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Hello, and welcome to the podcast a podcast produced by the College of Applied Science and Technology at Illinois State University. I'm your host, Kara Snyder, and I serve as the assistant dean of marketing communications and constituent relations for the college.

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Kara Snyder: Each episode we're sitting down with an alum of the college, and today we have a chance to talk to Scott. Kroff Scott is a two-time alum of the School of Kinesiology and recreation, and is currently a partner at Frost Brown, Todd. Welcome and thank you for being here. Well, thank you, Kara, and thank you to the college for having me

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Kara Snyder: absolutely. Let's jump right in and start at the beginning. How did you end up at Isu?

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Scott Krapf: Yeah. So I grew up in East Central, Illinois and in Danville, Illinois, and I was going through the recruiting process to run cross country and track and college.

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Scott Krapf: and the high school I attended was a very small one, so I didn't really have much knowledge about, You know, a large division, one athletics program, or a really large division one universities more generally

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Scott Krapf: so. I was doing a lot of homework throughout that process, you know. Really, to make sure I was finding the right fit for me and Illinois State University was one of the schools that I was so grateful to have recruiting me, and so I took a number of recruiting visits to various universities, and I remember

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Scott Krapf: my recruiting visited Isu very well.

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Scott Krapf: I immediately, you know, felt the welcoming sense of community on the campus. Everyone I met with from the cross country and track teams, of course, to the athletic administrators, the academic advisors and others they they really just made. Isu feel like a place I could see myself.

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Scott Krapf: and that's really, you know, one of the most important things that that I would say

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Scott Krapf: to someone really who's out there, considering where they want to go to college, you know, be intentional about finding a place that that you feel like you'll be supported and can grow and achieve your goals. And and i'm just so grateful that I found that at Isu.

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Scott Krapf: Oh, I love that, and I do think you know one of the most special things about I issue. I'm an alum myself is really the people so I love. When I talk to alumni that confirm that you know it's the people that make it feel like home.

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So how did you pick your major, You know I know you were coming in as a student athlete, so was kinesiology and recreation just a natural fit for you.

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Scott Krapf: Very much so it it it to be a natural place that I I felt like would be a a good major for me, you know, when I was thinking about the school of kinesiology and recreation. They had a great variety of of a number of programs that that really seemed interesting to me. But I would say, you know first, and for most, the the most important aspect of of why I chose. My major was in large part due to the faculty and

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Scott Krapf: and professors who, you know, I obviously

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read about and and saw they were exceptional scholars and and leaders in their field in terms of thought, leadership, and things of that nature. So I knew that

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Scott Krapf: I would receive a high quality education from the K. And our faculty. So that was really important to me.

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Scott Krapf: and and then I also liked that there were so many different ways that that the degree could be used professionally. You know, at the time that I was selecting my major. You know many college students at next

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Scott Krapf: timeframe right? Have an idea, perhaps, of what they're interested in. But you know I would submit that you really don't ultimately find out. You know where your long term place is going to be professionally until much later, and and I always tell people that that's completely fine.

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Scott Krapf: and that's what I really liked about the majors that I was looking at in the School of Kinesiology, and in recreation that I. I sort of had that ability to take the lessons that I was going to learn and apply them in my professional career for the long term. So that was really a a key reason why I picked my major.

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Kara Snyder: Oh, that's a great thought process. I enjoy that. So Tell me, tell me, what do you miss the most about your time on campus?

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Scott Krapf: Well, without a doubt, like we, we just talked about it. It's it's those personal connections, right? And and the people.

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Scott Krapf: You know. Those daily connections that I had with Bellow redbirds were were exceptional, and I have fond memories of them and and about them often, and I think that sense of community and and collaboration and connection that redbirds have

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Scott Krapf: is is really unmatched in in many ways, and i'm grateful that I. I still have lifelong friends. You know who I met during my time at Isu, so certainly the the people comes to mind first in terms of of what I miss most, but i'm grateful that we can certainly stay stay in touch with each other.

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Scott Krapf: And then, you know, just generally being involved, like I said I was a student athlete, and had a wonderful experience competing for Illinois State University, a a place that i'm so proud to have competed for, and and had a wonderful academic experience as well. So

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Scott Krapf: i'm just so grateful that I had that, and I. I certainly understand that every student's experience is going to be different, and in some ways, but I just hope that that others

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Scott Krapf: feel as though they had a a rewarding experience in the sense that I had one as well.

