live longer, happier, and more holistically.

**CSU SPUR OF THE MOMENT**

CSU Spur Campus

Climate change. 10 Billion humans to sustain by 2050. An ever-shrinking water supply. These are major issues affecting humanity. And CSU’s Spur Campus in Denver is working on understanding these forces and creating solutions through education and research. Join host Jocelyn Hittle each episode as she speaks with an individual who is making an impact in these fields and inspiring the next generation of change-makers.

**DISABILITY DIALOGUES**

CSU Student Disability Center

Brought to you by the Colorado State University Student Disability Center, Disability Dialogues is a podcast about diversity, social justice, accessibility, and the disability experience. Each episode, host Joe Tiner speaks with guests about topics like Disability Rights, ableism, and disability resources at CSU. This podcast is available on most streaming platforms, and audio transcripts for the episodes are available on the CSU Disability Center’s website.