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# Star Trek The Next Generation Episode Guide

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*Star Trek  
The Next  
Generation  
Episode  
Guide*

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## UNLOCKING THE FINAL FRONTIER: YOUR ULTIMATE STAR TREK THE NEXT GENERATION EPISODE GUIDE

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Few television series have achieved the cultural and critical impact of **Star Trek: The Next Generation**. For seven seasons, Captain Jean-Luc Picard, Commander William Riker, Counselor Deanna Troi, and the

rest of the USS Enterprise-D crew explored strange new worlds, sought out new life and new civilizations, and boldly went where no one had gone before. Whether you are a seasoned Trekkie revisiting old favorites or a newcomer eager to begin the journey, a comprehensive **Star Trek The Next Generation Episode Guide** is an essential companion. This guide will help you navigate the 178 episodes, understand the overarching story arcs,

identify essential viewing, and appreciate the series' legacy as one of the finest examples of science fiction television.

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## WHY YOU NEED A STAR TREK THE NEXT GENERATION EPISODE GUIDE

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Unlike many modern streaming-era shows that are tightly serialized, *The Next Generation* largely operates on a "case of the week" format. However, that does not mean every episode is created equal. The series famously stumbled out of the gate during its first two seasons before hitting its stride in season three. A good episode guide helps you:

- **Find the essential**

### **episodes** –

Separate the classics ("The Best of Both Worlds," "The Inner Light") from the forgettable filler ("Code of Honor," "Shades of Gray").

- **Understand character development** – Witness the growth of Data, Worf, and Picard across carefully chosen episodes.
- **Identify thematic threads** – The series explores morality, ethics, the nature of humanity, and the post-scarcity utopia of the Federation.
- **Plan a rewatch** – Whether you have time for a

complete binge  
or just a few  
select episodes,  
a guide makes  
the voyage  
efficient.

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## UNDERSTANDING THE SERIES STRUCTURE

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Star Trek: The Next Generation premiered in 1987 and ran for seven seasons until 1994. The series is divided into 22 to 26 episodes per season (except season two, which had 22 due to a writers' strike). The show transitioned from a more gung-ho, action-oriented tone in season one to a thoughtful, diplomatic, and philosophical approach in later years—largely thanks to head writer Michael Piller and later Jeri Taylor and Ronald D. Moore. Below we break

down each season with key episodes and what makes them essential.

# Season 1 (1987–1988): Finding Its Footing

The debut season of **Star Trek The Next Generation** is often considered the weakest. The writing was uneven, characters were still being defined, and the shadow of the original series loomed large. Nevertheless, the season contains several foundational episodes.

- **"Encounter at Farpoint" (1x01/1x02)** – The pilot introduces the new crew, Q, and the premise of a journey to the galaxy's center. It is clunky but essential.
- **"The Naked Now" (1x03)** – A loose remake of the original series' "The Naked Time," this episode is more notable for setting up the Picard-Crusher chemistry than for its quality.
- **"Datalore" (1x13)** – The introduction of Data's evil twin brother Lore. A must-watch for understanding Data's origins.
- **"The Neutral**

**Zone" (1x26)** – The season finale introduces the Romulans (a major threat for the series) and touches on the lingering mystery of the Borg.

## Season 2 (1988–1989): Growing Pains

Season two saw the departure of key writers (including Maurice Hurley) and the introduction of new characters like Guinan (Whoopi Goldberg) and the ensign Wesley Crusher taking a more active role. The season

is a mixed bag but includes some absolute gems.

- **"The Measure of a Man" (2x09)** – Widely considered one of the finest episodes of any Star Trek series. A courtroom drama that asks whether Data is property or a sentient being. Essential for anyone exploring the series' ethical core.
- **"Q Who" (2x16)** – Q throws the Enterprise into the path of a new, terrifying enemy: the Borg. This episode changes the entire trajectory of the show.
- **"The Emissary" (2x20)** – The first appearance

of K'Ehleyr (played by Suzie Plakson), who introduces Worf to his son Alexander. A key episode for Klingon lore.

## Season 3 (1989–1990): The Turning Point

Season three is where **Star Trek The Next Generation** fully matures. The writing, directing, and performances all reach new heights. This season is arguably the best starting point for new viewers who might find the first two

seasons too rough.

- **"The Best of Both Worlds, Part I" (3x26)** – The season finale is legendary. Captain Picard is kidnapped and assimilated by the Borg, becoming Locutus. The cliffhanger is one of the greatest in television history.
- **"Yesterday's Enterprise" (3x15)** – An alternate timeline story where the Enterprise-C arrives through a temporal rift, changing the Federation's history. Emotionally powerful and a masterclass in storytelling.

