

STAR TREK: STRANGE NEW WORLDS

SHOWS

# Lessons From The New Star Trek We Can All Use Today



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Rebecca Romijn as Uhura (a.k.a. Number One), Anson Mount as Pike, and Ethan Peck as Spock of the Paramount+ original series *Star Trek: Strange New Worlds*

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## Captain Pike, Science Officer Spock, and Number One share words of wisdom that apply far beyond the *U.S.S. Enterprise*

By Carrie Berk

*Star Trek* is making a comeback. Captain Pike ([Anson Mount](#)), Science Officer Spock ([Ethan Peck](#)), Number One ([Rebecca Romijn](#)), and more characters from the original series return for new adventures in *Star Trek: Strange New Worlds*.

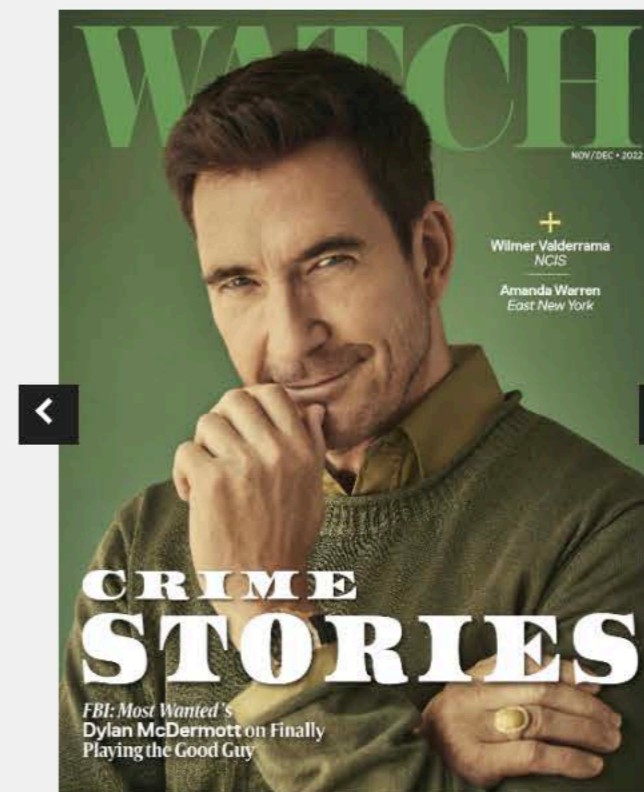
The Paramount+ adaptation takes place in the 23rd century, the decade before *Star Trek: The Original Series*. It follows the crew aboard the *U.S.S. Enterprise*—including new additions La'an Noonien-Singh ([Christina Chong](#)) and Erica Ortegas ([Melissa Navia](#))—as they explore new worlds throughout the galaxy.

Beyond its exciting sci-fi setting and intriguing plots, the new series offers a surprising amount of practical wisdom for modern audiences. The characters learn important lessons from their explorations that not only apply in the far reaches of the galaxy, but also in everyday life on earth. *(Spoilers ahead.)*

Catch the last two episodes of the debut season of *Star Trek: Strange New Worlds*—on June 30th and July 7th on Paramount+.

Stream [Star Trek: Strange New Worlds](#) on [Paramount+](#).

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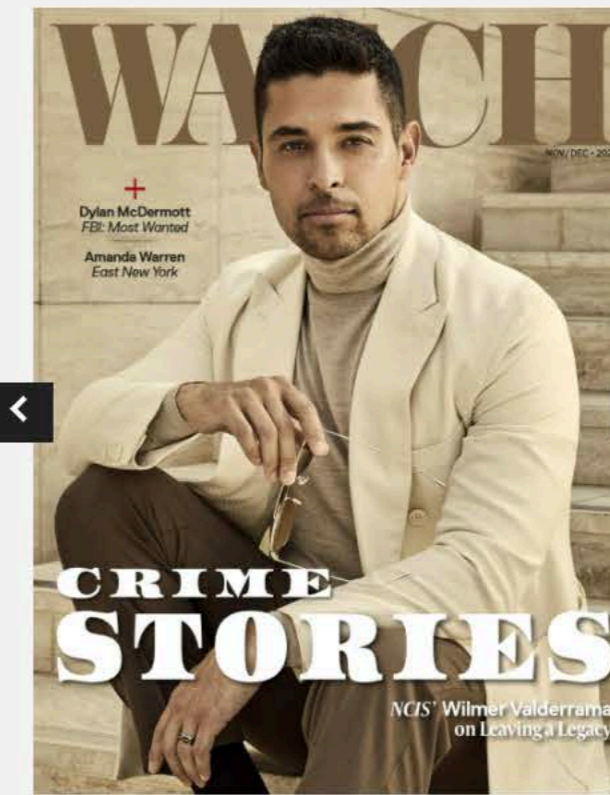


