

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2016



*Few will have the greatness to bend history itself;
but each of us can work to change a small portion of events,
in the total of all those acts will be written the history of this generation.*

Robert Francis Kennedy (1925-1968)

I have gained the forward momentum I have now in my life as a result of all my past experiences and values. This momentum drives my desire to learn and experience more. The Momentum program has very effectively shown me the value of my past while guiding me through a smooth transition into my future. Change is difficult, but the Momentum program has helped me gain enough speed to cruise over the hurdles of change. Instead of focusing on stress, I now feel more engaged in the exciting, optimistic aspects of my transition to college. The joyride of the Momentum program has encouraged me to imagine, inspire, and impact the life of myself and others. Being mindful is a skill which I have more recently begun to put into practice. Awareness of the world around me, as well as the impact my actions and thoughts have on my well-being and others is a state in which I try to live. Being in Momentum has done many things to aid me in this including bringing in Chaplain Sadd to talk about mindfulness through the words hope and inspiration. Chaplain Sadd discussed how hope and inspiration are the cornerstones to leading a full life. It is by knowing what inspires us and gives us hope that we become aware of our true interests and passions. In this way we can also know what things our time is best spent on, and on what to exert the most effort and focus. This enforced a point Professor Benowitz made the first evening of Momentum; “Do not just follow the money” when choosing a college major. This message was invaluable to Momentum as a group of students beginning at a small, liberal arts college. It became much easier for me to visualize myself succeeding here once Professor Benowitz revealed the obvious fact that students will find the most success when they take classes that they are not only interested in, but also good at. I can imagine myself as a successful student here at Elizabethtown who focuses on the artistic and thoughtful sides of my talents, but also the logical, business side of my future. For me, the mindfulness gained from imaging my future, has provided me with the hope of endless inspiration so long as I stick to my passions. Like college will be, Momentum has been a great, albeit more concise, capstone learning experience to my high school years. Momentum has impacted my life by tying many of my experiences and interests together into more tangible thoughts that put me in a better mindset to start my college career. Among all of these positive factors, Momentum has also pushed aside some of the worries I, and many other of my new friends, have had about starting college. With skills in mindfulness, and the ability to communicate with people about their anxieties I hope to impact and inspire others in a positive way as I continue to improve my own self.

- Amber Swanick – York, Pennsylvania

I look back on my younger self and remember standing in front of the remains of the great T-Rex. I remember standing there amazed as the other visitors of the Natural History Museum passed by. Every year, I became more and more amazed at the beast towering in front of me. Every year, I would imagine. I would imagine myself coming into contact with the King of Lizards, how terrifying and totally awesome it would be. This time in my life, my biggest concern was getting everything I wanted for Christmas. Fast forward to my seventeen-year-old self, I am in the Momentum Program soon to begin my first day of college classes. I no longer imagine meeting the T-Rex. I imagine walking along the campus to my next classes, waving and smiling as friends pass by. I imagine holding my bachelor’s degree and shaking hands with the president, gown blowing in the breeze. I imagine collecting evidence at a crime scene, nodding to my fellow colleagues. I imagine walking down the aisle, the love of my life waiting at the altar. I imagine a small child, holding my hand as they stare up at the symbol of my childhood. This week has been full of inspiration from the professors, Kinesis Peer Academic Advisors, and fellow Momentum students. I had no idea I would become more confident and outgoing in just a week! I slowly felt the change in myself as I started conversations and introduced myself instead of waiting for them to come to me first. I met insanely cool people and in turn I have become more open and comfortable with being myself. I have learned to acknowledge other people even if it is just a “hello” or “good morning;” to look people in the eye and not be afraid. It will take me awhile to really put myself out there, but I have achieved my first steps thanks to the Momentum Program. The Momentum Program taught me the importance of being a good student and person whether it was in or outside of school. The whole week really impacted me mentally. Having the opportunity to be at Elizabethtown before the other students has allowed me to become comfortable with my new environment. The lectures by the professors and tips from the Kinesis Peer Academic Advisors helped me feel more prepared and excited for not only the first day, but the next four years. A lot of my anxieties and worries disappeared each day I was here. As a student, I want to help the other first year students become comfortable with their new environment and help them become comfortable with themselves.

- Cierra Stevens; Jacobus, Pennsylvania

This week of Momentum has been such an amazing experience, one that I will never forget. I have imagined, been inspired and impacted in such a great way. I have met many people who have took up a great space of my heart as people I know I can always trust and who will always be there to have my back. The transition to my college life with this program has been such a stress relief process and I am so glad I got the opportunity to be here writing this essay, being a part of Elizabethtown College and experience such great things. The seven days of Momentum has made me imagine my future. It also brings me back to the time I was a freshman in high school when I imagined coming to college. My intended major is Communications and going on with this program has had me imagining what my actual future goal is. Hearing multiple professors talk about doing things that interest you, I imagine my passion for writing and my passion for changing the world around me. I imagine my college experience being the best four years of my life, four years that will help me find myself and shape myself. At this point now I imagine now not only my college years, but my time beyond college, where I start living my own life. The time I make a name for myself and a job for myself, a time I will be doing something I love and creating a change, a change that will be monumental. I have been super inspired this week. Starting with Kinesis Peer Academic Advsiors, they are mentors that will be there, mentors who have made this transaction super easy and fun-filled. Our Kinesis inspire me in a way that they all went through the Momentum program, being first-year students and minorities. They are a light that even though we are the few that are unique and a lower class we will have such a great time and make it through our college years. They have shared their stories and I am thankful for all they have done and will do for me and my peers. They give hope. The other thing that has left a mark on me was lectures that were presented to us by professors. To hear their stories about how they got into their field has just inspired me to know that I can follow my dreams and that sometimes even if you come into college with one set of mind, it is okay if that is not the same mindset you leave college with. I learned that it is important to pay more attention and to acknowledge people, you get more out of your college experience this way and in a way I know it will help my anxiety in the long run, so hearing this has really been inspiring me to be more attentive of people's presence. I hope to inspire people as much as I have been inspired in just one week. I especially hope that as the incoming freshman move in and rush around trying to figure out the campus and trying to make friends, I hope that I remember this week and be a light to all the lost freshman and help them out just like the Kinesis has helped me. I also just want to support my peers, especially the ones that I have made this week, being a helping hand when in need and being a cheerleader as they participate in school activities. The impact of this program is one that will live on forever in my head, like I had stated earlier it has been such a great transition into college life and has helped my ongoing anxiety. It has been impactful that I want to be as impactful in clubs that I join and classes I go to. To make an impact in the activities I involve myself in, in the discussion I become involved in, and the people I associate with. I am a person who is passionate about service and making an impact, any impact on the world would be such a great moment for me. To be able to finish that novel I have been working on for about three years, to show the world that women can play a major role in football, to be able to crush stereotypes, to help people who are lower class, poor, and anyone else who needs help the right housing and supplies they need. These are the things that I imagine about, things people inspire me to pursue, things that I know will make an impact that will in the long run will hopefully create a change, and thank to this program and everyone involved I want to grow as tall as a sunflower and reach for my passions.

- Amity Radcliff; York, Pennsylvania

This week I have seen many professors speak about their respective subjects and what it takes to be successful, and as a freshman that is currently undecided about which major to go with, it seems a little overwhelming to say the least. After looking through hastily written notes I still have no idea what I want to do with my college career. This is a terrifying idea and I am glad to have found inspiration in a certain Kinesis Peer Academic Advisor who, even though I met him a few days ago I think of him as my role model. "Educate for service," the unofficial motto of Elizabethtown college. Currently I would like to make this campus even more friendly and accepting than it already is. More importantly I would like to be able to donate enough money to the college to afford a building and classes related to astrophysics. "What is going to be my major is college?" Is a popular question that pops into everyone's mind at some point but with this Momentum program I have been able to experience the college life without the pressure of having a major which is extremely valuable to me. Not knowing what you want to do in college is okay and thanks to the Momentum program I realize this. Thank you so much to Professor Benowitz and the Kinesis for this amazing experience.

- Cole Mrgich; Mount Joy, Pennsylvania

First of all, freshman year would have been impossible without the Momentum Program here at Elizabethtown College. I felt so lost beforehand, like I was just another student coming to college, getting a degree to hopefully earn more money, and leaving after four short years with no impact. However, this week proved me wrong in so many unimaginable ways. My ultimate catalyst for changing my mind about furthering my education started when we had a group session about finding our purpose and passions in life. I thought I wanted to teach for a variety of reasons. I liked the stability of teaching, getting a consistent salary, and the benefits it would offer, but I also knew that I loved being around children. When we were faced with the task of having to pick one thing we needed to make a decision about, my choice was clear, I needed to know whether or not I should be here at all and eventually learning to teach. As we sat there with our eyes closed and our breaths deep and heavy, it quickly became apparent to me that I had a calling to make a difference in the world, to the children of tomorrow and in world of education as well. I am not here to just get a degree and make more money. I am here to help shape the lives and minds of our youth. My passion lies within servant leadership and following my dreams. I now know, thanks to the Kinesis Peer Academic Advisors, that this college is my college. I can make a difference, I can do whatever I put my mind to. I felt so inspired hearing how students discovered their passions and I hope to one day tell my story of how I knew what I was meant to do in life. I want to leave a lasting impact on campus, just like how the Kinesis Peer Academic Advisors have. This is what they love to do. This is exactly how I feel I can use my abilities in the future. I want to show people how easy it is for them to follow their dreams and be who they want to be. I now know that you do not have to hide behind anything here, you can be who you truly are and be accepted for it, and for that I am forever grateful for this program. The Momentum program has shown me how to lead without being in the forefront, I can lead by being myself and with that, I can hopefully inspire others to be themselves as well. Everyone should follow their passions in life, without them, there is no inspiration.

- Caitlin Gresham; Leetsdale, Pennsylvania

December 6, 2010 changed my life forever. This day I realized who I wanted to be. On this particular day, I lost my beautiful aunt to a house fire. Still to this day her killer has not been found and is out there walking free. She has not received the justice she needs and this is when I came to my sense that I wanted to make a change. Making a change is how I imagine my future. In my future I see myself becoming a detective and helping other individuals to get that fair treatment. Learning the perspective of how families of a victims feel, allowed me to understand the feeling of agony in my heart. I can imagine working with the Lancaster police department and working in the city that raised me. Learning more about this field inspired me to move forward with my dreams. Experiencing the forensic science Professor Papez was an opportunity to expand my knowledge on my dream career. Another great experience that inspired me was getting to meet with the Senior Vice President for Academic Affairs and Dean of Faculty Dr. Rider. She inspired me to continue my goals and dreams. Moving along with my dreams I plan to inspire the youth and others similar to myself. I will show them that reaching for your dreams might be a struggle but it will not be impossible; that there are no excuses of getting a high education, no matter of financial wise, mentally wise, and even physically wise. Joining the Momentum program was an amazing experience that introduced me to Elizabethtown College and meeting new incoming students to adjust to the feeling of being around strangers. Also by accessing the opportunity to meet several professors. This program was a huge impact to myself and I know to the other students as well. Taking the time to move in a week early before the other students who are not in the program was an exceptional experience. I just want to thank all the Kinesis for their support, all the professors that took the time out of their day to talk with us and to all the students who decided to join and make friends.

- Celine Velazquez; Lancaster, Pennsylvania

When I first joined Momentum the first and most persistent question that popped into my mind was: "What does momentum mean?" In physics, momentum is a property that describes an object's motion. The term is also used to describe the success or failure of a career, a sports team, an economy, or a military effort. This program is definitely a sure way to make you successful. It gives you the foundation and an extra push. I do not speak out much. You all have inspired me greatly to do so. Each and everyone of you have helped me open up. I came to Elizabethtown College to further my knowledge but I have gotten much more. I have been imagining my future at Elizabethtown College, and the years after that. To be quite frank, I am still thinking on what impact I want to have in the world and at Elizabethtown College. I want to encourage others as I have been encouraged in my life and in the Momentum program.

- Darrianna Ratcliff; York, Pennsylvania

I once acted in a play directed by Dr. Powers, a professor at Susquehanna University. The title of the play was “Everything I Need to Know I Learned in Kindergarten,” and it connected the basic rules we were taught when we were young with the lives of college students and adults. It reminded us to share, play fair, not to steal, to say sorry when we hurt someone, and so many more valuable lessons that we all could benefit from. This production had a big impact on me because it opened my eyes to the fact that we as individuals were given the tools to change the world, but we often lose those tools in life’s chaos. I am reminded of this play during the Momentum Program due to the knowledge I gained on integrity, judgement, hope, and civility which I deem as the same things I learned as a kindergartener, only written in adult terms. I was reminded of the significance of these words through a number of informative lectures, seminars, tours, team-building activities, and enlightening discussions that inspired me. Professor Winpenny inspired me when he spoke of George Washington, who had the chance to be king of the country he founded, but denied that opportunity so the people could be involved, and Robert E. Lee who took his family’s bad reputation and turned it into something great. These great leaders taught us integrity, and inspired me to do the right thing not only when people are looking, but even when they are not looking. It also taught me how to decipher good from bad, thus making me a better person as a whole. This is a process that I can pass on to other students at Elizabethtown College, and people in the community. As I was reminded of these terms I began to imagine the future. I began to imagine what my future experience at Elizabethtown College would be like, and what I wanted to gain from it. I imagine that my experience here at Elizabethtown College will be filled with other civil individuals that I can connect with due to Professor Rankin’s presentations on civility, hope due to Chaplain Sadd’s scripture on hope and inspiration, and an immense increase in knowledge due to knowledgeable instructors such as Professor Benowitz, Professor Skillen, Professor Ricci, librarian Josh Cohen, and so many more informed tutors, mentors, and staff here at Elizabethtown College. I want to gain a better understanding of myself, and my world through this amazing opportunity to further my education, and ultimately make a difference in the world through skills such as the importance of not making assumptions, always learning, managing my time, and open-mindedness, that I can utilize in my future career. Lastly, as I connected the experience of being in the play with my experience in the Momentum Program I began to feel the true impact this program had on me, and began to develop ways that I can have an impact on Elizabethtown, and my world outside it. This program has ultimately impacted me because I am no longer scared of failure. I believe that I was given tools necessary throughout the week that will not only help me earn my desired career but to continue being successful beyond that. It had impacted me because I no longer have to worry about meeting new individuals, especially those who may have a different background than myself. I have met so many wonderful people and trust that I will meet more because I know now never to make assumptions. Finally, it impacted me because it helped me to realize that truth is how each individual perceives it, and it is always changing, and because of this I know that my thinking as an individual should also be constantly changing so I can grow as a person. I know I can impact others at Elizabethtown by showing them that anything is possible with the right mind set, and dedication.