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Kara Snyder: So tell us about how you managed being a student athlete with the academics. What did that look like for you? What did you learn about time management?

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Scott Krapf: Yeah. I mean, it is absolutely critical to be an effective time manager to to be a student, athlete, or really any student who's involved right in, you know, club organizations, or within the academic sphere of any sort of groups that they might be involved with.

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You know, balancing all of that is really important, and and I felt

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Scott Krapf: the Illinois State University had an incredible set of resources there to assist with that right. So it was very reassuring to me that you didn't have to sort of go at it alone. You had a team there not only my my true teammates on on the track and cross country teams. But.

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Scott Krapf: like I mentioned earlier, a great system filled with wonderful faculty and academic advisors, and and I found that all of those individuals were there, it willing to help whenever you you needed that. So I learned a lot about time, management, and and as you can imagine.

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you know when you're competing in particular, you have a lot of travel, obligations, and

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Scott Krapf: managing all of that while staying on top of all the the critical academic pieces. It was a lot, but it certainly made it much easier, knowing that the team was there to support me along the way.

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Kara Snyder: So you mentioned all of these people being willing to help. And I know sometimes in leadership we get this.

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Get this mindset that we have to do it all ourselves. So Can you talk a little bit about how you navigate asking for help? Because sometimes that can be a roadblock right just being willing to make the ask.

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Scott Krapf: That's absolutely right, you know. I I think oftentimes all people individually think that you just sort of have to figure things out on on your own

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Scott Krapf: and at Illinois, State University in particular. The resources and and people that are there, I, I always found, were willing to listen and offer help, however, however they might be able to, even if they didn't know the answer, they would be willing to direct me to someone who might be able to help.

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Scott Krapf: And I think if there's a a takeaway for anyone who's out there listening, you know, especially those who are in college right now is, take advantage of those resources, and and with those people

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Scott Krapf: because they're there for you, and they're willing to to help. And and I know that it might at times feel that you have to figure things out on your own. But

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Scott Krapf: I hope there's a sense of of being reassured that at least for purposes of those at Illinois State university. You have an incredible set of resources and people around you who who are really vested in your long term interests and goals, who who will help you get there.

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Kara Snyder: That's great. Thank you. So, Scott. One of the reasons I was so excited to talk to you today is that your path has been a bit different than some of our K. Andr alumni. So tell us about your interest in law, and you pursue your Jd. Tell us about that.

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Scott Krapf: Absolutely right. So I mean Illinois State University doesn't have a a Jd. Program, of course, so unfortunately I couldn't get my Jd. From Isu, but I I had a wonderful

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Scott Krapf: law school experience at at Indiana University, and and so I i'm grateful for that, as well. You know, My dad was a lawyer, and I was always interested in the the benefits of a law degree. You know, similar to

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Scott Krapf: how I described my selection of degrees at Illinois State earlier. I knew that a law degree could open a lot of doors for me. and I enjoyed law school, you know, despite, of course, long hours of studying and and things like that. But what I most enjoyed is that you really learn to, you know, think like a lawyer, and in in the sense of

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Scott Krapf: being able to see issues in ways that perhaps I didn't otherwise view them, or know how to to view them. So the law challenges me

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Scott Krapf: every day in in many ways to, you know, think critically, problem, solve, and and ultimately help others. And I think those skills are



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Scott Krapf: are really important for me. And and one thing that I think is really need about. You know the K. Andr program and the College of Applied Science and Technology as well as that. You know, there are many, you know, alums who have gone out there and done some incredible things, and and there isn't one way to do it. But the foundation that you get from

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the the K. And our program and the College of Applied Science and Technology can really prepare you. And and it certainly did so for me as I pursued my law degree.

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Kara Snyder: and that's what I think is so interesting about some of these majors, is it is so broad it is. There's so much opportunity for creativity as to how you interpret the education you receive.

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Scott Krapf: and you're a great example of that is, you know we don't necessarily tell our K. And our students that they could end up with a law degree right? But you found the path that works for you, and been able to pursue your passion, and I think that's really cool.

