

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 00:00**

Hi. This is Thomas Benjamin from Rutgers School of Social Work's, Toward a more just future podcast. During my time with Zan Haggerty, I asked a few questions that didn't quite make our episode. Here's our rapid fire with Zan. Okay, Zan. Let's start our rapid fire questions. I'll ask you to answer these in the fewest words possible. Ready?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 00:29

Ready?

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 00:31**

What is your proudest achievement?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 00:35

Um letting myself become my most authentic self.

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 00:40**

What is the hardest thing you've ever done?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 00:43

Oof, Putting myself through grad school while working too many jobs?

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 00:50**

Who do you admire?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 00:54

I'm really grateful to have a lot of really phenomenal mentors in my life who I admire. But if you want a name, I'll do a famous one, Marsha P. Johnson.

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 01:04**

What motivates you?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 01:07

I have a really sickly unwavering optimism that things really can change for the better. And that is what I keep chasing every day.

Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence Rutgers School of Social Work 01:17

What's your source of inspiration?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 01:23

I think all of the people who came before me who have pushed movements to a place that I can take the baton and keep moving forward with

Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence Rutgers School of Social Work 01:32

what's your favorite book?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 01:35

The Perks of Being a Wallflower

Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence Rutgers School of Social Work 01:39

What music is on your recently played playlist?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 01:42

Oh, Lady Gaga, top 40, 90s r&b, the greatest showmen, anything dancy

Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence Rutgers School of Social Work 01:51

what's the greatest lesson you've learned? And who or what taught you this lesson?

Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of New Jersey 01:55

So this lesson comes from like an interpretation sort of Buddhist texts. And essentially, it's based around the whole idea of impermanence. So this won't be very succinct. I'm going to try. The greatest lesson I've learned is we, I don't know how much time I have on this earth. And so I'm deeply committed to spending every moment doing the things I care about telling people how I really feel about them, and moving the world as close as possible to a place of, of real liberation for all.

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 02:41**

Great, well, thank you Zan, it was certainly a pleasure to learn more about you on a more personal level outside of the academic and professional work that you do here at Rutgers. Thank you again for your time. And that concludes our rapid fire question.

**Zan Haggerty, Assistant Director, Next Step Program, CAPS Rutgers, The State University of
New Jersey 02:57**

Awesome. Thanks so much, Thomas. I appreciate it.

**Thomas Benjamin, Research Project Assistant, Center for Research on Ending Violence
Rutgers School of Social Work 02:59**

Thank you.