- Carlie Lepley; Troxelville, Pennsylvania

Since junior year of high school, I have imagined starting a career in a hospital and helping beautiful smiles spread across beautiful faces. I imagine becoming my own person, allowing my sparkles and colors to be shown at all times. I imagine my future at Elizabethtown College to be very successful. I can picture myself crossing the gazebo among friends that I have created lasting bonds with. I have continuously been inspired by all the big hearted and kind souled members of this program. My mother has always told me not to care what others think. I just need to take a step back and “shake the dust.” It was really interesting to meet with professors who are now living their lives doing what they love. Professor Waters really inspired me by saying, “You have had a life that, at some points, has sucked, but it will be alright.” These words were really important for me to hear this week. I have always dwelled on the bad things in my life, but I need to look to all the beautiful things that have happened and will happen to me. Another huge inspiration to me was, while touring around Philadelphia. It was an enormous impact on me to get into my top choice school. It has allowed me to prove to, not only those around me, but, also, myself. My entire school career, I was told I was too dumb or too lazy to even graduate high school. Chaplain Sadd shared a quote with us that said, “A drawn out hope sickens the heart, but desire attained is a tree of life.” This was really significant to mean because it means that I can wish and hope I want, but, without trying to attain that goal, I may never get it. I hope to impact the helpless, the homeless, the needy, and the greedy. I wish to change the world, but even if I just “cast a stone across the water to create many ripples,” I will be fulfilled and happy.

- Corrina Wyatt; Clarksburg, Maryland

Time is valuable in everyone's life. Graduation was three months ago and now I am in the beginning of a new chapter of my life. I have always imagined college being stressful and hard work. Coming into Elizabethtown College I would like to get involved in the community and achieve my goals. The Momentum program has inspired me to be myself. After listening to Stephanie M. Collins, from the Residence Life staff, present about diversity on campus she made me see that dreams are possible. She has had hard times in her life but she achieved her goal. Elizabethtown College alum Dr. Donald Reid's speech, opening night dinner, was inspiring, many of the Momentum students could relate to him because he was first generation in college. I would like students at Elizabethtown to be inspired by the Momentum program telling them my experience. Momentum has also impacted me to work hard and be more open minded. After being in Momentum for six days I have been inspired by many speakers. I hope many others incoming students participate in Momentum. It will help in your college experience.

- Esmeralda Gonzalez; Hanover, Pennsylvania

I have imagined my Momentum Program experience under what actually occurred. I have made so many friends since day one and had an easy move in day. My vision of the program was almost exactly what I imagined, the kind help of the Kinesis Peer Academic Advisors throughout the past week, how kind the faculty have been, how kind the Momentum students are, everything about the program has helped me learn more about Elizabethtown College, its classes, and the staff. Honestly, there is no one answer. Every little thing has inspired me from stepping foot on a friendly campus, to all the presentations. My mother and father have the most inspiration on me since my middle school years, helping me with homework, projects, and essays. I have appreciated their help every second of my life, and I probably would have never gone to college if they had not been there for me in my life. The Kinesis are also another great inspiration in my life, helping us all out any way they can, and answering any questions we might have about what they do, to knowing more about the school, to the classes they have had in their school life. This past week has impacted me so hard on not just how I learn, but everything. Since middle school, I always relied on my parents for help on almost 99% of my work, but now that I am no longer living under their roof, I have to work on my own. I have told myself over and over again that instead of being lazy, I will work harder than I have ever worked before, studying more than I ever have, and so much more. The impact I would like to have on the world is an impact of knowledge, strength, and to have the courage to succeed in their classes. No student should fear the bad things about college, but to imagine their life in a good way as they move into their dorms and the friends they will make.

- Connor Wallett; Middletown, Pennsylvania

The Momentum Program has taught me that if you put your mind to it you can accomplish anything. On the first day of Momentum we were told to imagine what we wanted to study while at Elizabethtown. I decided that I wanted to study professional writing and art in the summer and I was pretty set on those. Writing mystery and fiction has always been a passion of mine so imagining writing was not hard to think of. I then heard some of the professors speak about their subject and decided that I wanted to expand my horizons and look into Sociology and Political Science. These things are very interesting and I would not have known it if it were not for the Momentum Program. Learning has always been enjoyable to me and those subjects are a brand new topic for me to venture into. What I want the most out of my college experience is to be happy and make other people happy. My imagination now includes many other aspects thanks to Momentum. Over the summer my peers and I were given a book called *Inspirations: Selections from Classic Literature* to read and that has seemed to be the theme of this whole week. I have been inspired very much just by hearing the professor's speak about their subjects. The way that the professors light up when they are telling us about what their class includes is incredible. Our Kinesis Peer Academic Advisors have also inspired me, the meetings that we had were very enlightening and positive. It made me want more out of my college experience and to stay true to myself throughout the years while I am exploring. I have opened my mind to things and classes that I never would have thought about. I never thought about Sociology before, and now I can not wait to take the class. I personally want to encourage others as our Kinesis have done for me. I think inspiring other people to branch out and follow their dreams is a wonderful job and everyone should practice helping others. The Momentum Program has impacted me largely, I came in completely overwhelmed about college and I feel more prepared to face these classes than when I arrived. I did not have a lot of faith in myself before I met with everyone from this program but after the last week I know I have a huge support system and I can face anything. At Elizabethtown I would like to leave and impact on the people that I meet. I want to change the lives of the people around me for the better. If someone needs a friend, I want to be that friend. I do not want or need to be remembered widely but I do want to be remembered deeply. The overall impact that I want to leave at Elizabethtown and in life is to be happy and to make others happy as well. If I have a way to change the world, in even the slightest way to make it more positive and kindhearted.

- Damani Odom; Harrisburg, Pennsylvania

I have never been the kid in class to raise my hand; to speak out of term; to share my ideas or ideals. I was the kid who would sit alone in the corner and just think. I was the kid everyone would stare at and wonder what was wrong with me because I did not talk and tended to be picked on because I refused to fight back. Up until the third grade I was homeschooled and did not have the luxury to be surrounded with the kids my age until I was enrolled in public school. I was always the shy, quiet kid that nobody really knew how to approach. In coming to Elizabethtown, I was very skeptical and anxious about how I might do. Having had a history of being bad at making friends, I did not know if I would really be able to thrive in the college setting. Before even stepping on campus I told myself that I would change. That I would not be that shy, awkward kid in the corner. I always imagined the college experience to be similar to what was portrayed in movies. Not the party movies where the sororities and fraternities throw over the top, drug and alcohol filled ragers. It was more along the lines of those movies where a small town guy goes to college and has the chance to change his life: meeting different people, making friends, discovering new things. Also, being the second child in my family to go to college, I always imagined college would be filled with the types of experiences my older sister had. Entering into Momentum I did not know anybody. I was forced to interact with people. Forced to make friends. I was forced to go way outside my comfort zone and be more like the person I have always wanted to be. Inspiration. Being the shy, awkward person that I am, I never imagined myself putting myself out there and making friends as quickly as I have. It is something about being in a group that knows absolutely nothing about you that quite inspires you more to open up and not be the shy kid. To be the person who goes up and starts the conversation. To be the person I have always wanted to be. I have always heard that college is a time to reinvent yourself. Throwing aside the things you never liked about yourself and being born anew. Conversely, I have been taught not to be something that you are not and fake. There is a fine line between the two, and often times it can be tough to see the line at all. Just be who you are when you are with your friends alone in a room. Be loud. Be obnoxious. Be whoever you are on the inside, underneath all the walls and chains you have placed yourself behind over the years. Few things in my life have impacted me so profoundly and as quickly as the Momentum Program. Our first day on campus we went on a tour of the town of Elizabethtown and there was very little pressure saying, "You have to meet everybody by the end of the day." Instead, the incoming students tended to gravitate towards each other to have someone to walk with and start their own conversations. During this week, we have laughed, smiled, shared, opened up, cried, but possibly the most important part of all is that we all, in one form or another, have created bonds that could possibly stretch far beyond our college years. These are the most important parts of our lives. These experiences are laying the groundwork for what we will make of our college career and far beyond the classroom. The reality of it is, you are never alone. Everyone coming into this, or any other college or university have all felt lonely, scared, anxious, shy, overwhelmed, and an abundance of other feelings that just serve to tell you that if all these other students can thrive in college, that you can also do the same. This is how I plan on impacting new students during the course of this next week. Greeting the residents of my dorm, making everyone feel welcome, helping them move in. These are only small acts of kindness, but it makes a world of difference to those who have not been here and are unsure about what is to come.

- Damon Edwards; Annapolis, Maryland

Upon my arrival to Elizabethtown College, one of the Kinesis Peer Academic Advisors told me that I would not be here in Elizabethtown College if I would not succeed here. I was told that I am in the Momentum program because Professor Benowitz believed in me. This amount of hope entrusted in young adults is incredible. And this caliber of hope from the Kinesis, Professor Benowitz, and the entirety of Elizabethtown College has in me motivates me and inspires me to not only better myself, but gives me the faith that I can bring about great changes to this college, this community, and the world. The last few months, I have been so terrified of college. I felt that high school had not adequately prepared me for the next four years of my life. Thanks to the Momentum program, I believe in myself and I believe that I can get through this journey. Because of the Momentum program, I can imagine myself not only surviving college, but also thriving and growing and succeeding in college. Because of the Momentum program, I want to instill and inspire a sense of self-confidence in others. I want to imagine that other students, my sisters, and possibly my children in the future to be inspired by me. I want them to know that they can rise to the challenge of overcoming their fears of not being good enough. I want high school students to know that no matter where they come from or how they live, that I believe in them and they can overcome the struggles of college and life after college if they just believe in themselves. Momentum has already made an enormous impact on my life. I am able to open up and to admit to my fears of not being good enough for college and express my feelings to other students. I can only hope to create the same impact on my peers, in such a way that they feel safe at Elizabethtown College to make themselves emotionally vulnerable and discover who they are deep down inside themselves.

- Dannielle Kerstetter; Millerton, Pennsylvania

The only college I had been to before my college search was Morehouse in Georgia. It was at my cousin Desmond's graduation. There are only a few boys in my family, the ratio is like one third. So I looked up to Desmond. Seeing all those people my race march down the line was like a pack of proud buffalo grazing across the largest of fields. Though I was only thirteen years old at the time it was still profound to me. It was like the waves of opportunity crashed onto my beach and soaked into the sand of my being. From there on college had been something great to imagine for my future. Though finally being here has exceeded everything that I imagined as a kid. There was an overall feeling of well-being that rushed passed me as I exited the car and walked up the walk into the plaza. The people, the food, the dorms, the grass, the air, just everything about it felt right. I instantly knew that this was the place I would be spending the next four years and gaining new experiences. The Momentum program only enhanced my experience with adding a sense of community. Sitting among almost sixty peers all going on the journey together with me made me feel at ease. I have moved around most of my life so it was the first time in a long time that I ever felt that way. I was so used to meeting people who already made friendships that I was not used to everyone being strangers. We were all meeting each other for the first time and it was an amazing and inspiring experience for me. Being able to freely talk to everyone in the program with a fresh start was surreal and a bit strange at first. Though it has only gotten better and better since the very first day and it has only just begun. It has been me and my mother forever, so I am used to buckling down and getting things done without much complaint. Though this was the first time I had ever really asked for help and received it without hesitation; it was euphoric. So if there is anything that I have learned over these days, it is that I should expect the unexpected. People are not always selfish, there is a whole world of people ready to help and be kind to you. Momentum students are the embodiment of friendship at its finest, and I would urge anyone to try and join it. Momentum has been more than I could imagine, inspired me to be more open, and impacted me to never judge a person before getting to know them.

-Deon Williamston; Middletown, Pennsylvania

Passion. Energy. Inspiration. Camaraderie. Equity. The words that come to mind when I think of the Momentum program are powerful and lush with meaning. I knew that my job in these seven days would be to introduce myself to professors, learn the campus, and make some acquaintances. What I did not expect was to relearn the definitions of these everyday words through rich learning experiences, intense self-examination, and the bonds formed from the shared radical impact this program has had on myself and my peers. I have been imagining for myself a future filled with happiness, success, and lifelong scholarship. What more could I ask for, after all? The Momentum program has given me the momentum I needed to start college off on the path leading me directly to my goals, and on the horizon is the outline of a path going further beyond my dreams than I could possibly imagine. As an ALANA student who is also a member of the LGBT community, I have never felt safer or more accepted than I have on this campus. Coming from a strangely conservative town in southern New Jersey, I never imagined a place where I can be myself and be comfortable and open in my identity. According to my town's census, I have been the only Korean American to live there in decades. Seeing the diversity Elizabethtown College has to offer has opened a world of possibilities for me. Growing up, my teachers were dull and uninspired. Compared to that, experiencing the passion and energy that the professors here exude is breathtakingly inspiring. My idols as a child were passionate, intelligent, well-spoken people, and knowing that these are the types of individuals I will be learning from for the next four years has kindled that oh-so human spark of inspiration that drives us to learn and become excited for the life ahead. I plan on taking this campus by storm and impacting as many of my peers as I possibly can. Momentum has shown me that starting college does not have to be scary or intimidating. The main message I will take from this past week is "you're not alone." I am part of the first generation in my family seeking higher education, and I was absolutely terrified. This program has shown me that I do not have to be fearful of the unknown, and my peers and professors are here to help and guide me every step of the way. Because of Momentum, I feel as prepared for college as I could possibly be. I intend to proliferate the feelings of safety, security, and acceptance that I have felt here, and my hope is that Momentum continues to do so for incoming young scholars.

- Hannah Melcher; North Wildwood, New Jersey

I am so happy I joined the Momentum program. I got to know fifty-seven of the greatest people. I have met people who have the same interests and problems as me which helped me to open up to them quickly. Professor Benowitz uses humor and a plethora of fun facts to make learning about historical figures and buildings interesting. Plus, he dresses in a very dapper way which makes it even better, in all honesty. This program got me thinking about being and participating in an actual lecture in a classroom. We heard multiple professors talk about multiple topics and issues. They were all so interesting and interactive.

- Marianna Gogineni; Merion Station, Pennsylvania

Before I started college, I was extremely nervous. I was pretty sure that I was not going to make any friends, and it was going to be a complete disaster. I found a lot of stuff inspirational at Momentum. I met a lot of really cool people and really liked getting to know everyone. I also enjoyed the different speakers we saw, and the tours we did. One thing that really inspired me while I was at Momentum was the sessions on civility. We learned about how to share a space with other people, how to pay attention, and how to be nice to people even when not everyone is nice to us. I think the most important thing we talked about was acknowledging other people, and valuing every person around you as an individual. Whether it is by sitting down and having a conversation with someone or just doing something simple like saying hi or holding a door open, acknowledging people as individuals is a really important thing to do. Listening to those ideas inspired me to make an effort to be present to the people around me during my time at Elizabethtown. I am going to make an effort to get to know the people who will be around me- my classmates, faculty and staff. I want to do my best to make everyone feel included and valuable. I hope if other people see me doing this they will be inspired to do it too, and the whole campus will be a friendlier as a result. During my time with the Momentum program, I imagined all of the awesome experiences I am going to have at Elizabethtown, and all the people I am going to meet and memories I am going to make. I am so excited to start my first semester! The lectures given by professors gave me a taste of what classes at Elizabethtown are like, and this allowed me to imagine all the things I will learn. I even imagined trying new things that I would have never thought I would be interested in. The lecture on poetry by Professor Waters had a big impact on me and I want to take a class with him! I hope to use my time at college not just to learn about the stuff that I already know I love, but to also to try and learn about new things, and discover new things about myself. I want to make the most of my four years at college and take advantage of the opportunity to try out new things. This program has made me excited for college. It is opened my mind to all the different courses I could take, and all the different things I could learn about. It was also rewarding to get to know a lot of new people. I hope that Elizabethtown will allow me to grow as a person, and give me the skills to accomplish my goals, and make the world a better place. Momentum helped me a lot with my transition to college. I had a lot of fun, met tons of awesome people, and heard from a lot of great speakers. I especially liked learning about paying attention and acknowledging people. By the end of Momentum, I was excited for college!