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Kara Snyder: So tell us, then, you know, i'm sure our listeners are saying, okay, we understand. He was in K. Andr. We understand he was a law degree. Connect the dots for us. So how did you get from your entry level position, or from you know your bachelor's degree to where you're at now.

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right, and I I think you know it's certainly how I got to where I am today is is much less about what I've personally done, and more so a a result of others who, as I described earlier, you know who are there to support me.

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Scott Krapf: you know, along the way, including those who who were and are still at Isu.

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Scott Krapf: And and I think, from my perspective, you know, connecting the dots in terms of my career. It it ties back to the people who have been there along the way. You know my incredible mentors who have helped and supported me. I,

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Scott Krapf: you know, always set my goals really high, and recognize that there's no you know, way to get there, you know, without the help of others. So you really have to

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Scott Krapf: have those people who are there to support you? And and they were there to support me, both personally and professionally.

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Scott Krapf: you know, for those of you who maybe are a little more curious about the legal profession, you know generally, Perhaps one way to to think about it is that the legal professions sort of like the medical profession. Right? So you know, you wouldn't, for example, go to a heart, doctor for a broken foot.

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Scott Krapf: And similarly in the the legal world right? He wouldn't go to a criminal lawyer for a contract negotiation, and and I think you know oftentimes it's easy to assume that maybe a lawyer, you know, generally knows everything there is about the law, and that's just not the case. You know. There are so many

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Scott Krapf: complex aspects of the legal profession, and that's why I'm really fortunate to work at a place that i'm at at across around Todd, where I have team members, you know, who are the subject matter experts for a lot of these areas that that I may not

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Scott Krapf: be the expert in. And and similarly they reach out to me when they have questions of things that I have experience with. So

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Scott Krapf: that's kind of the the Cliff Notes version of how I got to to where i'm at in in terms of navigating from You know, the bachelor's degree on campus there at Isu to to being here at a large law firm.

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Kara Snyder: and You've mentioned mentorship a couple of times. Do you have any advice for students that are seeking a mentor? I mean, I would say, my first question is, how would you advise that they find one? And then, once they have a mentor, how can they be a good mentee? What does that look like?

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Scott Krapf: Yeah, I think there are a couple of ways to think about. That. First is kind of maybe the informal mentoring, and then the second would be more of a formal mentoring and informally right. We

all cross paths with many people who are gonna have an impact on our lives. And and I think that's great. And oftentimes those relationships develop into

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Scott Krapf: in informal mentoring role. And and those are kind of the natural ones that seem to fit right. And then there are also ways to have more formal mentors in your life. Right? There are various programs out there

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Scott Krapf: that you can get matched with in particular, in the academic space.

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Scott Krapf: Or even if you're like, I said, in a club, or or joining some sort of group that may have a leader who you look up to or or aspire to be like. I found that when you approach somebody, you know, even if it's just asking them for general advice. That's kind of the starting point of the Mentor Mentee

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Scott Krapf: relationship, and then from there it really becomes incumbent upon the the Mentee in particular to be proactive and reach out, and maybe set regular meetings or touch points with the Mentor to make sure you're getting those contacts that you need on a regular basis.

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Scott Krapf: And really it kind of evolves from there. But I think it's absolutely important that that you have mentors in your life, like I said, either informally

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Scott Krapf: or formally, because there's so many value ads that they can bring you an advice they can give you along the way.

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Kara Snyder: What is something that stands out to you that you know. Maybe a piece of wisdom or a piece of advice that you receive from a mentor that you've really taken to heart. And remember.

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Scott Krapf: yeah, I

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Scott Krapf: I recall that, you know navigating law school and and jumping into the legal profession especially, you know.

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Scott Krapf: when you're somewhat uncertain about what's ahead. Was it was not an easy thing to to think about right. I mean. I had just finished my master's degree at Illinois State, and my eligibility, and I was going to law school now for 3 additional years, and and kind of thinking about

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Scott Krapf: what's what's to lie ahead. And for me one of the best pieces of advice that I got was to be fearless, and to say, Scott, if this is where your heart is, and this is what you think you need to do, go for it.

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Scott Krapf: and and that really resonated with me, because there are various times in life right where you may be

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Scott Krapf: presented with a couple of options or or different paths or questions that you have to think about and and consider which which way you're going to go, or what you're going to do. And

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Scott Krapf: and I think if you kind of internally process it in a way that you know, you will make the best decision for you ultimately.

