

ELIZABETHTOWN COLLEGE

# MOMENTUM

## IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2015



*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)

This week has made me become more comfortable with believing in myself. Growing up, I was the kind of person who never gave myself credit whenever I achieved something great. People would often tell me how I was really smart, nice, and all these other things I never really saw in myself. The Momentum program has made me recognize my achievements as well as self-reflect on the potential I have to inspire and impact others at Elizabethtown College and in the real world. Being the third child of teen parents, I believe society never expected me to go far and when I was little I think I often put myself into this expectation. My parents could have never imagined any of their children to make it through high school, especially since they did not themselves. For me growing up, college always seemed a little out of reach for me. I was not always the good student who did great on tests and always did their homework; in fact, I was someone who was the complete opposite. When I got to high school, I realized I really did not want to be a mere statistic: the one which basically sets up the kids of teen parents for failure. I knew I could do better for myself but believing in my abilities was always a constant struggle. This ability is something the Momentum program has allowed me to discover. I have realized through this Momentum experience how I have gotten here because I can become someone who will achieve greatness. The Momentum program made me see how I no longer will allow people to tell me what I am going to be and what I have do. It has enlightened me to see what I can do if I believe in myself and who I am. As one of the Kinesis Peer Academic Advisors said this week, no matter how hard your life is or how much you struggle in life, you can always make it through because nobody can tell you that you cannot do something you set your mind to. If I believe in myself, nobody can stop me from doing what I want to do with my life. It is because of the Momentum program I was able to come to this realization.

- Francesca Galarza; Elmhurst, Illinois

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What is the point of inspiration? What makes it the thing everyone searches for? What makes it important? What makes it the key to everything successful in life? The point to inspiration is how it drives imagination, goals, impact. Inspiration gives individual's passion, which directs all of their thoughts and attention towards a key and significant goal. My inspiration, my passion, my drive, is Elizabethtown's motto "Education for Service." This week while participating in the Momentum Program and discussing Machiavelli's *The Prince*, an excerpt from the book *Inspirations: From Classical Literature*, and its relatability to each person's life during a small group discussion led by the Kinesis, I have understood the importance of background, how much it affects each individual's life and how each individual chooses to let it affect them. I have lived a very good life. I have been fortunate to have so many opportunities open to me, and be surrounded by so much love, compassion, and community. I have had many great role models whom I believe have put me on the right track. One in particular was my high school teacher Mr. Marc Vallone. Through his own actions he showed me the strength of a compassionate heart, constantly serving his community and other communities around the world. For a long period of time, I wondered what it was which inspired Mr. Vallone to continuously perform good deeds and never rest serving. When I came to Elizabethtown, I finally understood. He too, believed in education for service. He believed in appreciating his God given talents and good fortunes and giving back to his communities as gratitude. Elizabethtown's motto, has inspired me to follow him in his footsteps. I want to use my education, talents, and fortunes to serve my calling of giving back to my community. It's meaning will drive me forward towards success, so ultimately it will serve as the backbone of my entire being here at Elizabethtown. In addition, while learning on walking tours around the campus about many selfless, generous individuals throughout the college's history who used their talents and fortunes, I have been inspired to follow in their footsteps on my own path and support Elizabethtown College. Here, I vow to study, to work hard, and to never miss class. I vow to get involved, to take advantage of opportunities and to share my passion for the college with everyone I encounter. Thanks to Momentum, I promise to, in my everyday life, imagine, inspire, and impact.

- Kira Kuhar; Hershey, Pennsylvania

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One thing which inspired me within the Momentum program was the Japanese film *GO*. The film inspired me because it discusses the issue of prejudice and labels, and it only strengthen my passion for these topics. In the movie, Sugihara, a Japanese-born North Korean, had to deal with prejudice while growing up in Japan and he never labeled himself because all he could see in the world are human beings. I understand the trials he had to go through and the way he views the world because of what I have seen growing up. My parents raised me to have an open mind and be understanding of others regardless of their background. When I witness prejudice and people forcing labels on others, it disappoints me because no one should be misjudged or harmed because of who they are, what they believe in, where they come from, and their interests. It is because of the Momentum program I was able to remember the social justice issues I am truly passionate about, and it has motivated me to continue to do well in college and to motivate and inspire others.