- Emmett Pegan; Aston, Pennsylvania

In our current world, college is the next step for most high school graduates. When you think of all the schools with twenty thousand students, it becomes daunting. But the struggle came to an end. And now I am at a school of roughly eighteen-hundred students. And being finally here all I can think about is what is next, what goals I will achieve, and what ways I will change. Elizabethtown has helped me in climbing the next steps of my life, allowing me to enrich my own mind. From both my peers and my professors, many of whom I met this weeks, I have heard many wise and influential words. All helping me find the right direction in which I will travel throughout my college life. I am constantly reassured that I will struggle, like so many have. But to rise above my obstacles I must persevere. The stories of others make me feel like I am not alone. Not many people every get the chance to meet such a diverse group of people like I have, or take the time to get to know them like I will. Being a part of a smaller group of people whom are then placed in a larger groups forces a bond. Momentum has caused me to grow with these individuals and focus on them. Before the stress of school takes over, I hope to be able to give others the same friendship and experiences I have received. Momentum has forced me to introduce myself to other people and leave my comfort zone. Now I feel as extroverted as ever and continue to gain friendships.

- Francis Coster; Malvern, Pennsylvania

When imagining my future in college I assumed it would be scary. I was not the most outgoing person in high school and I know college would push me out of my comfort zone. I had planned to major in communications, but had no idea what I wanted to do with it. Getting to talk with the Kinesis Peer Academic Advisors who were in my field helped me further figure out what I wanted to do. Even with my anxiety, I was excited to start at Elizabethtown and have a chance to participate in the Momentum program. Throughout the program, I was able to meet a diverse group of people. While it was intimidating at first, the program gave me confidence to put myself out there. During small group discussions with the Kinesis I was able to learn about other students on a deeper level. I was surprised to find out things about people I would have never guessed. The sessions inspired me to be nonjudgmental and open minded. Not only did the program allow me to learn about others, but challenged me to think about myself. Within the five past days I have asked myself questions I have never asked before. Like what I wanted out of my college career and my passions. This allowed me to learn new things about myself and self-reflect. As the weeks went on the program gave me more confidence then I had before. It also helped me transition into college. The tours around campus and getting to meet people before the start of the year made me feel more comfortable about being away from home. The academic sessions made me ask myself how I wanted to start off my college career. I want to focus on being an active participate of the campus. By using the skills, I learned during meditation sessions I also will strive to acknowledge others and have a positive energy around campus.

- Jamie Verrekia; West Chester, Pennsylvania

During my admissions interview, the counselor had proposed the idea of the Momentum program to me. Now that I have spent my time here, I can say that the Momentum program has not only eased the college experience but has also made my entire outlook on college expand in terms of academics as well as socially and mentally. I have met amazing people who I never thought I would meet have now become my close friends here. My ideas for my future has now changed towards to become a new way to want to be more involved. This program has changed me from the shy, introverted girl into a member in this family of students in the Momentum program. Growing up in a large family made me feel left out and forgotten. My brothers and sisters were always getting into trouble thus having all of my parents' attention. The one way I could get attention was when they would see my accomplishments. They would be proud of my good grades and the compliments teachers would give me. As I would go through school, I found that I had a love of science. My brother, Andrew, took this notice and was able to encourage me to follow my dreams and passions. Even now, the first one who calls and talks to me about school is in fact him which is why he is my personal inspiration. In school, I was immediately caught in the science groove. I made great relationships with my mentors of the science department in high school Mrs. Bower, biology, and Mrs. Hinson, chemistry. Both teachers sparked fire of science by having me be their teaching and laboratory assistants. I want to take these experiences and use them to inspire others as well. I hope to become a tutor in the sciences and eventually become a professor as well as a researcher. I want to create that spark that had been put in me into others. When I think about the future at Elizabethtown College I know I am ready and really excited to start this journey. I cannot wait to start learning and expanding my knowledge in every aspect in the form of a liberal arts education. Science will not only be the most important aspect to me. I now want to try and have the opportunity to have a minor in philosophy in order to help me know all the perspectives in science. I really want to become a form of support to others in the form of a friend, mentor, and kinesiologist someday. I want to show everyone the potential I have to not only be book smart but also socially and emotionally. It is greatly because of the Momentum program that my ideas have evolved into something better for the school, the world, and myself.

- Harley Yocca; New Columbia, Pennsylvania

"Educate for Service." I believe the motto of Elizabethtown College was an important factor to why most of the students here chose to attend. It is something I have noticed that the students, faculty, and staff, especially those who took part in the Momentum program, firmly stand behind and want to follow through on. The path of education can lead to a gold mine of opportunities to better oneself and those around. I know that my time here at Elizabethtown College will prepare me to soar to new heights that I would never have even dreamed of before. I have found that inspiration is everywhere, but sometimes people forget that. They get distracted with life around them and lose focus on the goal that they had previously set for themselves. Some may choose to dwell on it and face regrets of 'could've, should've, would've.' It is easy to understand how some unfortunately fall into this trap. It can be hard to get back up on the horse without the motivation and inspiration to do so. I said hard, not impossible. People need to remember that motivation comes from inspiration. They need to take a step back and absorb the world around them. Inspiration will always find the people who choose to look. Life would not be as fun if everything was so easy. We would not be who we are today if we always succeeded and never failed. It is the part of staying focused and being able to pick ourselves up after we fall. I believe some people struggle with this because they rely too much on themselves for the inspiration. This past week has challenged me to find the true meaning behind inspiration and how it can change people's lives. I have pushed myself to make a conscious effort to take more time to look around and just absorb the moment. Impact. An impact can be miniscule but still be life changing. The seemingly smallest most unimportant event that may have happened in the past can later help shape a person. This program has showed me that the past does not always dictate the future. Everyone has their struggles and inner demons. Everyone in the Momentum program has had to overcome a challenge at one point in time or another. It does not matter how big or small it was; all that matters is that it was a challenge. But we all pushed through and made it. It takes an immense amount of courage to pick oneself back up. As Kelly Clarkson sings, "What doesn't kill you makes you stronger," in reference to what Friedrich Nietzsche, a German Philosopher originally said, "What doesn't kill you makes you stronger." I believe that courage is a very admirable strength everyone in this program has and that will carry us far here at Elizabethtown. I want to leave a memorable impact here at the college. I want to get involved and know that I made the best of the next four years of college for myself and my fellow peers. The way I think is best in leaving a positive impact on the college is from personal integrity. It is about the strength of character to do what is right even when no one is looking. The most important part of that is to stay humble and kind. There is no point in doing a good deed if one just boasts about it afterwards. From Momentum I have learned to question things and dig deeper for the whole message. From this happiness and passion can be found. Delving deeper into our personal inspirations is what united me with the other students in Momentum and has the potential to unite the world.

- Helen Rodefeld; Mount Laurel, New Jersey

The transition into college is an experience that is jam packed with an abundance of emotions. The week leading up to the move in day was one of the most difficult times I have faced so far in my life. I felt as though the world was spinning rapidly and I was desperately trying to keep both feet on the ground. The biggest worry that I have is in regards to my course load, I keep having doubts about my academic abilities. My doubts and fears have created an intense feeling of anxiety that has yet to resolve itself. It was not until I received an email about the Momentum program that I began to gain self-confidence. This program has allowed me to move in early, interact with upper classman mentors and acclimate to college life a week before classes began. The name Momentum speaks for itself, Professor Benowitz, the Kinesis Peer Academic Advisors and my fellow classmates have given me the strength and clarity that I had been lacking prior to my arrival. During my time as a Momentum student I have asked myself questions pertaining to my purpose in life, my career and how I plan to succeed in the future. One of the continuous themes that have been expressed throughout this week is “to do what you love and what you are good at.” I have taken advantage of the times that we have talked about our strengths and our weaknesses. By having group discussions I was able to create a list of goals and a strategic plan to accomplish my ambitions. Based from an academic stand point I know that I want to create a more sustainable world. At this point in my life I am in control of my own destiny and it is up to me to apply action to my dreams to make them a reality. I have been fortunate enough to have been influenced by a wide array of people. In a world full of judgement, hate and negativity it is almost essential to stay hopeful and seek outlets of inspiration. It costs absolutely nothing to lend a hand, give a friendly smile or offer someone inspiration. As I navigated my way through high school looking up to my parents, coaches and teachers; As I have looked up to these adults I took their advice but chose to live my life the way I want to and will continue to do so. I always wanted to do more, see more and be more! All the while I was looking to better myself I was unconsciously inspiring under classman to live up to their full potential. If I am unable to accomplish anything else in life I want to teach people to look inwards and feel empowered. Once they discover it for themselves I want them to be able to be that person for someone else because of all things that you can be in this world being an inspiration is matchless. Just think that when things get tough they will think of an act of kindness you performed or words of wisdom you gave and that will help them overcome their turmoil. In order to have a successful impact on the world I believe that I need to leave it with more knowledge and peace than when I entered it. There are too many people in the world who value temporary ideas like money and dominance because they associate these things with being successful. In my younger years I was ignorant and brain washed to believe these concepts as well. I had made it a goal in high school to truly understand what I wanted out of life and what I wanted to give back to it. My most memorable Momentum activity was the book discussion about *Inspirations: Selections from Classic Literature* with Kinesis Peer Academic Advisor Jamie Ramos regarding the four elements: Earth, Fire, Water, Air. We were asked “Why we chose to come to college?” and I had to dig below the surface for my answer. The group and I talked about how it costs absolutely nothing to have a positive mind, a loving heart and an optimistic view on life. My idea of success is to be impactful to the world by giving positivity, love, imagination, knowledge and most importantly inspiration. All of these ideas were just mere words with general definitions but now thanks to the Momentum program I am able to put meaning behind their words and apply them to my life.

- Ilayna Brown; Steelton, Pennsylvania

Imagine, Inspire, Impact. “Like a sword, a word can wound or kill, but as long as one does not touch the blade, the sword is no more than a smooth piece of metal. Someone who knows the qualities of a sword does not play with it, and someone who knows the nature of words does not play with them” -Miyamoto Mushashi. Words are some of the most powerful things in existence and they are nothing more than changes of air pressure bouncing around our ear canal. In something as simple as a sentence you can completely tear a person apart. Humans are such fragile creatures in this sense. I imagined this program was going to be a magical fun filled experience where I made tons of new friends and suddenly all my fears and anxiety was going to disappear. I could not have been more wrong. This program forced me into situations where I was anything but comfortable, that is not necessarily the program or the Kinesis fault it is just who I am. I felt alienated and like everyone already had friends and I was just the odd kid out once again. I know how to deal with it pretty well I did it in middle school and most of high school. But that does not make it any less painful. Several times this week I had moments where I was inspired by what the professors had said and thought maybe I could be more social and maybe make some friends. Tuesday we did a small group activity and we passed around papers and wrote something about the person on them. I intend to keep mine for a long time. But a few simple things from almost complete strangers threw my head into a complete tail spin as sad as it sounds that is the nicest thing anyone has done for me in years. I cannot say it inspired me to magically become a social butterfly and become everyone's best friend. But I am inspired to do something to help others like me. I want my impact to be for those who are too afraid to admit they are homesick.

- Jonathan Standke; Cherry Hill, New Jersey

I have been imaging so much in the past week. The future seems so broad and so many endless opportunities. I can see myself being successful in the future while here at Elizabethtown College. This program has been so beneficial in many ways. I feel that I if I did not have this program I would not have the advantages I now have. I can see myself in my career and helping others. So many people have inspired me this past week. Professor Benowitz is by far the most inspiring person so far. He is so knowledgeable and I feel that he brings a whole new level of learning for me. Also, the other professors that took time out of their day to speak about what they are passionate about are so inspiring. The speeches they prepared to share with us were so fascinating. I learned that there is so much to learn in all aspects of life. The other person that has really inspired me is Kinesis Peer Academic Advisor Jamie Ramos. The book discussion about *Inspirations: Selections from Classic Literature* really changed my outlook on life. The connection that Jamie made from the book to real life was deep and emotional. The discussion was so real and made me think of things that I regularly would not think about. I understood Jamie's story because I had a similar experience as he did. Jamie's discussion made me realize not to judge a person, because every person has their own struggles and backgrounds. I am going to take what I learned to inspire others. This program impacted me in many ways. I made so many relationships with people and bonds that I never thought I would encounter. I plan on making an impact on other lives just as Jamie, Professor Benowitz, and the other speakers had on impact on my life. The Momentum program made me feel that I can accept the challenge of college. The experiences and friendships that I gained will be with me forever.

- Joseph Santos; Southampton, Pennsylvania

Three words that come to mind are imagine, inspiration, and impact; words I did not know had value until I experienced a journey with Momentum program. As a young child I always wanted something more but I could not grasp the content of "more" I felt that there was something missing deep within me. As I grew up, I came to the conclusion that I had a passion for writing. The more I wrote the more powerful I became. My desires began to disperse through my thoughts and I started to reconcile my missing parts. I envisioned a strong woman who can overcome any obstacle that presents itself towards her. I believed that her life would bring mass success. I also see that she will become a professional writer, study psychology, and create a youth center to give back to her community. In fact, I noticed that I can only be creative and productive by having inspiration. The foundation of the Momentum program alone inspired me as a whole. The professors presented information that would help me become a successful college student. I truly appreciate their time and effort to make sure the Momentum students have a head start for college. The Kinesis and my fellow peers touched me personally because they all have stories that contribute to the fact that they are at Elizabethtown College for a reason. A speech that was given about character and discipline made me reevaluate my life to make the decision to become more responsible. A saying had been mentioned, "It's how we start and it's how we end it" those exact words changed my perspective of my life. I interpreted as it's up to a person themselves to bring out their own full potential. Another point that stood out to me had been mentioned saying "If we don't focus, our hope fades and we lose connection and the true definition of who we are. Since I love to write I remember that there was a specific factor for writing; write every day, read and edit, and look for inspirations. I took that advice and I already saw a difference in my thinking of writing. I took notice that my peers and I began to become more outgoing each day because of the works of this program. Challenging yourself helps you grow and I overcame many fears in this program such as speaking in front of people, sharing my thoughts, and making new friends. Overall, The Momentum program is a great program to join to help you learn and grow as a person.