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Scott Krapf: by being sort of fearless and being able to put yourself out there.

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Scott Krapf: That's helped me a a great deal, as I've navigated some of those types of the of in my life.

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Kara Snyder: That's great advice definitely something to remember. So tell us.

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Kara Snyder: you know we have listeners from all across the college and the university. Tell us about your job. What is your day to day like?

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Scott Krapf: Is there a couple days, maybe a better question? I was just gonna say the same thing here. If you could, you know, share with me what a typical day is. I would really like to to know it here.

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Scott Krapf: I, in part, that's what keeps it really exciting for me, though right is, is every day, You know I may have a list of tasks that I think I need to get to. And next thing you know, a client might call, and it becomes a very critical issue that they need assistance with, and that becomes top priority. So you know, going back to time management

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Scott Krapf: being able to navigate very complex issues that are oftentimes sensitive in my day to day legal profession. It is something that that happens a lot.

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Scott Krapf: So I I oftentimes I to think that I have a typical day, but that's never really the case. But in many ways that's that's exciting, too, so like I shared earlier kind of about the general

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Scott Krapf: kind of

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Scott Krapf: comparison between the medical profession and the legal profession of how to look at the what lawyers do more practically, though, my job consist of a lot of meetings, a lot of problem solving, interacting with clients and and other parties, and the majority of my work on a day to day basis is in

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Scott Krapf: sort of the corporate side of the practice of law. So that's you know i'm not the lawyer who is going to court

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Scott Krapf: every day like you might see on TV. Much of my work is, you know, negotiation based. So I work on a lot of transactions. I work with several different clients, and serve as kind of a generalist to assist with a wide variety of issues that they face. So they often come to me in times of

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Scott Krapf: you know, crisis or panic, and and need help, and it's my role to kind of help them navigate that, or or direct them in the right place to get it resolved.

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Kara Snyder: So my ears kind of perk up when I hear that you know a lot of your work is negotiation based, because, you know, we do try and teach our students to be prepared for those tough conversations and those negotiations as they navigate their first job. Second job.

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Kara Snyder: How would you recommend that someone educate themselves on negotiation? How can they prepare to be in a tough conversation? Yeah, I would say, the most important.

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Scott Krapf: you know, quality in terms of approaching a negotiation is is to be open minded, right? Understanding that you know 2 or multiple.



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Scott Krapf: more than 2 parties could be involved with with

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Scott Krapf: in various interests and

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Scott Krapf: various outcomes that they want to see. And oftentimes everybody is not going to be a 100% pleased. Right? So you have to be open minded in the sense that you need to be willing to listen

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Scott Krapf: to others and hear their perspectives, and and sometimes that means that ultimately you may have to give a little bit in terms of the negotiation to get the transaction done, or or the goal accomplished.

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Scott Krapf: And I think that's really important early on to to have that in mind, you know, don't sort of dig in your heels right away and say, this is the only way this can be done, because I I find very often that that's not the case. There are different ways to think creatively.

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Scott Krapf: Get everybody to a sense of, you know, quote unquote agreement.

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Scott Krapf: and and I think by being open minded if everybody comes to the table from the beginning. With that perspective, then those negotiations go much more effectively. But, Kara, you're exactly right. It's a a really important skill

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00:19:51.690 --> 00:19:55.240

Scott Krapf: that students should be learning about now

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in terms of being prepared, because you will certainly be faced with a lot of situations where you're You're essentially negotiating, whether on your personal behalf or on behalf of others.

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Kara Snyder: Well, and I really love how one of the first things you said about it is the importance of listening, because I think we hear the word negotiation, and sometimes our our instinct is to put our defenses up and kind of think about what we want to say and to really listen and educate yourself, so that you know

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Kara Snyder: there's that part of that conversation where you might be able to meet in the middle a lot more quickly than you initially thought if you just listen to where the other party is coming from. So I think that is such valuable advice.

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Scott Krapf: Yeah, absolutely.

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Kara Snyder: So tell me, what is your favorite part of your job?