Lesson #1: "Our ability to work together—that's our greatest strength." —Captain Pike



Ethan Peck as Spock and Anson Mount as Pike

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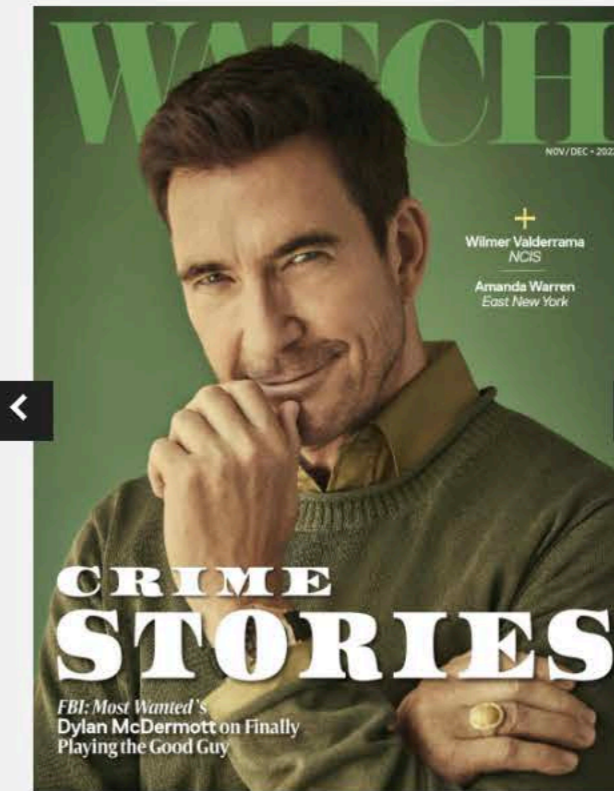
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Captain Pike explains to La'an that there's more to joining Starfleet than "individual excellence." It's about working together with the rest of the team. La'an struggles to trust others but must do so in order to stay on the *Enterprise*.

## Lesson #2: "Growth, sometimes remarkable growth, is possible." – Captain Pike



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Pike demonstrates the ability to grow and adapt by telling La'an about how Starfleet built its first base around the domed forest following World War III. He then offers her a commission to join the *Enterprise*, even though she no longer serves as Number One.

**Lesson #3: “I choose to believe that your destinies are still your own. Maybe that’s why I’m here ... to remind you of the power of possibility.” —Captain Pike**



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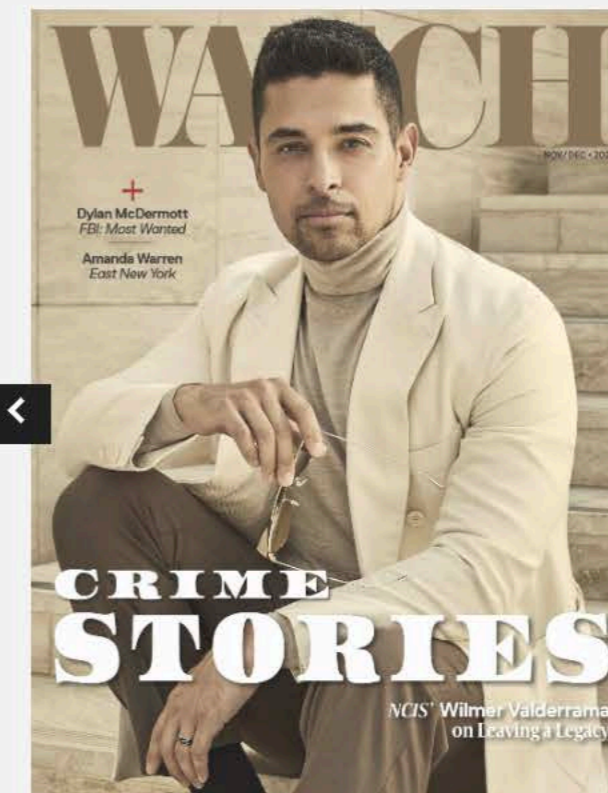