- Kaileigh Tinnin; Avondale, Pennsylvania

When I was a little girl, my mom always encouraged me to dream, to imagine. Even at a young age, I imagined going to college so that I could be successful. However, in all my imagining, never once did I think of the possibility of leaving almost everything I had ever known just to further my education. I did not imagine I could travel halfway across the country, leave my family, and find a new one. Looking around at the faces of my new family, I realize that no dream is ever complete or singular. After almost a week of bonding and sharing, my eyes have been opened to the fact that I want my time at Elizabethtown College to be filled with new and lasting bonds of friendship and nurturing. Watching the Kinesis Peer Academic Advisors interact with each other and the new Momentum students has only reaffirmed my imaginings and shows me that they are possible. They have inspired me to be a person who offers a welcoming, goofy family and a helping hand. Each Kinesis Peer Academic Advisor has gone out of their way to comfort, joke with, and speak with just about every Momentum student. Yes, it is their job, but the care they have for our not-so-little family is obvious to me. I strive to take what I have learned from them to be able to help guide and offer counsel to my peers inside and outside of the Momentum program.

- Lizzie Miller; Duncan, Oklahoma

One of my favorite moments from the Momentum program was being able to participate in Socratic dialogues with Professor Besse. During these discussions everyone was engaging in extremely thought provoking questions such as “what is the truth” and “what does it mean to be a hero.” This type of sophisticated, open-minded discussion where everyone was connected to the conversation and offering unique responses allowed me to shift my perspective and grow. This experience was what I always believed college would be like. Listening to incredible lectures from Professors Teske and Kelly-Woessner talk about the field of psychology and political science inspired me to want to learn about other topics I am passionate about. By uncovering my passions I was in fact uncovering myself. The Kinesis Peer Academic Advisors have also been a wonderful inspiration to me over the past days because they understood that coming into college can be very difficult despite the adversity they may have faced. I can succeed and become a part of a community of people who believe that their best self is yet to come. My goal is to become a medical social worker and help offer resources, and support to patients and their family members. If there is one thing I have learned from the Momentum program it is that your past does not have to define you. Imagine, Inspire and Impact. In the words of poet, George Herbert “Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.” The Momentum program has become the “better tool” I will use to build the world around me. I never could have imagined what the next days in the Momentum program would reveal to me. I was enough and more importantly I possessed the strengths and talents to build a great foundation for my future.

- Kate Linton; Titusville, Florida

In these past days of coming to Elizabethtown College for the Momentum program I have had an amazing experience. This program has inspired me to do great things. I have seen students that did not want anything to do with anyone at the beginning, but then they all came out of their shell. This proves that a positive environment can make an impact on people. I try to do every day, and now I am going to try harder to do so seeing the impact on the Momentum program. The Kinesis Peer Academic Advisors also have inspired me. It is amazing how much work they do for us just because they were in the program. This program brings people out from their shells and into a sociable butterfly. This program has made a great impact on me as a person. Without this program I would honestly be lost. I did not know what I was going to expect coming to Elizabethtown. I am a first generation student, so I was very nervous moving in. After the first day my nerves were gone and they made me feel like I was at a home away from home. I made plenty of friendships that will last even in the first day I was here. It pushes me forward to be involved on campus and get connected with people. On the same note, I would like to make a positive impact on students, faculty, visitors, etc. by just being nice. Being here in the Momentum program makes me imagine I can do whatever I want if I stay on track and determined. Professor Benowitz and the Kinesis make it very clear that whatever you imagine doing in the future can come true. I currently imagine myself going to medical school and becoming an E.R. physician helping people. My favorite thing about being an E.R. physician is that we can not turn anyone away, and everyone gets the same elite treatment. The Momentum program is a priceless program that makes first generation students feel like they are at home away from home, makes the students grow as a person, and makes us great students.

- Kylar Harvey; Easton, Pennsylvania

The Momentum program is a wonderful experience. It gave me that extra push in being prepared for college. I have learned many things from both the Kinesis Peer Academic Advisors and the other Momentum students. These past days have been truly amazing and I have been imagining how I am going to graduate with my intended degree. I wish to be successful in my classes and make friendships that last a lifetime. I imagine myself with a teaching degree and a minor in English. I cannot guess what these four years will hold but I hope it is great. The Kinesis are extremely inspiring individuals, they understand the college life and they are super friendly. The professors that I met these past few days have given me great advice and I hope to pass that advice onto others on campus and in the future. The Kinesis are a great support system and will help you with any fears you have. The advice that was given to me is hopefully going to make me stronger. I want to inspire young children to be strong and confident in who they are. Inspiration is an extremely important thing to have, it helps you get through the hard times and it gives you a reason to try harder. This week has definitely made me a better person. I have gained friends that I hope will last a lifetime and I have also gained a strong support system in the Kinesis and the other students. If you need a shoulder to cry on, they will be that shoulder. I wanted to give up. However, some of the Kinesis helped me see that this will help me in the long run. I want to have a positive impact on everyone I meet, for example hopefully my future students and even some others. This group is wonderful and can give incoming first years a very good beginning to college.

- Kelsea Brodbeck; Hanover, Pennsylvania

Day one on campus started in a way that I was unprepared for. Drive to the campus, unload the car, prepare the room, eat, say goodbye, and then have a walk with sixty-nine other students and one professor. The feeling of uncertainty and fear creeping up on me was unexplainable. After lunch, the rest of the group was led to the steps of the High Library where we eventually said goodbye to our parents, brothers, sisters, and friends. However, when one family parted, a new one was formed. A new group of friends have suddenly embraced me in their fears and begun to share stories of who they are, simply to become my new family. The beauty in this is that we are no longer alone. They have moved me to include others even with my social anxiety. They have moved me to remember why I came to Elizabethtown- for an education so I can go around and help other people around the world. This small group of people have begun to remind me that the college is more than a school. Instead, it is a place for growth and new beginnings. Throw away the bad beginnings and mean people, throw away the fear and the confusion of who will accept me. By throwing away the negativity that thrives in someone's personal life and letting new, happy thoughts blossom, I am able to remember the impact that my new family has made on me during my first learning experience. Life is full of many forms of inspiration. Somedays inspiration comes in the form of people and other times it comes in the form of ideas. People such as my fellow Momentum students and Kinesis have brought me inspirations daily since our arrival. Hearing the stories of their past, their fears, and their triumphs have moved me to be a stronger me. Discussions about ideas such as hope, listening, and be humble have inspired me to become a better person. Hearing stories of hope have helped me to stay strong and shake the dust. As an incoming freshman student unsure of what she would like to have as her major, I have been inspired and motivated to listen to not anyone's voice but my own. To be humble though is something I aspire to know. Why? For the simple fact that being humble, in my eyes, is as important as falling in love. As each day in my so far uneventful life continues to pass by, I know that to fall in love with myself, I should try to become someone that will inspire others. If I must share my story, let me share. If I should perform, give me the stage. But if I must be the one for someone to look to, give me a chance. Every day since I have woken up, I have been imagining the next four years of my life. I can see future me walking up and down the stairs of the High Library to study for my upcoming test. As I walk among our little campus, I will learn nearly all the names of the professors. However, once the fourth year reaches an end, I will no longer have eight a.m. classes or lectures at two. I will be entering the real world. Imagine this. The five foot three girl who is the shy loud mouth on campus, who has yet to declare a major, crosses the gazebo. She begins her next adventure. With this adventure comes traveling, working for the Peace Corps, making a change. With this adventure, this girl will learn how to change the world to be a better place for kids with special needs, mental disorders, and who suffer from substance abuse. One day, I will be that girl; but for now it is only day five of the 1,460 days in college.

- Darby Keller; Quakertown, Pennsylvania

As I arrived at Elizabethtown College a week earlier than the rest of the freshmen, I was an equal combination of scared, nervous, and homesick. I had never been away from my family for an extended period of time, and I was nervous to be without them. As my family waved goodbye for the last time, I knew I was about to embark on a transforming journey that would inspire me to leave an impact on Elizabethtown College that will last a lifetime. I have begun to imagine my experience here at the college. I want to take advantage of all of the different opportunities, and become the person I have always dreamed of being. I believe my calling at this college is to be a friend to everyone I meet, and to extend a helping hand to those who need it. Over my four years here at Elizabethtown I would like to make a difference on campus, and become a successful student. I imagine that my time here will be worthwhile, and provide me with the tools I need to succeed. Over the past seven days in the Momentum program, I have been inspired through presentations, Kinesis Peer Academic Advisors, and my peers. Professor Besse spoke about Socrates, and told us to continue to learn, because there will always be more information available to you. She also told us to challenge the system, because if you agree with everything that is presented to you, then you are not thinking for yourself. The Kinesis have inspired me to get involved at the college and to take advantage of the opportunities to help others. My peers have also inspired me to be a better person, and a better friend to everyone. The inspirational opportunities available throughout this program have been infinite. I look forward to inspire others throughout my time here, with what I learned during Momentum. Momentum has had a massive impact on my feelings about college. It has made me feel more prepared, and more comfortable with the entire transition. I want to use what I have learned here to impact how others feel about the college experience. I want to be able to impact the world with what I learn here at Elizabethtown, and make a lasting impression on everyone. Overall, the Momentum program has been a wonderful experience. It has helped me grow as a person, and learn more about myself. I have been able to make friendships that will last forever. I believe this program should be available to all incoming freshmen. Before I came to college I was an equal combination of nervous, scared, and homesick. The Momentum program taught me how to overcome those fears, and use what I learned to leave a lasting impact on Elizabethtown.

- Lacie Flores; Port Deposit, Maryland

Throughout the duration of the Momentum program I have learned that the “big, bad” world is not to be feared but embraced. I have learned in this short amount of times much more than I ever thought I would about what I can do with my life and aspects about myself as an individual. My main goal in life is to not only be happy but to do anything and everything possible that would benefit others. I want to study something that will be beneficial to everyone I come across in my life. The sessions we all experienced from these passionate people have made me want to be as passionate as they are. To be able to get up in front of a group of young adults and be overflowing with joy just to be able to talk about what you love, is an incredible sight. This program has made me want to do everything in my power to be able to help others. It has challenged everyone involved to make new friends and adapt to new things. These challenges that we have faced have prepared us for things beyond college that we will someday have face.

- Madison Ripley; Hummelstown, Pennsylvania

In these past few days, I have been imagining my college career, and my future career as an engineer. From all that I have learned, I can imagine that my college career may be rather tough. However, I also see myself getting through it. I imagine the day I will graduate, the day I receive my degree. I see the excitement of me and everyone around me. But I can just imagine the days walking into Esbenschade Hall, working on all my assignments, working with others to get projects done, trying to choose a minor... I really just cannot wait. Not to mention all the extracurricular activities I hope to participate in, such as clubs. In the future, I can see myself working and designing machines that will create a better world for others. I see others being excited to see this amazing thing I have designed for them. I see an amazing future for both me, and the people that I design for. While of course I must imagine my life in the future for myself, I think about how I can impact and help my family too. My designs could do some wonderful things for my family as they get older. I have been inspired this week by all the presentations, but two events really inspired me. The first event was the “poetry and dynamite” presentation. I was so inspired when he told us that it is possible to follow your dreams, and that anyone who tells you that it is impossible, is wrong. That statement alone only helped me want to continue to pursue my dream of becoming an engineer one day. However, the most inspiring event was when I had a conversation with Kinesis Peer Academic Advisor Ramon Rios. During the book discussion about *Inspirations: Selections from Classic Literature*, Ramon proved to me that I will be able to make great friends, because I will be able to find friends and people who are just like me. I want to inspire others to be able to break out of their shell just like I need to, and prove that it is okay to be who you are. It is absolutely possible that anyone and everyone can find just one person who is just like them. There is just the right amount of people at Elizabethtown to find that perfect friend for you. I am willing to be everyone’s friend, and I will inspire them to find more. This week I have really made some great friends, and I am honestly very socially awkward. It is absolutely possible to do it, even if it takes time. I also want to inspire people to follow their dreams. While college is about making friends in some senses, the most important part of all is focusing on you and your dreams. I am there to inspire others who feel like they may go downhill. This program has had the impact of getting me absolutely ready to conquer college. If I did not have the help from the Kinesis Peer Academic Advisors, Professor Benowitz, and even my new friends, I would not even be remotely ready. No one would have been there to help me through my homesickness right away, I also would not have had help to learn my way around the campus. Not to mention, I also would not have met such a great group of people. As far as making an impact on the world, I want to help people around the world. I want the world to benefit from my future work as an engineer. I want to design machines or objects to help others, not for profit. My objective of being an engineer is to be happy with my job, I do not care about the money that goes with it. I want to spread my happiness around the world! The impact that this college will have on me is that I am going somewhere where others care about me and are there to support me. This school is going to challenge me, but in the end it is going to make me successful. I am going to come out of this school confident, successful, and able to talk to others. This college is going to help me break out of my shell, and allow others to as well. This college is giving me all that I have asked it to. It is the best decision that I have ever made.

- Lauren Cugliotta; Malvern, Pennsylvania

My purpose in which I have found through the Momentum program can only be encompassed by the wisdom of Helen Keller as, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." I have been given the opportunity to gain something I have never possessed before, certainty. My image was never fully assured: who I was, my beliefs, even my actions, but now I am not discouraged to be myself. I learned to genuinely work for what I want to achieve, and that alone is able to drive me to my optimum potential. I am able to be propelled to grow into the best person I can. My vision of my future is so much brighter due to the overall acceptance, and atmosphere created by every individual that participates in Momentum. All of our differences combine in such a harmonious way that permits us to embrace all of our attributes, and give power to every one of them. My strength that I have obtained makes me want to reciprocate each ounce of positivity to each being possible. I will be the force for others to reach the entity they strive to be. I aspire to show even the most immense dreams are obtainable, just as mine are. Momentum has formed me to envision myself graduating college, going to medical school, and being an anesthesiologist, even though I was never around those accomplishments.

- Miranda Wysochansky; Frackville, Pennsylvania

Momentum can be defined as the impetus gained by a moving object. As I reflect on this definition more often, I am thoroughly reminded of how appropriate of a title this has been for the past few days of my experience here at Elizabethtown College. As first year college students, we are moving objects or vessels. My colleagues and I aspire towards a future beyond the threshold of the campus. As we walk through our collegiate experience, the expectation is that we are growing, changing, and becoming more complex and intellectual individuals. We all face this challenge at a different pace. Some dive in head first and some are apprehensive, dragging their feet in anticipation of the challenge ahead. My colleagues may fall on any part of the spectrum, however, before this week, I was dragging my feet. I often feel so much gratitude for momentous opportunities that I feel an almost innate guilt that I was fortunate enough to have this opportunity. I entered high school sprinting like Usain Bolt in the Olympics this summer. I wanted to be a lawyer and I was going to stop at nothing to reach that goal. I always had a stark interest in interpersonal relations and music. I figured, however, that it was best to focus more on developing my resume with interpersonal relations because it would be more useful than music would with this career. Although, everyone around me would agree I was more talented in music. I joined the choir and then proceeded to join groups that would expand my resume politically. I joined student government, I ran for class president, and I helped establish a debate club. Initially all of my attempts were initially successful. I became a very active member in student government and was promoted to a member at large, I won the election for class president, and our debate team became very popular and gained a lot of interest around the school. Initially, I was satisfied with where I was but there was no excitement. I had no real interest in what I was doing and that was my biggest mistake. Because of this, eventually all of this was disbursed for many reasons but the underlying reason that really made an impact on this was that my subconscious knew that music was my passion and as I was working harder and harder to ignore my subconscious, it was working even harder to defy me. This parallels to, what I would attribute as, the most important lesson I have learned from Momentum which is that every single person living in the human species has a calling and it is our obligation either to pick up the phone or to ignore it. If we ignore our calling, we are wholly responsible for the consequences. Even though, technically, I learned this lesson about two years ago, Momentum was the catharsis I needed to conceptualize it. Now, that I have acknowledged what I believe is my calling, I must work diligently to use it to change the world. This program has impassioned me to work even harder than I initially may have because it taught me the techniques to do so. I chose a career in music therapy to change the world. I imagine myself as a voice for those who may feel voiceless whether it be physically or psychologically. As a music therapist, I want to be the person who hears these people and allows them to have their voice heard. I will assist people in having the voice that I never thought I had until now. I have clearer goals, aspirations, a clearer vision, and a speed more fluent with being successful. As a moving vessel, my momentum is now ready to face college.