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Scott Krapf: Wow! Well, you know, not only do I work with great people at at our law firm, but I meet so many different, You know clients, and you know people out there who have, you know, a number of needs, and that's what's really rewarding

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Scott Krapf: about the legal profession. Right? Is that you're really there to assist people in in times when they're, you know, perhaps most desperate right. They They turn to attorneys to help, problem, solve, and and get something done for them when

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00:21:12.440 --> 00:21:20.970

Scott Krapf: they really need it. And I really like that sense of being able to help others, whether it's, reach a goal or or get something done. And typically, you know, we.

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Scott Krapf: when they do reach out, and we we successfully are able to, you know, bring something like an idea to fruition. You know we're able to to share that as a as an experience together. And so i'm really fortunate to have a wonderful

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00:21:37.920 --> 00:21:41.950

Scott Krapf: work, environment, and a place where I have both colleagues and friends.

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00:21:42.120 --> 00:21:43.320

Scott Krapf: And then, like I said.

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meeting so many different clients out there.

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Scott Krapf: and having a chance to be able to to help them ultimately is really rewarding in as much as you know, the day to day Job can be difficult and and challenging at times. It's getting that ultimate goal together. That, I would say, is my favorite part of my job.

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Kara Snyder: So then I have to ask you the flip side. What is the most challenging thing about your job?

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Scott Krapf: Huh? The well, the legal profession it it's, you know by its nature not an easy job right by any stretch of the imagination. There are, you know, definitely, long hours at times. But

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Scott Krapf: I often say that really comes with any job, right? You're always, maybe gonna have to to work a little later or earlier on on a project or something like that. So really, the most challenging thing in my mind is is what all maybe describe as keeping things in perspective.

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Scott Krapf: Right so in my day to day job a a client might reach out, and and they want results fast, right, and and ultimately

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Scott Krapf: in their favor. And I appreciate that. But there are times when it's important to kind of keep that broader perspective in mind. So in particular

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Scott Krapf: that there may be variables in place, You know, beyond something that we can control, no matter what we do. There's just something impacting. You know, this ultimate outcome that that's beyond our control. And and I see those as as challenges. But perhaps you know you can look at them, too, as opportunities.

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00:23:13.070 --> 00:23:32.650

Scott Krapf: because for me, when I, when i'm faced with those situations, it needs me to to think differently about something, or try to find a unique solution, or or perhaps think about something we haven't done before so, and as much as those situations are challenging. When you don't ultimately get the outcome. You want it. It can be an opportunity to get better and and improve for the future, too.

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00:23:33.270 --> 00:23:47.530

Kara Snyder: That's a great point. That's a great point, and I heard you mentioned long hours, and I know you know our students in K. Andr are going to experience that whether they're in recreation and park administration or athletic training, or

126

00:23:47.530 --> 00:24:01.520

another major entirely. Their hours might not necessarily be 9 to 5. So tell me a little bit about how you look at work. Life fit, you know. How does it all fit together for you? How do you feel like you are?

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00:24:01.560 --> 00:24:02.510

You know.

128

00:24:02.860 --> 00:24:05.260

Kara Snyder: well rounded and balanced.

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00:24:05.370 --> 00:24:16.810

Scott Krapf: Yeah, no. I think you're You're spot on there in terms of you know, the professional opportunities that are out there might not always lead to a a typical, you know, like you said 9 to 5

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00:24:16.910 --> 00:24:35.070

Scott Krapf: sort of position. You may have to, you know, work on some weekends or or late hours or events and things like that. But I think that's part of kind of the the nice thing about the K. And our profession in in general right is the profession has such

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00:24:35.200 --> 00:24:44.810

Scott Krapf: a critical impact on on communities in meaningful ways, and you know I can't help but think about your local park district, for example. I mean, think about so many

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00:24:44.960 --> 00:24:56.850

Scott Krapf: ways that a park district impacts a community from. you know, day to day, having the facilities there that need to be maintained to programming, perhaps on a weekend.

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00:24:57.220 --> 00:25:16.130

Scott Krapf: and and I think as long as a student is passionate about what they want to do, I think they would find that even though there may be those long hours, it it doesn't feel as though it's a burden right? It's. It's something you care about, and ultimately you find rewarding, which is which is terrific

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00:25:16.300 --> 00:25:24.160

Scott Krapf: and and more from a a practical sort of piece of advice. If a. If a students out there listening is, as you are considering

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00:25:24.320 --> 00:25:28.280

Scott Krapf: a place to ultimately work or internship, or something like that.