Pike aboard the *Enterprise*

Photo Cr: Marni Grossman/Paramount+

In a speech to rival factions, Pike advocates for a future of peace and possibility. He warns that if they keep fighting, their planet will endure a war just as destructive to the population as Earth's World War III.

**Lesson #4: "Right up until the very end, life is to be worn gloriously, because, 'til our last moment, the future's what we make it." —Captain Pike**



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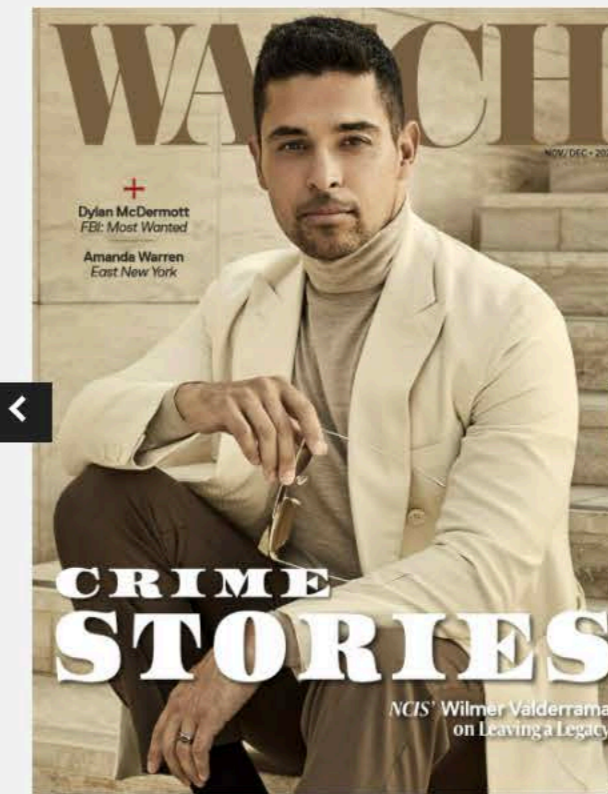
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Pike saw into his future, which includes a traumatic radiation poisoning that hinders his ability to function. Although initially he agonizes over the premonition, he ultimately chooses to live in the present and assume his rightful role as captain alongside his team on the *Enterprise*.

**Lesson #5: “Sometimes, Mr. Spock, things go so badly, you just have to laugh.” –Captain Pike**



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Spock and Pike stare into the distance.

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During dinner with the team at his cabin, Pike tells the story of how he once tripped and fell over a Nausicaan's pants. Spock questions the inclination to laugh at others' misfortune, but Pike says one shouldn't take oneself too seriously.

### Lesson #6: "What if your fate is what you make it?" – Number One



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Rebecca Romijn as Una

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Number One tells Pike that despite his vision of the future, his fate is not fixed, and he shouldn't throw his life away worrying about what's to come. She suggests that he may be able to make a different choice that will save him from trauma.

**Lesson #7: "Suffering can be transformed into insight." —Spock**



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Spock in his trademark blue uniform and badge

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While Pike worries about how envisaging his demise will affect his leadership, Spock maintains that “knowledge of death is vital for effective leadership.” He encourages Pike to “seek out the good” in knowing too much and using it to be a better, more informed leader.

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Stream *Star Trek: Strange New Worlds* on **Paramount+.**

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