- Lauren Shakes; Randallstown, Maryland

During this week in the Momentum program I have been learning and becoming a better version of myself. To be honest, I have enjoyed every second of it and I would gladly redo it a million times. When I hear the words inspiration, impact, and imagination I can only think of one of the situations that made me rethink my whole existence. I keep imagining how would it feel to become a psychologist and I have the chance to help those that face heavy problems without having someone to talk to. I was also impacted by everyone that I have met throughout the week, specifically Professor Thomas Winpenny and his motivational speech about integrity. He called it "What's the truth?" Personally coming from a place of faith I said my faith is what is true, but currently I feel I was wrong. There are many other truths I need to take in consideration, and I have also learned to not judge a book by its cover. My cohort reminded me that we all have our own struggles and are overcoming those struggles. Today I write my essay as a thank you note to those that encourage and motivated me, and I will forever be thankful for Elizabethtown College for giving me this kind of opportunity that I will hold on to until the end.

- Mahmood Mohammad; Lancaster, Pennsylvania

It all begins with fear of having to leave your old life. No one likes to change, but sometimes life just forces you to start a new. The whole feeling of leaving your life behind is tough I admit, but here is one advice to the readers' it all begins with just one step. The first step means everything, but one thing for certain it is not a mistake. Life is full of changes, new experiences, many adventures. And college is surely one of them. As I begin to leave home for college, for mind was chaotic mess. Do not get me wrong; I was so excited about being one step closer in achieving my career goals, but honestly I was scared. I started to realized that I was not only leaving my friends and family, but I was also beginning a new life. The Momentum program at Elizabethtown College gave me an advantage. Due to the fact I started this program, I was able to not freak out by myself during the first day of school. I feel like I am able to start school strong due to the support of my new friends I made during this program. It gives people the support they need to start college and give you the belief that you can actually do well in the college. All my life, my family has always taught me to treat people how you wanted to be treated, but overtime the less began to weaken over time. The Momentum program really emphasizes on treating people with respect and not letting your past define you. The poem, "Shake the Dust" made me want to be more involved with the Elizabethtown community because it showed me how we really do not know what people are going through. I want to be a leader and tell people that going to college is not as serious or scary as people think. I want to join clubs on campus like Noir, the Diversity Club. During the program, I began to want to try things that I never thought that I would actually want to try. Professor Waters made me actually want to start writing again. His lecture on poetry and writing erased the hatred I had for my English classes. So, maybe one day, I will actually start like writing again. As the Momentum programs is coming to a close I feel very comfortable in starting my new life at Elizabethtown. The program helped me make friends with not only my roommate, but several of the other people that are attending the school. The first step to a new life is new easy but, I believe I can make it with the friends in the program.

- Leah Jordan; Columbia, Maryland

A common theme I have discovered in all the activities and presentations I have experienced through the Momentum program is 'beginning.' Not only is the Momentum program the beginning of my college experience, but it is also the beginning of the rest of my life. I have come to realize that Momentum is the tool I will use to build myself. Momentum is the shovel in the dirt to begin building a good, strong foundation. With a strong foundation, I will build myself high and achieve my dreams. I am hoping to make a big impact on the world with a biotechnology degree by working with vaccinations and create other medical tools; I truly believe Momentum has pushed me in the right direction. By listening to the speakers during the Momentum program, I realize that I want to take my education as far as I can. Momentum has inspired me to explore and pay attention to the world around me. From noticing small details, such as the shape of the lights around campus, to paying more attention to the people I encounter every day; I have learned to slow down and learn my environment more. I now have a new appreciation for the little details incorporated in the campus, and I have learned to appreciate people more. By looking people in the eyes more, it is easier to connect with people and Momentum made me realize that. I will shape myself, but Momentum showed me how. The Kinesis' made sure everyone met someone new every day. Even though I was out of my comfort zone, the friends I made are unforgettable. The Kinesis' were so friendly which made the transition easier and comfortable. I am very thankful for all the different speakers that dedicated a part of their day to teaching us and answering any questions we had. Learning about the different courses offered through the college exposed me to several classes I now know I have the opportunity to take advantage of. I imagine my experience at Elizabethtown College will be much better because of the program. I will approach classes more strategically and I will try classes I would not have taken without learning about them in the program. With the friends I have made and the acceptance I have already experienced, I feel very confident that I will start college right and succeed for the next four years of my life.

- Makayla Ratcliffe; Hampton, Tennessee

During the Momentum program the process of being mentally stimulated by my peers, the Kinesis Peer Academic Advsiors, and the numerous professors has been a great process. As I went over in my head what inspiration was and how this seven-day program would impact my college career. I feel like the workshop that impacted me the most was the writing workshop which was taught by Professor Matthew Skillen. In this workshop professor Skillen stated that "All great writers do the following: they write every day and often, they read, they are open and willing to rewriting or revision, and they look for inspiration." After taking time to carefully consider these four steps I realized that they could be tweaked and revised and then they can be applied to any concentration. Being able to imagine my time here at Elizabethtown has been amazing. Through meeting new people to making new friends and getting to learn about the history of the college and the town of Elizabethtown that I will be spending my next four years at has been a great experience. This program has allowed me to see that even though a group of sixty teenagers can come from many different places, we can come together and within one week laugh like we have been friends for years. This program has instilled in me that you do not have to come from the best background to do well in college. All you have to do is believe in yourself like Stephanie Collins, from Residence Life, believes in you. -- Nichole Russell; Horsham, Pennsylvania

Until very recently, college seemed like an eternity away. It was something I looked at impersonally, thinking it was so far ahead in the future that I did not really have to worry about it. The past week before moving in, I was dreading coming here. I did not really know anyone in the Momentum program and having to meet and socialize with new people has never been a strength of mine. Fortunately, I have discovered my niche in this crowd and feel like I really fit in. Since I have been at Elizabethtown this past week, I have spent a lot of time thinking about what the next four years have in store for me here. Though I have been trying to live in the moment, it is impossible not to think about what lies ahead. I have had a passion for the German language since the seventh grade, and knowing how many opportunities this school offers to travel abroad assures me that I will get the chance to go to Germany in my high school career and achieve fluency. The International Business program in particular is very appealing to me, as it is my intended major and the tools and guidance it will provide for me is very promising. Out of college, I am not really sure what I will do in terms of a job but I know that an Elizabethtown education will make finding a suitable career easy. Getting to interact with my professors and fellow students has been a source of inspiration for me. I enjoy seeing how passionate others are about the Momentum program and Elizabethtown in general and especially the Kinesis Peer Academic Advisors who take time out of their summers to come to school a week early and help us all through this is admirable dedication. Momentum has taught me that college does not have to be a nerve-wracking, dreadful experience and no matter who you are or where you come from, you have the ability to succeed. I feel personally impacted by the International Business department here at Elizabethtown College, which has made me feel welcomed and has shown me that I will be able to follow my passion just like everyone should. I could not be more thankful for the opportunity to be in the Momentum program and to meet all the great people I have met, and I cannot stress enough how much it will truly change you.

- Michael Snyder; Spring City, Pennsylvania

A certain perception of the world can come to focus with thousands upon thousands of experiences. Every single human being has their own view, their own perception based on their background; including: area code, race, ethnicity, religion, and family ties. My own view has been shaped by all of these. Coming to Elizabethtown College, I have had to step out of my comfort zone over and over. First, leaving my family, friends, and familiar places. Then, stepping onto a campus where I am a minority in terms of race and ethnicity. Growing up, animals have always been an area where I have been attracted. Fuzzy creatures had captured my heart as well as my interest at a very early age. Getting older, I was inspired by doctors like Ben Carson as I learned to put on scientific glasses to see into the world of molecules and atoms. And little did I know, I would fall in love with the world I was getting to experience. For as long as I can remember, from the time I was eight, I wanted to become a veterinarian. This week at Momentum, I have been doing more imagining than I have done for quite some time. My imagination has been searching for answers, and clues to what the future might hold for me at this institution. I am anxious to deepen my understanding of the sciences: biology, chemistry, sociology, and organic chemistry. I know my journey is not easy, but I am more than enthusiastic about where my path will lead me. Throughout this past week, the Momentum program has exposed us to multiple lectures of various topics and classes. Some of the lectures that inspired me as an individual were: Inspirational Meditation with Chaplain Tracy Sadd, Writing Workshop with Professor Matthew Skillen, and Professor Benowitz' s tour of Philadelphia. Reverend Sadd truly motivated me to work harder at getting rid of all those pesky, negative thoughts constantly circulating around in my mind. To always have hope, and to always believe in myself. I have dealt with this internal battle in my subconscious for years, and being able to sit under her instruction and calming voice was true therapy. During the session with Professor Skillen, I was not sure what I was going to get out of his methods. But, him being so personal and down to earth made it genuinely easy to connect with him. Professor Skillen also showed a spoken word piece during his session called "Shake the Dust." It was a passionately performed poem that empowered everyday citizens of every class and denomination, of every struggle, that they can offer the world what they have. To embrace who they are and to shake off their disappointments and failures and keep going. I loved this poem. It set my mind to keep motivated and to not give up, no matter how many times I fall short of what I want to accomplish. Lastly, Professor Benowitz' s historical walk in Philadelphia. As it was my first time in Philadelphia, being there was not only a life-moment for me, but also enlightening. Getting to hear all the history of Benjamin Franklin and the truth behind early colonial times were fascinating. As I will continue my four years at Elizabethtown College, I expect to make not only an impact on the school, but also encourage other people of diverse backgrounds to take the challenge of grasping what you are passionate and curious about, and running with the opportunities to discover more. I can only hope to influence the world in the way I want to. To be a light to those around me, to give hope to those who lack it, and to bring joy to a world who has grown accustomed to hate. I can only dream of what my life will be like after Elizabethtown College, but I do know one thing: I will always be hopeful. Motivated. Dedicated. I will never not believe.

- Monica Walton; Bowie, Maryland

Imagine. Inspire. Impact. Three words packed with immense power. Throughout this week, the amount of inspiration and imagination I have experienced has been insurmountable. The impact that these past few days have had alone have been beyond thought-provoking. Although I have gained so much, I have also experienced a few other powerful words. Fear. Faith. Fate. Since making my decision to attend Elizabethtown, I have been in fear. Fear that I would lose who I am. Being a proud, young, African American woman in a school that I would be the minority was a difficult choice. Throughout my senior year, I had the opportunity to learn more about my heritage and history. At the time, I did not know I was challenging what truth was. I quickly realized that the same experience I had on this church trip mirrored what Professor Benowitz drilled into Momentum student's brains: To challenge what is truth and how we define it. Before attending Momentum Orientation, I had imagined my time at Elizabethtown would be met with some obstacles in the beginning. I assumed that I would not find people like me that if not being true to myself was one of my biggest fears. However, I did have faith Momentum would allow me to make a group of friends who were like me in one way or another. I was right to think this. What I want most out of my Momentum experience and the Elizabethtown experience is growth. During our trip to Philadelphia, Pennsylvania, Professor Benowitz states that when you are stagnant, you fail. That powerful societies and intellectual people were pragmatic and challenged various ideas and ways of life. I want to become one of those people. My hope is that Elizabethtown will prepare me for the real world and help me achieve my fullest potential. The presentations we have been exposed to have been greatly influential. The Political Science presentation really resonated with me. I am now thinking about taking some political science courses and maybe exploring this field as a minor and even considering the Public Policy Master's program. Another form of inspiration I received was in the book discussion about *Inspirations: Selections from Classic Literature* led by the Kinesis Peer Academic Advisors. Both group sessions allowed me to dig deeper into myself and why I came to Elizabethtown. I must be fearless in these next major steps I take in life. Lyndon B. Johnson tells us that the only way to grow is by challenging our thinking, our beliefs, everything. I also was further inspired by our fourth president and Founding father, James Madison, who believed that all other societies failed because they lacked diversity. I am beyond thankful to be a part of Momentum. This week has given me so much to look forward to these next four years. In such a short time I feel connected with sixty Momentum students and that is something that other first-year students do not get the opportunity. I hope that I can impact the rest of the people I meet the same way Momentum has impacted me. I will further challenge myself and others as to never stop growing and to never stop challenging what we define as truth. The friends I have made this week have constantly challenged my way of thinking and have made me look at things in various ways. My goal in life is to change the lives of children in third world countries. This is the impact I want to have on the world. I truly believe Elizabethtown will open the doors to numerous possibilities, amazing people, and unforgettable learning experiences.

- Nia Vick; Edgewood, Maryland

"Who do you want to be?" A question that has plagued me since I could speak. As a child, I imagined being just like my eldest sister; a soldier, a savior, a protector of the people. But something as simple as learning what it involved broke my child like perspective of the world. If I could not withstand saying a mean word to a boisterous bully, then how could I look at my reflection after harming or even killing someone. That idiotic realization pushed me to strive to be a doctor or a veterinarian of some sort, but I fear connection... I fear getting connected with a patient only to fail the trust they placed in my hands in their health, body, and mind. That position I felt I would never be able to cope or succeed in. That overbearing moment of clarity started a train wreck of derailed coming to myself events. I learned through experience how powerful and necessary my words were (and still are) to not only others but especially to myself. In an odd turn of fate and meditation, I found who I wanted to become and what I wanted to contribute to fix issues that gathered like thunderstorms and threatened to flood the world, drowning the unexpectedly caught in the waves. I did what any self-respecting teen does when stuck in a conundrum: I watched television. Seeing broadcasters, witnessing their impact, and feeling how my perspective broadened with each debate, each heartfelt message of change brightening my bulb of hope. Slowly, each misplaced, broken, and lost train cart found their spot on my railroad to life. Being here, in this beautiful place called Elizabethtown College, likeminded passengers began to fill the seats and my once lonely, desolate train was overflowing with intellectual and humbled hums of ideas and love. These passengers of Momentum breathed a new life in me and they will always have a seat on my train and a warm safe haven in my heart, for my heart is my home and that haven is their bed to rest in when life gets too hard to do alone.