- Eyana Burton; Philadelphia, Pennsylvania

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It is currently 12:20 a.m. and I have been attempting for the past two hours to write about what has inspired me over the past five days. I typed, deleted, cut and pasted until the word count became 0 again. I then stopped myself and came to the realization the reason it has been difficult for me is because everything has inspired me from the moment I stepped onto campus. However, the moment which resonated with me the most was the discussion over the unpretentious term "hero." "What is a hero?" was the question posed, which later led to the discussion of a role model. They were both defined as an individual who puts others before themselves, and gives their whole hearts while doing so. The idea and concept of role model and hero inspired and reinforced my passion to helping others in the future. It made me want to help those most in need. During the next four years at Elizabethtown College I plan on studying Biology and continuing on to medical school. My passion to help others and to be a role model has stemmed from experiences and wanting to help others as those who have helped my loved ones. Appreciation has been the most imperative concept throughout my growth over the past three years. September 26 2012, the day I found out my five year old sister was type one diabetic. November 12, 2012 the day I lost my role model and uncle due to kidney failure. Death and sickness has made its way into what I thought would have been an ordinary day, and pain has resonated with me in unwanted moments. For these reasons confidence, hope and comfort were lost. Over the past three years I have slowly built back the parts of me which were not there. The Momentum program was able to finish off this reconstruction in various ways. The census recognizes six different ethnic groups; White American, African American, Native American, Asian, Alaska Native, or Pacific Islander. Yet, a diverse group of fifty students were able to transform this idea of limited selection and open my eyes and fill my heart. Diversity, confidence, unity, and sociability emanates throughout this large group. Due to this reason I was able to open my mind up to a different ideas. I was also able to meet amazing individuals with diverse backgrounds. This group gives me hope and comfort, two important aspects of my life which were lost three years ago. What has truly inspired me? The brave, confident and welcoming fifty students whom I met August 14, 2015.

-Rehana Persaud; Breinigsville, Pennsylvania

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Everyone has that one moment. The moment when you realized something, or everything, has just fallen into place. Think for a minute; close your eyes and find your moment. This week, I realized that Momentum has given me my moment. We have been asked to think about our inspirations. What are they and how do they impact us? For the good length of this week, I did not have an "inspiration." Nothing had struck me as life changing. I felt alone and as if I was under achieving. I thought I was the only one. I had met new people, and acquired good friends. I even realized how much I said the word "I." Yet, I felt a pressure always looming. The thought that I was failing. I continued through the week, hoping something would strike me. The trees from the hike on the Appalachian Trail were beautiful, and were my backup for if nothing happened. Then it happened. I had my moment. My moment when everything suddenly became clear. I had found my inspiration. I was not inspired by the chipmunk who ran in front of us, or the wind in the trees. I was inspired by our laughter echoing through it. I was inspired by our college campus and its progression. The pacifisms of The Church of the Brethren who founded this college resonated with me. My inspiration was the place, and the people who make it. My friendships, and silly concerns, build these buildings. At the beginning of this week, these buildings were made of stone. Now, they are made of the laughter we have shared, the sweat we wiped away, and the ideas we have. The best part of these buildings are how they will always grow with me. This makes it clear to me I have an impact. Every one of my friends have impacted me. They are the ones who poured the concrete of our laughter. They shaped the buildings. I can help shape other people. My interactions, my voice, and even my obnoxious laughter can make one person smile, and even if only for a moment, it can change a situations perception. My inspiration may inspire others, and the cycle can continue. Inspire, and be inspired.

-Amanda Herzog; Orwigsburg, Pennsylvania

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Inspiration. A word which very quickly comes to mind after my days in the Momentum program. To gain *momentum*, is to set in motion. Picking up speed and pace until sometimes, an object becomes unstoppable. This was the goal of this program. To let this incoming class' imaginations run wild, until full of inspiration, impacting our futures forever. With each day, I experienced new things, and gained vital information which even now, calls to me in the back of my mind, informing the choices I make. I was set in motion on Saturday. Professor Benowitz, an inspiring gentleman who has made this week enjoyable. Very literally might I add, as I have never seen someone walk a "not even a mile" so fast before in my life. Professor Benowitz taught me how this program is here to help us excel, and if he did not believe in us, we would not be here. He reminded me to follow my dreams, and take the classes we know we can succeed in. While this may seem like common knowledge to many, it resonated with me. It set me in motion, and was the first step on my momentous introduction to college. Later in the week, my soon-to-be Japanese professor, Professor Takahashi, showed the whole group a funny little film about a Korean-born Japanese man. The movie made me laugh and reflect, but most importantly, reminded me how I could be whoever I want to be. Whether this is a college student, a dropout, or grass without roots. Perhaps the most inspiring part of this week, was learning to know one of the Kinesis Peer Academic Advisors: Jamie Ramos. He took a

