

# Ask Us Anything

about family life in the Foreign Service, navigating global economies, and American diplomacy in Afghanistan.

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**4 PM**

**257 HRCB**



**Lynett Rands** served as a diplomat at the U.S. Embassy in Kabul covering the women and civil society portfolio in the Public Affairs Section. Rands also chaired the cross-sectional Embassy Gender-Working Group that coordinated efforts to address gender issues in Afghanistan. She received a BA in political science from BYU, where she participated in Washington Seminar and Model UN, and a JD from the BYU Law School, where she is now dean of communications

**Jeffrey Rands** serves as a counter-narcotics officer within the International Law Enforcement Section at the U.S. Embassy in Kabul. Rands has been an economic officer since 2010, doing visas and American citizen services in Qatar, working on trade agreements in South Korea, and covering the macro-economy to help Egypt secure IMF loans and American corporations to invest in Egypt. Prior to becoming an FSO, he was a business strategy consultant. He received a BA in international relations from BYU and an MBA in finance from University of Chicago.



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