- Pleasant Sprinkle-Williams; Orlando, Florida

High school graduation. I remember it like it was yesterday. It was only a few of months ago but time truly does seem to fly. Graduating was like accepting a badge of honor. I was finally a full-fledged adult, of so I thought. I remember walking across the stage on graduation night feeling like I was completely ready to knock college out of the park. Yet, as the summer weeks ticked by and college move in day got closer, I started to realize I was not quite as prepared as I originally thought. My fears of college that had been on my mind earlier in my senior year began to creep back to the surface. Was I smart enough? Was I ready to be independent? Would I make friends? Those were some of the questions that kept me awake at night just days before I left my home to start a new chapter of my life. Move in day arrived and the amount of nervousness I felt was indescribable. On the ride to Elizabethtown, I kept thinking “maybe I should have just skipped out on Momentum. I could have stayed home for another seven days in the safety of my bubble of familiarity.” Essentially, I wanted to prolong the inevitable. Now, days into the program, I am sitting here reflecting on this experience and I realize what an enormous mistake that would have been. Momentum has given me tools that are invaluable. I have grown more in the past few days than I could have imagined to grow in weeks. I have made friends with people that I may have never met if I had not chosen to take a leap of faith and challenge myself by being a part of Momentum. I have learned to communicate and interact in ways that have inspired me to focus on being a more open individual. Most importantly, I have discovered parts of myself that have given me the confidence to embrace the new changes that I will be facing every day as a college student. During my week at Momentum, we focused on three main elements: inspiration, imagination, and impact. For me personally, inspiration was the key aspect of this program. One of the most inspiring things I experienced was a video we watched of spoken poetry titled Shake the Dust. One line in the poem that resonated with me said “speak every time you stand so that you do not forget yourself.” That line reminded me that with every challenge I face that causes me to doubt myself, I should make a conscious effort to realize my worth and all that I have to offer the world. That single idea is something that I will carry with me, not just for the next few years that I am in college but for the rest of my life. My hope for my years on this campus is that I will be able to share this idea with others and inspire them to remember their worth as well. After all, that is one of the greatest lessons to learn in life. Going off of that thought, I have spent my time in Momentum contemplating what positive elements I want to bring to this campus. As simple as this may sound, kindness and compassion are the two things I want to offer. Momentum has opened my eyes to the incredible power of kindness and compassion. From the very first cheery hellos that I received from the Kinesis mentors to the compassion I felt when I chose to open up during group sessions, I am in awe of the difference those simple positive acts can make in any situation. Without the amazing people I have met through Momentum, I worry I may have gone through my entire college experience not knowing how incredible it feels to surround yourself with pure kindness and share pure kindness in return. At a school centered around service, a kind heart is one of the most powerful gifts a person can share and I am grateful to say that Momentum has given me the foundation to share that gift with others.

- Phoebe Thomasco; Jim Thorpe, Pennsylvania

Growing up I have always had a sense of who I wanted to be, a dentist. It was always the answer when someone ever asked me what I wanted to be when I grew up, but up until this week I had forgotten why I even wanted to do my once loved passion. I almost lost sight of my goals and who I wanted to be as a person. This week we were asked to think about how we have been inspired. At first, I was skeptical. How could people I barely know inspire me? For heaven’s sake we are only here a week early. Well boy was I wrong! During the Momentum program, we were broken into small groups to discuss the book *Inspirations: Selections from Classic Literature*. In these groups, we were asked what inspires us. At first I said my typical answer, “I want to be a dentist to help people who are not as fortunate to have a naturally pretty smile.” Although that is the truth, the Kinesis Peer Academic Advsiior in charge of the discussion said she wanted a deeper meaning. It suddenly rose to the surface after all these years why I wanted to do my passion in the first place. Growing up, I was a very happy, smiley kid and the reason for this was my dad also smiled a lot, but his smile had the power to light up a whole room even if he was the quietest one in the room. It was the greatest! His smile had the power to turn any bad day into something great even if he was having a rough day of his own. Unfortunately, some good things come to an end. My dad passed away when I was seven. Like any tragedy, I was devastated but life goes on and the pain slowly heals over time. After his death, I made my own vow that when I grew up I would help others achieve a smile that could beam just as his once did. The memory of him most near and dear to my heart. So what impact has the Momentum program had on me? I have rediscovered the passion that made me so excited for the future and the challenges to go along with it. I have learned that even know my end goal may be difficult to achieve, it will be possible through hard work and determination. And I believe that if a passion for something is strong enough, determination to achieve that goal will follow. I know I have a long road that awaits me, but I know I will have a great college experience and it all started with the Momentum program.

- Mary Pugh; Mechanicsburg, Pennsylvania

In the past four days I have imagined my life here, what I can do, where I will go and how to do it all. I never expected to be at school here, I thought I would move far away and be happy, but in these past couple days I've realized this is where I'm supposed to be. Someway my path changed at the last minute and got me here and I am so happy I am and not somewhere else. This program has helped me adjust to college in the best way. I have imagined my career and right now I think I know what I want to do but I know it will probably change and I am okay with that now. I know I will have a bunch of friends, mentors and faculty that will be there for me in whatever I choose to do. I have been inspired by all the kinesis and how they have all changed their majors and added minors and they have gotten through it. I have been inspired by the faculty, sharing all their amazing stories of how anything can happen. The program has impacted me in a positive way by letting me know I am not the only one in my situation. Everyone here can relate in some way; we are all first generation college students pushed by our parents to do better than they did. We all support each other and will for the next four years. These experiences have changed me, given me a more understanding of what is out there and what I can achieve and it may not always be what's planned or what I think should happen but I know everything will work out and I will find happiness.

- Rachel Ragan; Wilmington, Delaware

The Momentum program has prepared me for my time here at Elizabethtown College. Not only has it given me the opportunity to learn about the town around me, but it has ignited a burning desire to change my story. An enormous amount of my life slipped into the depths of depression and poverty. This exciting chance to change my story for the better has been strongly empowered by everyone involved in the Momentum program, despite the disadvantages I have come from. This program has widened my view on possibilities for my future. Fueled by inspiration by Professor Benowitz's speech about how there are multiple ways to achieve a goal, I have discovered courses I may take that I would not have tried before. Strengthened by encouragement from Kinesis Peer Academic Advisors to challenge myself to grow as an individual, I have been imagining the impact I will have on disadvantaged communities around the world. I am inspired by the guest speakers to explore the options this school has to offer and I hope to have the same strong effect on those around me. As I begin my journey through Elizabethtown College, I am grateful to have experienced the Momentum program that has aided me in preparing for my future.

- Rebeka Christa; Ellijay, Georgia

This freshman year is incomparable to the freshman year of the distant past, in which I was anxious, isolated, and small in both stature and sense of imagination. In less than one week, the experiences and conversations available through the Momentum program have begun to edge the veil covering my future. This inviting and engaging environment has facilitated my imagination in a way that is ironically unimaginable. Although I am uncertain what career I may someday attain, I imagine myself advocating for universal and consistent human and animal rights while exercising my passion for writing and literature. This program has assured me that college is inevitably beneficial regardless of my indecision regarding career choice. As Professor Teske mentioned during his presentation about the intersection of science and religion, college is not the place to make one's dreams manifest. College is the place to discover new dreams. The members of this program have both broadened my capacity to imagine and inspired me by shattering my expectations. Within the last few months, circumstances have forced me to accept that commuting is my only financially feasible option at this time. This reality was devastating. I was wholly convinced that commuters neither absorb college life nor develop meaningful friendships. During the very first day of Momentum, multiple people offered to host me in their dorm rooms in between activities. Immediately I began to connect with other students who, after only five days, I can confidently refer to as genuine friends. Everyone in this program is receptive of a "hello" and forgiving upon hearing "Sorry... what's your name again?" Throughout this week, members of Momentum have let me borrow clothing, invited me to join games, fixed my laptop, and shown a genuine interest in who I am. Kinesis Peer Academic Advisors have not only offered me scholastic and practical advice, but also engaged me as an equal. I hope that by maintaining a nonexclusive optimistic attitude I will be able to inspire others. Chaplain Sadd has often mentioned positive psychology during her presentations. By re-framing seemingly negative circumstances with optimism one can improve anything. I often find myself so overcome by circumstance that I forget my place in nature and humanity. I plan to follow Chaplain Sadd's advice and inspire my peers to do so as well. When I am inevitably discouraged by circumstances during these next few years, remembering this week will rekindle perseverance within me. I will remember how much I learned in one short trip to an art museum in Philadelphia led by Professor Benowitz and the lesson that nothing is ever as simplistic as it seems. I will remember the fact that there are people on earth who might actually laugh at my jokes... This program will impact my memory throughout my entire journey here at Elizabethtown and beyond.

- Samantha Romberger; Middletown, Pennsylvania

Momentum, a word defined on Dictionary.com as, “Philosophy. moment,” or, when defined by the British Dictionary, “driving power or strength.” My last five days have literally been the definition of momentum. Within these five days I have lived in the moment. Within these five days I have been driven by power and strength. Within these five days I have imagined and dreamed. Within these five days I have been inspired. Within these five days I have preserved, and within persevering, I have realized the impacts that I wish to have on the world; the world both great and small, the impact both great and small, but the momentum with which I put forward, nothing less than mighty. It is truly amazing how much one could imagine within a matter of five days. Walking across a town I didn’t know, a city I disliked, and a school I now accompany, I was able to see a different part of myself. Activities that I found boring at home, once became interesting to me. Just walking around, I was able to imagine a healthier me, a happier me, a me who was able to finally see myself enjoying simple activities like walking and exploring. Not only that, but listening to the thoughts and ideas offered to us by the amazing professor, I was truly able to see myself in class, to see myself learning and continually earning for more. I lived on a college campus for less than a week, and I could already tell you exactly what I would look like within my classes and what I would look like within my career; an image only Momentum could have offered for me. If there is one thing I will definitely take away from the Momentum program, it is the amount of people who has inspired me along the way. The “lectures” were no longer lecture but they were now learning experiences. On our tour of the Pennsylvania Academy of Fine Arts Professor Benowitz said, “We do not want to see art with artificial light.” I stopped thinking negatively that I was able to see the true artwork of the passions seen within the professors’ eyes as they showed me their artwork with my real light (my new attitude). I was inspired by every person who spoke, from Dr. Donald Reid all the way to the Kinesis Peer Academic Advisors who were there with us every step of the way. I was in a program that opened my eyes to so much more in life, how could I possibly choose just one person who inspired me more than another? Being a Momentum student has probably been one of the most transforming experiences of my life. “Your boundaries are your fears,” (Professor John A. Teske). This program has showed me that there truly is no reason to have a single one of these fears. Because of this program I have broken out of my shell; because of this program I want to break the upcoming Elizabethtown College freshman out of their shells. If this program has taught me anything, it is that you can do whatever you could possibly imagine; such as performing in a school play, you can do anything you believe to be physically or mentally possibly. At this very moment, I want to be someone who inspires others; whether that be merely because I wrote a super long essay for this prompt, or because I no longer care what others think. I want to help others in the way that every speaker we listened to and every kinesis that was there for the tears and the complaints but still struggled through. I want to help others in the way that Momentum has helped me. Lastly, within this essay, I want all the Kinesis Peer Academic Advisors all the professors, all the random bystanders to realize that there is a thank you within my words; a thank you so much greater than a mere thank you card could express, because within this week, you have showed me that there truly is a different and better me, and you helped me to find her. Thank you for that and thank you for the experience you have given me. Thank you for inspiring me to aspire.

- Scarlett Lehman; Shippensburg, Pennsylvania

“Do your best and God will do the rest.” That quote always seemed to creep into my mind at the right times. My mom said a lot of amazing things but that phrase from my childhood really resonated with me. Her childlike faith and devotion to the success of her music’s success is what motivated me to want to perfect my craft. During the last couple of days at Momentum I learned a lot about myself. This experience ultimately reinforced my desire my desire to go to school for music education. I got to spend time and connect with people I otherwise would not have spoken to. Within our small groups I got a chance to share what inspired me to not only pursue music but to go to college. It was freeing to be in an environment where I was comfortable sharing my story. It even more amazing to see others open up and share their inspiring experiences. I will continue to share my story in hopes that I will influence others the way that I have so graciously been. In addition to music, I will get involved with organizations on campus that aid victims of domestic violence. From personal I experience, I know how it feels when it seems you have no support after you experience trauma. I will in the least raise awareness to the cause. I also plan to expand the jazz portion of the music department. As a member of the African American community I believe that jazz is a significant part of our culture and I feel that the beauty of the art can benefit all races.

- Shaelah Best; Hershey, Pennsylvania

Imagine a human...do you see the heart and mind that lives in all of us? Imagine the power and influence they have over the body they inhabit. There is no escape from the world that one's mind creates and how the mind remembers and interprets events. There is no running away from the emotion of the heart. Whether it be hatred, passion, sadness, or something indescribable, it lives and beats like the blood through veins. In and out like the pull the moon has on the sea, the heart is ever changing and adapting to what the body lives through. A mind and heart fighting, competing trying to be heard. One is rational the other illogical both right and wrong at the same time. Which can be listened to? Which can be followed? The mind can remember things seen and read, it remembers that which is taught and repeated. The heart has no ruler or adviser. It follows a flow of its own and creates its own reality if given a chance. A heart can hurt when there is no physical pain and it can be filled with overwhelming joy by a memory from years ago. There is so much conflict between the mind and heart that it can leave the world spinning. Imagine how much a body can take before the strain and confusion is too much and it has to shut down. When this happens, the body hides the mind and the heart from prying eyes and seals its self away from prying eyes. How can one reopen a body that no longer wishes to think with a mind that is hypocritical and feel with a heart that is unrealistic? How can one person save another? The world must have something that gives a body a reason to live a life that they may not understand. There must be inspiration. Inspiration that shows that they are not the first to be afraid or confused of what is unexplainable and irrational. That is why the people of earth educated each other so they can carry on that information and continues the growth of humanity. So much of the world is hard to look at because it hurts to see the painful truth. Anything can inspire someone to try again. To reopen themselves and live with the fact that they know nothing. Inspiration can come from something as small as a baby bird jumping out of a tree, trusting that they will fly. It can come from something as grand as a nation that comes together to save change life for the better. There is no end to what can inspire an individual and each person is inspired by something else which only means that there is no bad story. There is no stupid song or ugly painting because to someone that creation means the world. When a person becomes inspired they start a chain of events that lead to a greater change. One inspired person leads to another. Taking ideas and art from one person and creating something new to inspire and impact another that is the point of being alive and living with other people. Because inspiration creates an impact over time, there is no art form that should be forgotten. The past will never truly leave the minds of those in the present, history will forever be prevalent in the world that exists in the now. When impact is made it never truly fades, like dropping a pebble into water the waves may fade but they spread and grow just like an idea through a community. How can one impact a person, a town, a state, a nation, a world? Simple. Believe that anything is possible. Believe that a dream can become a reality. If people say the something is impossible then it will always be because an idea is only as strong as those who work for it. The world is impacted when people want something to become true when they want something to be real. The simple act of giving support to a dream can impact the world in ways that are not even thought of yet. The possibilities are endless when people are not limited to just what the mind knows or what the heart feels, the body is born with both because both are needed to truly live. Because we are humans, a mind can't imagine, inspire or impact without a heart and vice versa. No matter how painful or confusing the two can be, we as people are better with a rational mind and an emotional heart.