small group of us aside from the herd to discuss the book *Inspirations: From Classical Literature*; a book about exactly what it seems. Each short story housed within, Jamie told us, has a theme and message by its author Paulo Coelho took to heart and wanted us to understand. Most importantly, Jamie said, was to “remember something that will push you forward when adversity swallows you up, and times seem tough.” For Jamie, it was his mom back home in Reading. This was by far, the most inspirational part of my week. I really felt like he hit home, as I remembered my mom back home. I realized how I want to go to college, and be strong for her. It impacted me more than I expected it to, and set me loose from my chains of cowardice. “Courage,” Jamie said, “is one of the most important and underrated traits you could have.” He knew we could all have courage, and I think he is right. With my newly acquired knowledge, I now feel more equipped to tackle any challenge which comes my way. I want to try out different things and new classes. I know how many opportunities are available to me. I want to try new things, and I now feel inspired enough to make my dreams a reality. In the future, I want to help my mom live out her dreams, and I want her to rest easy knowing I am successful, and capable to raise a family and be a strong independent person. I know what she has done for me, so it is only fair for me to give back. I have had a dream since I was young to travel the world, and this is one of the only reasons a I am majoring in International Business. I hope to transform these aspirations into reality one day, and impact not only my family and mom, but anyone I may met on my travels. Everyone deserves a fair chance, and all they may need is a little push, to be set in motion.

-Joseph Kobus; Collegetown, Pennsylvania

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During the first few days of this week, I have been greatly inspired by the other members of my cohort. Just meeting them and being accepted and welcomed tells me that, even for really shy people, it does get better after high school. I already have a small group of people I have grown close to and I meet and talk to more people every day. I have seen my group persevere through that “less than a mile” hike. Everyone pushed through and made it the whole way. As a group, we went within to find our greatest aspirations. Analyzing yourself can be tough and it is certainly harder than judging others instead, but the people around me did it. They answered honestly, with integrity, without irony or trying to be too cool for the process. As a group and as individuals, we have already overcome several challenges, and we will just keep on overcoming more and more. I can channel this inspiration into every facet of my life both on campus and off. I can use it as a boost to help me get out of bed when I am tired. I can use it to refocus during basketball training when I feel like quitting. I can use it for strength in the gym when I feel like I cannot possibly do another repetition. I can use it to stay alert during my work shift when all I am really thinking about is going to bed. Inspiration will help see me through my four years at Elizabethtown. Being passive and apathetic will not get me my degree and it will not get me my spot on the basketball team, and this inspiration will keep me going. I do not have a solid plan to impact the college just yet. I know I will impact through basketball and academic work, but I do not know just what impact I will have. Greatness is in all of us, and I know mine will be brought out by my coaches, professors, and peers. Clarity will come later on. For now, I will just focus on what I came here to do.

-Kyle Hayes; Baltimore, Maryland

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Our trip to the Allenberry Resort in historic Boiling Springs, PA was both fun and challenging. The challenges were both big, small, mental and physical. Picking up a tennis racket and attempting to try a game you hardly know anything about is not an easy task to complete but worth trying. This inspired me to open my mind up to the possibilities which college will bring. The whole point of the Tennis Academy was to learn something new and hopefully useful in the future. Like many of our sessions I was pushed out of my comfort zone to try something new. My inspiration is Oscar Pistorius. This one is for “The Blade Runner;” the man who lost his legs to amputation before age one. Throughout his childhood he was fully involved in a variety of sports such as wrestling, cricket and many more. Following a knee injury in rugby he took up track as a new sport which led to his success. After competing several times he decided to try out for the 2008 Beijing Summer Olympics but much to his disappointment he did not make the cut. As most of us are aware he later was a part of the 2012 London Olympics. Imagine being denied the chance to participate in something you feel passionate about because of something you could not change. Even after his knee injury he never gave up and persevered through the challenges he faced. My biggest challenge this week was walking on the Appalachian Trail. I mean let’s face it, these small legs of mine are not getting anywhere as fast as the legs of Professor Benowitz. The characteristic of purposeful perseverance was demonstrated by all the members of the Momentum students. Now with this I know I am able to persevere through anything. Time waits for on one so why not make an impact and face your challenges head on with no regrets.

