

Britt Lower



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NU alum Britt Lower juggles talents en route to 'Severance' - Desiree Luo, Assistant Arts & Entertainment Editor -May 28, 2025

Britt Lower Takes an 11-Minute Nap

'Severance' Secret Weapon Britt Lower Reveals Her Wild Side - She's the beating heart of this year's most thrilling — and Emmy-nominated — TV show. But there's no telling when she might decamp for the circus (like, literally).

Britt Lower - Stars in Apple TV series - Severance -Interview by Tessa Swantek

Who Is Britt Lower? 5 Surprising Facts About the 'Severance' Star

Britt Lower Joined the Circus and Draws Sketches to Help Discover Her Severance Character- Seth Meyers

".....Zach and I, we do improv together.

-Yeah. I knew you had an improv background.

And Zach, improv background.

And so this is post-"Severance" you started doing an improv?

-Yeah, we're on an improv team called Frat Boyz with a Z.

-Great. That is -- If you had let me guess --

-That's what you would have guessed.

I'm obviously in a frat.

-Who came up with Frat Boyz with a Z as the name?

-Uh, it was a collective. -Yeah.

One person doesn't come up with that on their own.

-We're melding our minds.

Um, yeah.

It's a group of friends from Northwestern and Zach.

And, yeah, we asked the audience for a suggestion of a time when they were emotionally brave.

-Really? -Yeah.

-That's a very -- That's a good way to get a new kind of suggestion. -Yeah.

-How often do Frat Boyz get on stage?

-Like once a month.

-Okay, that's enough for Frat Boyz, yeah.

-And I get butterflies every time."

Why Britt Lower Popped Her "Severance" Co-Star John Turturro Right In The Stomach - Stephen Colbert

>> Stephen: WE MET TWO, THREE YEARS AGO.

IT WAS AFTER THE FIRST SEASON. AT LEAST TWO YEARS AGO.

OUT OF THE EMMYS AND FOUND THAT WE WERE BOTH NORTHWESTERN

WILDCATS. >> Britt: THEATER AND ART.
IT'S SO NICE TO SEE YOU BECAUSE THERE WAS ONE DAY ON
CAMPUS
WHERE YOU CAME TO VISIT AND I TRIED TO FIND YOU.
>> Stephen: WHEN YOU WERE A STUDENT?
>> Britt: WHEN I WAS A STUDENT.
I KEPT HEARING THESE RUMORS. HE IS GOING AND GETTING A
COFFEE
AND I WOULD GO THERE AND YOU WERE GONE AND THEN I WOULD
GO TO
NORTH CAMPUS AND YOU WEREN'T THERE THEN ALL OF A SUDDEN
I
HEARD THAT YOU WERE BIKING AROUND.
SO I GOT ON MY BIKE AND I TRIED TO FIND YOU.
[LAUGHTER] >> Stephen: I AM THE WIND.
>> Britt: IT WAS THIS LEGENDARY DAY, THE DAY I
COULDN'T FIND COLBERT. >> Stephen: WAS THIS 2006?
>> Britt: IT WAS JUST LAST YEAR.
[LAUGHTER] >> Stephen: NOW YOU STAR IN
ANOTHER FEATHER IN THE CAP OF NORTHWESTERN, NOW YOU'RE
STARTING THE SECOND SEASON OF "SEVERANCE" AS HELLY R.
I DON'T WANT TO GIVE ANYTHING AWAY.
THIS PART REALLY PUTS YOU ON THE MAP.
HERE YOU ARE LITERALLY ALMOST LIKE FALLING OUT OF THE SKY
INTO
THE SERIES."



Britt Lower of 'Severance' Takes a Swing -In the three years since her breakout role in the fantastical series, she ran off to join the circus — twice. Season 2 may raise her profile even more. What's next?