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00:25:28.430 --> 00:25:49.750

Scott Krapf: You might even want to ask those questions during the interview process of you know what is the the balance of of an intern or of this role in terms of what the time commitments are going to be, and the the time demands that I'm going to have. And and I think if you have those open conversations, you'll feel a lot better. So when you also ultimately accept that role. You kind of know what you're getting into.

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00:25:50.360 --> 00:26:04.670

Scott Krapf: That's a great point, and I do love keeping that perspective of. If you love it, it's not a burden. And you know what's that saying? I think if you have a job you love, you never work a day in your life right? So really just finding that perfect fit for you

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00:26:05.550 --> 00:26:17.350

Kara Snyder: helps, too. So okay, Well, we are going to finish up with a speed round to get to know you a little bit more so just go with your first instinct on these questions. Are you in person or a night owl?

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00:26:17.620 --> 00:26:26.790

Scott Krapf: Morning person? I am an early riser, and and I like to make sure that I I get a run complete in the morning to to get my day going.

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00:26:27.260 --> 00:26:47.940

Kara Snyder: So is have you always been this way, or did you have to work at it? Yeah, I always just kind of been naturally that way, and I I sort of. I respect my fellow night owls who can manage all of that. But it it's just for me. I I function much better in in the mornings

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00:26:47.940 --> 00:27:06.500

Scott Krapf: and in in part, you know, being a a long distance runner, we it, especially in college, had to run very early in the morning to to fit in all the time that we needed to train. So you know, in college it sort of evolved naturally, for me to be a morning person, but I just kind of always been that way.

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00:27:07.080 --> 00:27:12.650

Scott Krapf: I hear you. I hear you. You get it done, and then you don't have to worry about it the rest of the day.

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00:27:13.320 --> 00:27:16.650

Kara Snyder: Would you consider yourself to be an introvert or an extrovert?

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00:27:16.830 --> 00:27:36.130

Scott Krapf: I'm. Certainly an extrovert. I just I so much enjoy meeting people, you know, hearing their stories, you know, getting involved in community organizations and and learning about different



different people and and interacting with them. So I I certainly think that I would. I would say, i'm an extra burden that regard

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00:27:36.460 --> 00:27:47.370

Kara Snyder: well, and it sounds like your work really fills your cup in that way. You know you talked about the favorite part of your job is helping people and making those connections. So you've really found such a good fit for yourself.

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00:27:47.380 --> 00:27:53.300

Scott Krapf: That's right, and you know the legal profession lends itself nicely to that right, so in the sense that

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00:27:53.320 --> 00:28:11.910

Scott Krapf: you certainly have to be a very skilled lawyer in terms of the work product, so to speak. But there's a whole. Another aspect of the profession that you know you interact daily with with clients and and your fellow colleagues, and that's not so. You have to be an extrovert. Necessarily, you know.

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00:28:11.960 --> 00:28:17.450

Scott Krapf: to be successful in the legal profession, because there are plenty of those who are more Introverted, who are

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00:28:17.560 --> 00:28:23.660

Scott Krapf: greatly successful as well. And that's kind of the nice thing about the balance of personalities that you have to have on your team.

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00:28:24.190 --> 00:28:39.500

Kara Snyder: That makes total sense, and I think you know half the battle is just knowing yourself and knowing what you need to get from those situations where you're able to fill your cup with those interactions throughout the day. You know your colleague. That's an introvert. Might have to schedule some downtime.

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00:28:39.520 --> 00:28:45.730

and you can still work together and and get the job done. So, knowing yourself is half the battle.

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00:28:45.750 --> 00:28:46.690

Scott Krapf: That's right.

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00:28:47.350 --> 00:28:52.370

So i'm curious. If you had to make an appearance on a game show which one would you choose?

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00:28:52.560 --> 00:28:58.440

Scott Krapf: Well, I I think in my mind I would say family feud would probably be

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00:28:58.440 --> 00:29:13.940

Kara Snyder: the most fun it because I think it would be really neat to kind of, you know. Have my family members there with me, as we kind of work together, and and and have a good time, so I I think family feud is the one that comes to mind for me. Oh, that's a fun! Answer. I like that. What is your favorite thing to cook for dinner.