- Tasha Lewis; Winona, Minnesota

Starting college can be an incredibly terrifying thing. It brings new challenges around every corner, some exciting and some terrifying. This program allowed me to meet new friends, get acquainted with the campus, and learn just what college truly is. The biggest impact from time here was the book discussion about *Inspirations: Selections from Classic Literature* because they made me really think about some questions that I would never ask to myself. They made me search my soul and examine my life. After this I am hoping to help lead this school one day. Growing up in an area that was not the best of places prepared me to fight any challenge. When I was growing up people always told me that I needed to make a better life for my kids and family than I had. I want to be able to be there for my children, be able to help them through life, and to be the father that I never had. This is my inspiration. I need to make it through here so that I do not repeat the mistakes of my family. I need to be the role model to the children who have none because of circumstances with their families, friends, or anything else in life. Listening our mentors and all of the professors made me want to work hard. They made me want to evolve from the lazy kid who studied thirty minutes before a test and transform into a hardworking man who is capable of anything. Visualizing is one of the most important thing to do in life. Professional athletes, business tycoons, and even political leaders all use visualization to help achieve success. I am visualizing that with the right guidance I can achieve honors, and maintain both a studious life as well as hold the friendships that I have already made.

- Tyler Legner; West Chester, Pennsylvania

I chose to attend Elizabethtown College for some obvious reasons. My name is Thomas Anthony Giorgi and I am from Wilmington, Delaware. The moment I heard about Elizabethtown College, I knew I should check it out. When I first came to visit, I began to fall in love with the school and it became my number one choice for its close proximity to home, small classroom sizes and school population, beautiful landscape and architecture, and the enormous variety of support groups and resources at my disposal. One unique support that I was accepted into was the Momentum program. The Momentum program has gotten me to imagine the things I want to learn and contribute to this school as well as inspiring me to reach for new goals. Some of the many things I would like to learn about here are the processes behind being a mechanical engineer, a formal designer, and polished problem solving. Engineering may be a broad topic; however, learning the specific details that make up what is mechanical engineering is what I have always been searching for and how I can use the design and mathematic skills I know and will learn to better design future projects and design ideas I come up with whether it be for a career or pleasure. When it comes to being a student at Elizabethtown, I want to become friends with other kind and talented individuals and become a contributing member of this school. I hope to get involved in singing, theatre, swimming, and other groups of interest. This past week in Momentum, we have had the privilege to meet and learn from numerous speakers and professors. We have gotten to ask them questions about numerous subjects from psychology to anthropology. We have learned to reflect on our academics and ourselves as we grow during our stay at Elizabethtown. Learning to not accept everything we hear as the absolute truth to look into how we treat others in every social situation we encounter. The Momentum program has gotten me to think of different ways I can impact Elizabethtown during my stay here. Ideas spanning from creating a small overhang by Alpha Hall in place of the old fountain that tells a brief history of the college to improving the environmental impact the college and its students have on the environment by increasing recycling, reducing litter, greater solar energy generation, and much more. I hope to make many greater friends and contribute to the school's music department in whatever ways I can. I have many ideas and look at what is around me and think how can things be better or what things can be designed to help others. I want to help other people and use what I know and what I will learn to better the world around me. I believe that with the help of other people at Elizabethtown, especially the great friends I have met in the Momentum program, we can all contribute unique things to Elizabethtown whether it is creating something new or improving an already existing thing.

- Thomas Anthony Giorgi; Wilmington, Delaware

In the great words of Muhammad Ali "Don't count the days make the days count." Every day matters you cannot just let your days slip by. Every day is filled with Imagination, Inspiration, and impactful events. If you just count the days you will miss out on the chance to do something amazing, you control your own destiny don't let it pass you by. Einstein describes imagination best when he says "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." The Momentum program definitely helps bring out your imagination and shows you how to apply it. Every day I imagine what my calling is, my future, and what my place in the world will be. I want to teach children it is my passion and hopefully my future. I know it will be a hard and long road to get there but thanks to Momentum I know I can get there. Momentum helps your imagination grow and makes you think hard and critically. Imagination is key when you work toward your goals. Inspiration is defined as the process of being mentally stimulated to do or feel something, especially to do something creative. I think everybody needs inspiration and should inspire others in return. Many people inspired me during Momentum all the presenters had very good points that will stick out with me for these next four years. Also the Kinesis Peer Academic Advisors help you get prepared for what is to come. I want to one day inspire kids the way I have been inspired this week. I want to help kids get excited about learning. As Gandhi once said "be the change you want to see in the world". What can make an impact? Many things can affect you but only a few things can truly impact you. The Momentum program definitely impacted me in a big way. It prepares for college and makes you think about your true calling. I want to take the impact momentum gave to me and impact others with it. I want to hopefully leave an impact at least one person before I leave this campus. Then I want to go on and be able to help kids with trouble homes find an escape through learning. If u would ask me would you recommend momentum, I would say if you don't you will regret it.

- Zachery Rice; Lititz, Pennsylvania

It is said that from the past you can predict the future. When I first experience something somewhere, I jump to assumptions about how the rest of my experiences will be there. A recent example of this occurred on June 25, 2016. I flew in from Miami, Florida to an unknown yet soon to be home territory also known as the Elizabethtown College campus. During my orientation I met my wonderful First Year Seminar Peer Mentors Emily Seratch and Momentum student Ricky Castro, plus a bunch of other first year students who I would try to and hopefully succeed in befriending sooner or later. Throughout the day I participated in various activities and made sure to volunteer for as many as possible. I vividly recall introducing myself and my intended majors, a cracker eating competition in which I won second place, and an interview I participated in. The most impacting part of my day was the Momentum meeting that ended the exhibition of what would be my experience at Elizabethtown College. By the conclusion of my day I felt reassured that I had made the right decision in leaving my family and friends to become a Blue Jay. If it were not for the Momentum program I would have probably been researching ways to smoothly transition from high school to college, especially given the fact that I am interested in documenting my process and then doing research on how others transition in order to help them do the same (this is not limited to my three younger siblings). The transition from a child to a young adult is often times tied to events such as graduations, bar mitzvahs, and in some cases even something as simple as prom. Personally my transition never really had a beginning, I always felt as though I was dwelling in a gray matter that was somewhere in between the two. To my surprise, the moment my mother asked me to take my social security card and put it in my own wallet, my heart sank. The moment I had been waiting and at times even praying for had finally come and I could not have been more in shock. I did not want the load of responsibility being bestowed on me, suddenly all of my memorable and meaningful moments flashed before my eyes. Whether I liked it or not, I had begun my adult life. No more strict curfews, no more being bossed around, I was finally in complete control. However, instead of feeling relieved I felt terrified, I knew I would be okay, and that nothing could have prepared me for this moment more than what I have already been through, yet I was still overwhelmingly terrified. Not necessarily of that to come, but of what could have been and what I had missed. I was haunted by the possibility that because I had worked so hard for a resume that was “good enough” for a “good college” that I may have very well missed out on unforgettable family moments. I regretted every time I brought homework along with me to family events, and every time I asked to be excused from the table to work on a project. Had all of those advance placement classes and extracurricular activities really paid off? At that very moment it didn't feel as though they had, instead I felt like the thief of my own time and energy. Literally every single time I believed that prioritizing work over family was a sacrifice worth making because it would “pay off in the long run” compacted into the salty tears flooding my face. Just this past August I was able to legally travel internationally without parental consent, given the fact that I turned eighteen years old. This being possible was an obvious milestone, but coming to Momentum and hearing my mother tell me that I was an adult was indescribable. Even more so giving my mother a hug goodbye but not wanting to physically let go because of the guilt I felt for being a workaholic killed me. Consequently, I will never be too busy to text or call mi mami hermosa. I have been scarred into remembering to prioritize what and who is important, to not repeat the same mistakes that Michael Newman made in the 2006 movie “Click.” I have officially decided to start the practice of envisioning my future. Within this practice I will allow my older-wiser self to mentally pretend to send my younger self cheat letters. These cheat letters include information that could have helped me make better decisions in the past and hopefully being aware of what could have been, I can improve what will soon be. Currently I am focused on preparing for discovering and creating happiness while building my career throughout these next four years. I do not have the details of exactly how I will do this as I am well aware that with time new opportunities far beyond anything I can imagine will present themselves. Double majoring was an easy decision for me as I plan to incorporate the skills I acquire from psychology and communication together to achieve both short and long term goals. Some of these goals include becoming the face of a company, and using what I learn in my psychology courses to understand a problem between two companies, and the people involved while using skills from my communications courses to facilitate what the two sides want in order to help them come to a compromise. Momentum has reinforced ideas I have known for years but did not understand until Professor Benowitz reframed them. He stressed the importance of not making assumptions on day three and this wisdom will surely stick with me. I have heard this before, and understood what it meant but somehow always forgot and made the mistake of assuming things. For some reason hearing pieces of knowledge from strangers who I know to be knowledgeable helped this click. I am forever grateful for that, as I am for the glorious news that I really should not take life so seriously, and the daily reminder that momma really does know best.

- Valentina Neira-Diez; Miami Lakes, Florida

ELIZABETHTOWN COLLEGE

KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2016



*Few will have the greatness to bend history itself;
but each of us can work to change a small portion of events,
in the total of all those acts will be written the history of this generation.*

Robert Francis Kennedy (1925-1968)

Heading into the 2016 Momentum Program as a Kinesis Peer Academic Advisor for the first time was nothing short of exhilarating. I transitioned from student to leader, admirer to role model. I became a part of a team I admired my entire freshman year in college. At first, I wondered if I could live up to my own expectations. Would I be able to maintain the same level of professionalism as the more seasoned Kinesis? Would the book discussion about *Inspirations: Selections from Classic Literature* session I prepared for the students make them reflect and bond the way I hoped? Most importantly, would I be able to make the same impact on these students as the other Kinesis made on me during my Momentum week experience? Every day of the program, I worked towards answering, “yes” for each question I asked myself. I wanted to exceed my own expectations and the expectations of my admired peers and Professor Benowitz. The kick-off day for the program was a thrill. I found myself constantly helping parents, answering their questions and easing their minds. Once the official goodbyes commenced and we began the town walk, I began learning about the students, talking with them and calming their nerves as they started their college journey. I began making my impact. As the weekend continued I also found myself fitting in well with the other Kinesis. We developed strong, supportive bonds, benefiting our teamwork. The program started off on the right foot. For myself, Monday became the moment of truth. The afternoon included my first book discussion about *Inspirations: Selections from Classic Literature* session, and I saw the discussions as the highpoint for the students’ week. Before starting, I received some last-minute, helpful tips from my peers. The students were very responsive. They shared their inspiring stories with one another and put their heart on their sleeves. Each story received complete support and appreciation. Each group formed a bond I never imagined. In the final day of the program, I could see I handled my job well. Taking a step back and looking around at the group, I could see the connections they formed, the self-confidence they gained, the excitement for the year to begin. I saw the impact I had initially hoped to make come full circle. I now look forward to continuing my career as a Momentum Kinesis, for the remainder of this year and the years to come. Once again, this program allowed me to imagine, inspire, and impact. I love being a Kinesis.

- Kira Kuhar

Imagine. Inspire. Impact. Imagine. I did not know what to expect as I started my journey as a Kinesis Peer Academic Advisor. I hoped to make the transition from high school to college easier for the Momentum students. I wanted to help students feel welcome and accepted at Elizabethtown College. Working together with the other Kinesis, I knew we could make a difference and change the way these incoming Momentum students viewed and appreciated the college and the surrounding community. I saw our role as a catalyst - gently pushing students to develop and evolve in just one short week. I imagined. Inspire. I know firsthand the stress and difficulties of moving away from home and starting your journey in a new and unfamiliar place. I was inspired to be a Kinesis to be a positive example, caring mentor, and solid support system for the students. I understand college is a place where students grow and change as young adults – I was inspired to be the guidance helping students in this grand transition. I was inspired. Impact. Each day starts with the same goal – put the students first. As Kinesis, it is our job to teach the students about the campus and community. We lead by example to demonstrate the expectations held to an Elizabethtown College student. We expect great things from our students, and work with them for the entire year to help them reach their goals. Together, we have an impact.

- Madison McCall

It was an honor to be captain of the Kinesis. Last year I had the pleasure of being part of the Momentum Program as a Kinesis Peer Academic Advisor, but this year was a very different experience. It was great to work with all fifty-seven incoming students in the program. Learning about their past, present concerns, and future goals has inspired me to help them find themselves and achieve their academic goals and aspirations. Last year, I was able to help several students achieve their academic goals as well as help them navigate their social life. As I was saying to the other Kinesis Peer Academic Advisors, this was by far the greatest group we have ever had. The students were so attentive and I believe they really took all of the information to heart. I imagine myself being able to make a difference with the students I have this year. I believe I can better identify when a student will need academic help. It is important to me to make sure every student is able to get the proper resources they need to become successful here at Elizabethtown College. From my experience last year, I am prepared for the students to come to me about questions other than academic. Last year there were roommate issues, conflicts with time management and sports, as well as home issues which carried over into school work. It is my goal to have a positive impact on each of my six students whom I will be seeing over the course of this year. I have only begun to tell my stories to these students. My mistakes, my advice, and my experience here at Elizabethtown. Soon I will be hearing the stories they make and the experience they get to have. One thing is for sure, I know these students are capable of great things, and I cannot wait to see them unfold.

- Ramon R. Rios III

Four years ago as an incoming first-year student, I never imagined that after the Momentum program I would be a Kinesis Peer Academic Advisor during my senior year at Elizabethtown College. I will admit that I was nervous on the first day because I did not want to taint the student's ideas of what upperclassmen were like at E-town. As the week progressed and everyone became more comfortable with one another I began to realize that we as Kinesis were inspiring the students in many ways. For example, they might have been inspired as we shared our stories about our experiences here or while we were lending a friendly ear to someone who needed to talk. Soon enough, it became clear that the students were doing the same thing and creating a bond with each other which I believe will last a lifetime. As this was my first time as a Kinesis Mentor, I observed and learned from other Kinesis' how to reach out to the students and connect with them. Without their uplifting words, I do not know how I would have made it through the week. They inspired me to open up to the students and be honest with my experiences here at Elizabethtown and how the Momentum program helped me transition from home to school. Now that the week is over and I will begin to meet with my students soon I imagine that in my role as their Kinesis Peer Academic Advisor that I will continue to guide and help them navigate any obstacles or challenges that they may face during their first year. I also imagine that I will make an impact on their lives and show them all the wonderful resources that this campus has to offer them. In addition, I would hope that I make a big enough impact that they too decide to take on the role of a Kinesis mentor one day and give back to the school by helping other first-year students get acclimated to this environment and being away from home. Even if they decide that the role of a Kinesis is not for them, I will encourage them to lead to their fellow peers and reach out to them as they go through the next four years together. Being a Kinesis Peer Academic Advisor has truly been an eye-opening experience and one that I would not trade for anything in the world.