- **"Sarek" (3x23)** – Mark Lenard reprises his role as Ambassador Sarek, now suffering from Bendii Syndrome. A beautiful exploration of Vulcan emotion.
- **"Deja Q" (3x13)** – Q is stripped of his powers and becomes mortal. A comedic but thoughtful episode.

## Season 4 (1990–1991): Aftermat

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Picking up immediately from "The Best of Both Worlds, Part II," season four deepens character arcs and introduces the recurring Klingon Civil War plot. It is one of the most consistently strong seasons.

- **"The Best of Both Worlds, Part II" (4x01)** – The resolution of the Borg cliffhanger is tense and satisfying, though not as shocking as Part I.
- **"Family" (4x02)** – A quiet, character-driven episode that

explores Picard's trauma and his relationship with his brother Robert. One of the most emotionally honest episodes of the series.

- **"The Drumhead" (4x21)** – A courtroom drama that condemns fear-driven witch hunts. Picard gives one of his most powerful speeches.
- **"Redemption, Part I & II" (4x26 & 5x01)** – The Klingon Civil War arc begins, with Worf choosing between honor and family.

# Season 5 (1991-1992): Peak

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Season five is often considered the peak of the series, with a remarkable streak of high-quality episodes. If you only watch one season, make it this one.

- **"The Inner Light" (5x25)** - An alien probe traps Picard in a simulation where he lives an entire lifetime as a man on a dying planet. This episode won a Hugo Award and is widely considered the series' single

best episode.

- **"Darmok" (5x02)** - Picard must communicate with an alien race that speaks entirely in metaphors. A brilliant meditation on language and understanding.
- **"Unification, Part I & II" (5x07 & 5x08)** - Leonard Nimoy reprises his role as Spock, who has gone on a personal mission to reunite the Vulcans and Romulans. A must-watch for fans of the original series.
- **"Cause and Effect" (5x18)** - The Enterprise is trapped in a time loop that resets

every few days.  
A clever and  
thrilling puzzle.

## Season 6 (1992–1993): Deepening Shadows

Season six tackles darker themes, including war, guilt, and political intrigue. The Cardassian threat escalates, and the show begins to set up events for the spin-off *Deep Space Nine*.

- **"Chain of Command, Part I & II" (6x10 & 6x11)** – A brutal

story in which Picard is captured and tortured by the Cardassians. The "four lights" scene is iconic.

- **"Tapestry" (6x15)** – Q gives Picard a chance to change a fateful moment from his youth. A profound exploration of identity and choice.
- **"The Chase" (6x20)** – An archaeological mystery that reveals the ancient link between many humanoid species across the galaxy.
- **"Time's Arrow, Part I & II" (5x26 & 6x01)** – A time-travel story sending the

crew back to 19th-century San Francisco to meet Samuel Clemens (Mark Twain). Fun and ambitious.

## Season 7 (1993–1994): The Final Voyage

The final season is a mix of closure, filler, and some excellent farewells. Not every episode is a winner, but the series ends on a high note.

- **"All Good Things..." (7x25 & 7x26)** – The series finale is a brilliant time-

travel story that bookends the pilot. Q returns to put humanity on trial, and Picard jumps between past, present, and future. It is a perfect farewell.

- **"Lower Decks" (7x15)** – An episode told from the perspective of junior officers. It provides a touching and realistic look at life on the Enterprise.
- **"The Pegasus" (7x12)** – Riker's past catches up with him when a secret experimental ship is discovered. Essential for his character development.
- **"The Inner**

**Light" sequel  
"Lessons"**

**(7x01)** – Picard finds love with a scientist, but it is bittersweet.

Data-focused episodes, Klingon episodes, or the Picard-centric arcs.

You can also explore episodes by theme:

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**HOW TO USE THIS  
EPISODE GUIDE**

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No single **Star Trek The Next Generation Episode Guide** can be exhaustive, but this curated list focuses on the episodes that define the series. For first-time viewers, we recommend starting with season three and then going back to watch the essential episodes from seasons one and two. For veteran fans, use this guide to organize a thematic rewatch: Borg episodes, Q episodes,

- **Data's humanity arc:**  
"The Measure of a Man," "Data's Day," "The Offspring," "Inheritance," "Phantasms."
- **The Borg saga:**  
"Q Who," "The Best of Both Worlds I & II," "I, Borg," "Descent I & II."
- **Q's trials:**  
"Encounter at Farpoint," "Hide and Q," "Q Who," "Deja Q," "Qpid," "True Q," "Tapestry," "All Good Things..."