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00:29:14.610 --> 00:29:15.470

Scott Krapf: Who

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00:29:15.680 --> 00:29:18.810

Scott Krapf: so many options? Probably anything Italian?

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00:29:19.530 --> 00:29:21.450

Kara Snyder: Okay. Great answer.

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00:29:21.480 --> 00:29:27.540

And what are you currently reading or listening to? Is there a book or a podcast you can tell us about.

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00:29:27.730 --> 00:29:37.600

Scott Krapf: You know most of my reading, and you know external kind of listening to. You know. You know news updates and things of that nature. It's sort of related

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00:29:37.900 --> 00:29:52.280

Scott Krapf: to my job right. So many of the articles that that I find interesting either relate to the legal profession, or the issues that that my clients are facing. And I often find myself, you know, maybe reading something on a weekend.

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00:29:52.320 --> 00:29:57.280

Scott Krapf: and just out of pure leisure, and then ultimately thinking, you know, maybe

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00:29:57.390 --> 00:30:16.410

Scott Krapf: this client of mine would be interested in this article as well. So it's kind of that shared experience of of something that I find interesting, and and sharing it with a with a client or or just a colleague, who who also may find it interesting, and and they similarly will do the same, you know, pass some things along to me

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00:30:16.460 --> 00:30:25.890

Scott Krapf: that they find interesting, and and I really like that that sort of, you know, shared engagement of of reading and and listening and and sharing resources with each other.

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00:30:26.080 --> 00:30:35.700

Kara Snyder: Absolutely. Okay. And I ask everybody Avanti's gondola or pub 2 cheese balls. Such a good question

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00:30:35.830 --> 00:30:50.850

Scott Krapf: for me it would be the Avanti's go to the reason for me saying that because we had a ton of them right during my time at Isu. They were the kind of the the easy go to meal for us on the the tracking cross country team.

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00:30:51.140 --> 00:30:53.710

Scott Krapf: and so I just think you can never get enough of those.

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00:30:54.000 --> 00:31:09.910

Scott Krapf: Oh, sure! Well, and I have to tell you. I talked to somebody on the last episode, and they threw me for a loop and said, Garcia's pizza. And I said, Whoa! I have not considered that so well. The third option there, Wow! Lots of classics here in normal. So

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00:31:09.910 --> 00:31:14.520

Kara Snyder: if you had one last piece of advice to give to a college student, what would you say?

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00:31:15.820 --> 00:31:17.070

Scott Krapf: Wow.

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00:31:17.150 --> 00:31:34.260

Scott Krapf: First and foremost, especially those at Illinois State University who are listening. You are at an incredible university, and in particular, if you're in the College of Applied Science and technology. You can trust that you are getting a great education that is going to prepare you for the long term.

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00:31:34.320 --> 00:31:44.140

Scott Krapf: You know, Kara, my favorite quote of all time comes to mind on this question. Right? So it's it's from a former American long-distance runner his name steve pre Fontaine, and he said.

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00:31:44.210 --> 00:31:49.280

Scott Krapf: the quote is to give anything less than your best is to sacrifice the gift.

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00:31:49.640 --> 00:31:59.470

Scott Krapf: and that resonates with me in in so many ways, not least of which is how you know I can appreciate the simplicity of such powerful words. You know. Oftentimes I find myself.

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00:31:59.650 --> 00:32:12.940

Scott Krapf: for example, in the midst of a complex problem, whether as a lawyer or otherwise, and and I discover that, you know, even though those issues may seemingly appear to be complex, they can often be resolved by a simple solution in here.

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00:32:12.940 --> 00:32:25.630

Scott Krapf: you know, when I keep that quote in mind. If you simply just give your best. I really believe strongly that that all of your gifts are going to be realized in in meaningful ways in your life. So that's the piece of advice that that I would give to those college students out there listening.

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00:32:25.970 --> 00:32:40.100

Kara Snyder: That's fantastic. That's a wonderful place to end today. Thank you so much for being here. That was Scott Croft, partner at Frost Brown, Todd join us next time on the podcast for more stories from our cast alumni

178

00:32:41.870 --> 00:32:42.260

Kara Snyder: that.