- Ariel Davis Robinson

As a kinesis in the Momentum program, I feel that I serve numerous roles. I imagine myself fulfilling these roles by aiding the students in succeeding in classes and social situations, but also in navigating the trials and hardships students face at Elizabethtown College. I envision them excited after exams, and laughing amongst their friends in the residence halls. Every student at this institution has the ability to flourish academically, it just takes effort and a little know-how; both of which I imagine I can offer to my students. Not only have my Kinesis peers inspired me to accomplish my goals, but the numerous speakers and faculty have encouraged me through their lectures. Each one brought something new and positive to the students, whilst continuing the themes and trends of momentum week. Furthermore, the students themselves have inspired me in a tremendous way. Their ambition, enthusiasm, and excitement translates into a positive atmosphere. This atmosphere makes my job exceptional easier, and the first-year students truly have inspired me as a kinesis. I believe the impact I have had so far has been a positive and fun one. In doing this I hope to inspire them as they have for me. I also feel like my commitment to academic integrity, and overall study habits will be inherited by the students. In addition, I know I am there for them at all hours of every day, and I am willing to assist them in all facets of college. My impact may not be felt by the students immediately, but I know that this stellar program will help them blossom into mature and exemplary college students.

- Joey Kobus

Imagine, Inspire, and Impact are the three words that momentum is based around. Five years ago, as a first year student, I never imagined how much impact these words would have on my life. As a Kinesis, I am imagining myself doing many things. I hope to inspire my students to reach their fullest potential, both in the classroom and out of the classroom. I also hope to be someone my advisees can come to and share any problems or issues they may be having. When I was a first year student I know that these two things meant the most to me. I had many people inspire me to be a Kinesis. The first person was my Kinesis when I was a Momentum student. He helped me get through many tough times my first year in college. I hope to be able to do the same for my advisees, as well. Also, Professor Benowitz inspired me to be a Kinesis. Without him I would not have been able to see how much impact a student at Elizabethtown College could have. Lastly, the students inspired me. Looking at all of the Momentum students I was able to see the future of the college and all of the amazing things that the students will be able to accomplish in the next four years. Through all of this inspiration I will be able to help my students through any problems they may be having, I will help them reach their goals, and I will help them make a lasting impact. As a kinesis I hope to make a lasting impact on this campus. I hope to inspire my students to become kinesis leaders and to make an impact on their students. Through this I will be making an impact on the campus. If being a kinesis is not something that they would like do, then I hope to inspire them to help their friends and to make an impact on the campus through other leadership roles. As a kinesis I look forward to watching my advisees grow and to help them through their first year of college.

- Samantha Fellner

Out of the three momentum cohorts I have been a part of, this year's cohort stood out significantly above the rest. As a Kinesis Academic Advisor, my goal is to give back to the program by helping first-generation college students achieve their dream of graduating college. I consider this honor more than a job, but rather a role of integrity and leadership. This year's momentum students reminded me why I do what I do. They reminded me the joy I felt on move-in day when I embraced my family for all the sacrifices they made for me to get to college. In addition to this, they also reminded me of the bonds I created with other momentum students; bonds I still hold today. Most importantly, this year's momentum cohort showed the other kineses' and I they have what it takes to make a difference at Elizabethtown College. This fact became evident through the inspiration sessions on Monday and Tuesday. While leading the discussions, students let their walls down and opened up about whom they are and what they've been through to get this point. One story, which stood out in particular, was of one student who came from a poor background, single family home, and his mom sent him to private school to get him out of the city. When I heard this story, I myself almost broke down in tears. His story was essentially a mirror image of mine. I was able to relate to his struggle, along with the struggles of other students who opened up in the sessions. Additionally, what made me connect with these students even more were their reasons for deciding to attend Elizabethtown. These students didn't just want to go to college, they wanted to go to college to accomplish these goals: "I'm here to become a part of the FBI and stop terrorism." "I want to break my low-income community's stereotype and graduate from college." "I want to make my mother proud by being the first of my family to graduate college." After the sessions, the students came up to me and thanked me for making them realize their why for going to college. However, these students inspired me just as much as they think I inspired them. It's because of their stories and their journeys why I signed up to be a Kinesis. I didn't think momentum could change my life again, but indeed it did. These students have inspired me to keep making a difference on this campus, and I will do everything in my power to do so. Imagine, inspire, and impact my fellow momentum students, and never forget the *special reasons why* your attending Elizabethtown College.

- Jaimie Ramos

Stepping into my position as a Kinesis this summer, I did not necessarily expect it to be such a different experience in comparison to last year. This year brought about new responsibilities, new challenges, and most importantly, new life lessons. These lessons are the bricks that have helped me to build a foundation of self-awareness in the Kinesis and person I want to be. There were times where I doubted myself and my stress level went from zero to sixty. I am the type of person who needs to have some sort of positive feedback in order to thrive. Unfortunately, that is not always possible to have but lucky for me, with the support and reassurance of the other Kinesis, I knew that giving up was not an option. Even if I did not necessarily believe in myself, I knew ten other Kinesis and fifty-seven students were counting on me. Thus, I had to force myself to be confident in my leadership abilities because I could not let them down. Coming out of this week, I know that I have grown as a person because I have had to push myself outside my comfort zone in ways I never really imagined. As someone who does not handle stress well at all, I had to teach myself to manage it in an effective way. That being said, in beginning this new semester, I imagine that I can help my Kinesis students in attaining their academic and personal goals. I have been inspired to be a Kinesis in the sense of seeing the end results. At the end of the day, when everything would come together, that was what made me feel like my job was worth doing. The overall contentment of the first year Momentum students gave me hope that even when things seemed to be going all wrong, things will eventually come together. I also found inspiration in the other Kinesis. Each one of them has something valuable to bring to the table and even when I was feeling low, they always had a way of bringing me back up again. It was their examples that has inspired me to want to be that example to my students. Moreover, the impact that I wish to make on my students is that I want to inspire them to be better students and individuals. I had one Momentum student come up to me and say, "Carly, I think you are a great Kinesis because you make me want to be a better person." This moment gave me hope in my heart that if I could make that impact on one person, I definitely could have the same ripple effect on my Kinesis students. Life is all about finding meaning and inspiration to be the change you wish to see in the world. The impact that I want to create is to inspire others to want to be better people through being my best possible self.

- Carly Foster

When I accepted the role as a Kinesis leader three years ago for the Momentum Class, I did not anticipate how the experience would affect the rest of my life. Being a leader in this program really gave me an opportunity to make a difference in the lives of a group of very talented young people. The themes of imagine, inspire and impact came to me in a new perspective this year, but in refreshing way. This past week overall for the Momentum program was a huge learning experience. I learned how the world can be as big as you make it especially where I current live and work in Washington D.C. When you are walking in the world it is easy to be oblivious to your surroundings. This allows selfishness and complacency to fester in our lives, when it can be so much more. Mentoring those incoming freshmen helped me realize this. Not just as a part of our school, but as cliché as it sounds, a part of the future. It was very humbling. I wanted to make the students the best they could be at college. This is probably a result of seeing bits and pieces myself in each of them. The questions, concerns, which I had, are the same that they are all having. I remember myself grasping for some sort of foothold to steady myself in the new environment I had found myself. The Momentum program gave me that. They are looking for the same thing. Not only this; but they want to be the best they can be at college. Showing that many of them will not take this experience for granted. Inspire, this was one of the most important things the program and the Kinesis Peer Academic Advisors wanted to accomplish this week. The students entering the college needed to be inspired to really reach for their goals and know there is a support system waiting for them. I discussed with many students what inspires them and how those inspirations can shine in college. They and I came from a handicapped, crippled, and disadvantaged points of life. It is not really fair, but that is life. All looking for the opportunity to be the best we can be. They are all different walks and lives, but at the same point in life; a new chapter. The best thing about this is that one can write whatever they want in that chapter. They all decided to start this chapter of their lives with the Momentum program. The opportunity is indeed endless. Causing a great deal of inspiration. I found that when the Momentum students were reading their summaries of the week out loud, I felt an immense amount of inspiration in myself. It is the new inspirations that make me who I am. Using this newfound knowledge I talked with students about their inspirations. The students in this program had so many different inspirations and seeing them inspired me as a leader. The program provided really helpful information as to how the students could make their own impact on the college. They discussed ways they could not only impact the campus physically but also scholastically. I believe with the information presented this week and the Kinesis's continued support, these students will have a large impact in whatever they follow. With this my impact is known. I am and will give them everything I know to help them their first year. They deserve it. This week has truly developed my leadership skills. I grew as a person this week and really connected with some great people. It was refreshing to see so many people my age are excited about their education. This program is genuinely inspiring and the difference it makes in young students lives entering Elizabethtown College is unlike anything I have ever witnessed. As a Kinesis Peer Academic Advisor I have realized the world is growing with or without me. And if I chose to help foster it, I myself will only grow more.

- Garrett A. Clark

Rewind to move in day of my first year of college. I was apprehensive, unhappy, and tired from the long car ride up. I nervously walked up to the white tent to sign in. Little did I know that I was embarking on what would be one of the greatest experiences of my life: the Momentum program. Fast forward to move in day of my second year of college. I found myself under the same white tent, but dressed differently. This year, I had a maroon polo on and was now helping the first year Momentum students move in as a kinesis. I no longer felt the same hesitation I had the previous year; I was excited and enthusiastic. As I sat observing each student's facial expression and body language, I could feel the anxiousness he or she was feeling. However, I wanted to shout out that it would be okay, that joining this program would soon come to be a wonderful decision. Convincing the first years it would all be worth it is much easier said than done. Therefore, I knew I had to do my best in order to *show* them what a great week it would be and how amazing the college experience is. As a kinesis, that was my main goal throughout the entirety of the program. My job as a Kinesis is far from over, even though the week might be complete. I now have seven students to meet with once a week during the entire school year, and although that is a quite a large amount and will be time consuming, I am thrilled to be able to help. These students asked many questions throughout the week and being able to help them with anything they needed, from academic questions to dealing with homesickness, was incredibly rewarding. What inspired me to become a kinesis was how welcomed and loved the Momentum program made me feel, and how the previous Kinesis made my nerves go away. My personal Kinesis took all of my questions and concerns and helped me get through them. Without her, I am not sure how I would have gotten through my first year. I want to impact these students the same way I felt impacted. My transition into college was indescribably easy and amazing due to the program. I came out of my timid shell and made long-lasting friendships. Now, I only want the same for these students. As a Kinesis, I came further out of that timid shell as I have now accepted the role of a leader. I imagine making these students feel safe, and I want to be able to help them through any obstacles they may face during their first year here at Elizabethtown College.

- Olivia Lee

The Momentum Program stands by its motto Imagine, Inspire, Impact. These three words are the path way towards having a successful experience here at Elizabethtown College. Last year when I came into the Momentum program, I felt terrified about making that transition into college because I was going to be away from home and I had no way of knowing what my first year was going to be like. I found that the Momentum Program was my guide to getting to know the campus and the community better. Throughout the week, the Kinesis and Professor Benowitz represented the real momentum behind the program; they made it their mission to make sure everyone feels welcome and that nobody feels alone. I do not know what my life would be like if I did not join the Momentum program. I felt so inspired and encouraged to be a Kinesis mentor because I knew that I could help future groups get the most out of the Momentum week and having that time in our meetings to discuss resources and solutions that they will need for their college success as I did. After going through the Momentum Program last year as a student, but now as a first time Kinesis, I was nervous but excited. I could relate to how these students were feeling pulling into the loop at Schlosser that their college experience was starting. They immediately felt momentum by being welcomed by Professor Benowitz and the Kinesis. Our Kinesis team is absolutely amazing, we have all become so close working together and keeping a good line of communication throughout the week. From having our training day which included having a nice dinner and having a fun time bonding at Hershey Park. The senior and junior Kinesis impacted us, the new Kinesis, by taking us under their wing which was so nice for us to know that they were there for us. They served as guides with our new responsibilities as a Peer Academic Advisor for the Momentum students. When I put that maroon polo on for the first time, I knew that with this polo comes great responsibility. Throughout the week, it was my job to keep the energy level high, interact with the students, make everyone feel included in all the activities we did, lead the group discussions, and to answer any of their questions. I could not have made it through the week without the great support from the other Kinesis, Professor Benowitz, and the amazing group of students we had. The whole group was so nice, did a great job arriving on time to events, and opening up to one another. I am left imagining myself taking on this leadership role as a figure for the Momentum students to look up too, letting them know that I will be there for them if they need help, and aiding them to make their first year a success. I know that the impact that the Kinesis, Professor Benowitz, and the program has had on the students will help them to maintain their momentum at Etown, achieve their goals, and to keep to the high levels of academic performance that is asked of them to do.

-Mikenna Lehane

August 18, 2016, the morning I put on my Kinesis shirt for the last time of moving in the incoming class of 2020. Reality hit me a like brick. This is it; I am a senior, and will be in the real world before I know it. After this brief moment of astonishment, I remembered being an eighteen year old first-year moving in just three short years ago. I remember pulling up under the Elizabethtown College arch, and seeing a small tent labeled with a Momentum banner. I went numb. I was terrified; what if no one liked me, what if I could not make any friends. My emotions were quick turned around when I met Professor Benowitz and the Kinesis team. Their energy enabled me to know that I was going to be okay and that in no time I would be happy to call Elizabethtown College my home for the next four years. As a Momentum student, I remember how much I looked up to the Kinesis and how much knowledge and excitement they had to share with me about any topic imaginable. After those ten days, I knew that was a role I wanted to hold in the future. This is my third year of being a Kinesis, and the most enjoyable one yet. Getting to know fifty-seven uniquely different students is a heart-warming experience. Within these short seven days, you discover the interests and passions of each and every student. These different passions encourage me to broaden my horizons and learn something I may not have known about or been interested in before. Every year I have learned how I could help and challenge the first-year students more and more to get the most out of their college experience. My role as a Kinesis, allows me wear too many different hats. This year, I hope to help my students academically and socially. I want them to know that my "door" is always open. I know how frightening it is to be in their shoes. I want them to feel comfortable coming to me with any issue they may have, helping them attain the goals they have created for themselves in our first meeting. Although it is my job to help these students in their first year of college, they are helping me just as much. I am able to learn just as much from that they are from me. Being a Kinesis the past 3 years is an experience I will cherish for life. Momentum has allowed me to get acclimated college while allowing me to gain many friends along the way. Inspire. Imagine. Impact. Three words that guided me through my first three years at Elizabethtown. With these three words in mind, everything is possible. Here I am, about to begin my senior year of college. Although the week is over, I will never forget all the bonds I have formed with faculty, students and other Kinesis. Here's to the class of 2020, I know you will do great things!

- Emily Brunell