-Stephanie Alvarado; Hershey, Pennsylvania

Moving Back Forward: I am a giant question mark. I had thought I had known myself before I was introduced to Momentum and I thought I had already known what I wanted to do as a career. Now, I am more aware of how I am a work in progress. Much like Associate Dean of Students Stephanie Rankin expressed, people are much like rain drops trailing along a window, mingling and colliding with each other (much like how people shape and change others when we interact). We never come out completely the same after each change in life. Through this Momentum program, my experiences have changed me and I will not come out exactly the same as I would have if I had not been absorbed into this program. I was fairly set on becoming an engineer and eventually going into prosthetics a little under a week ago. I had abandoned other passions like poetry, history, and teaching as impractical careers for myself. Financially, they seemed insecure, lacking in job availability, or made much less money per year of schooling than other professions. Between success stories from Professor Benowitz and Professor Waters and their encouragement to continue to pursue your passion and overviews of classes in many subject areas from professors throughout the week, I began to open up my mind again to the career I wanted. While prosthetics is definitely something I enjoy, I am not entirely sure if I want it to be the dedication of the rest of my life. If anything, I have learned to step out of my comfort zone. I can now trust homemade slip-and-slides which have slightly questionable engineering and playing ice breakers filled with laughter. If someone would have told me a week ago I would hike a part of the Appalachian Trail, play tennis, and then go swimming in 90 degree weather, I would roll my eyes at them and tell them, "That sounds impossible." If I could survive that, I am pretty sure I can survive a course I take a stab at to try and get used to the field. If I do not like it, I have learned it is not the right field for me. I have decided to keep my eyes open for options. This is my time to reach out and see if maybe those passions I had abandoned are truly what makes me happy. Maybe they are more of a way to spend my free time. I will have to find out myself. I have the next four years to try, fall on my face, and get up again. I have four years of knowledge to gain and important choices to me. My knowledge and my experiences will change me and I can accept the person I will be leaving college will not be the same person I am entering college. I do not know who this girl will be having been touched, inspired and influenced by others, but I cannot wait to meet her.

-Victoria Tassallo; Silver Spring, Maryland

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Inspiration: This week truly has been an eye opener. It helped me transition into living in a college dorm, living with a random stranger, learning to fend for yourself, and becoming independent. I know there is so much to learn still, but I feel as if the Momentum program and the people in it helped out so much. I can already see everyone slowly changing and adapting to the college life. It has helped me get out of my comfort zone, and I am sure I am not the only one. The Appalachian Trail hike was tiring for some people but we all became stronger. College is all about trying new things. I almost feel bad for people who did not get the opportunity of this program because it has helped me tremendously. I like how everyone I met so far has been so friendly and welcoming. They have made it seem like a second home. They make sure you are busy all day and constantly with new people. I have been told by numerous teachers to build a network in college. I have already started building it since the day I stepped on campus. The Kinesis Peer Academic Advisors were always asking how our day was and what we liked the most. It truly has inspired me to help make a difference in the next couple years. There is not many cliques in the group and I think this is what helped everyone get to know each other. These friends we made during the week may stay our friends all throughout college. I want to make sure when I get older, to give back the way the Kinesis Peer Academic Advisors did and make incoming freshman feel welcomed. First impressions mean the most and everyone at Elizabethtown College did a wonderful job. Coming from a high school where people did not care for you, it feels so good to be a part of Elizabethtown. I hope to impact freshman and other Elizabethtown students in the upcoming years like the Kinesis Peer Academic Advisors and faculty did for me. I am going to capture my inspiration and harness it through the next couple years. It is going to be my determination and help me get through everything. I want to give back and make sure other students who are quiet and shy can open up. You can become a totally different person in college. It is a brand new beginning and it is up to you to decide who you want to be. These are some of the most important years of our lives and it is up to us whether we want to make a difference or just sit back.

-Jared Witner; Mountaintop, Pennsylvania

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What inspires me is passion—and from the moment I set foot on the campus of Elizabethtown College, I have seen overwhelming amounts of it. Passion to help others, passion to work hard, passion to take full advantage of all the opportunities Elizabethtown College presents. People here are serious, and they care about what they do and the consequences their actions will inevitably have. It has been clear since I have gotten here that everybody not only wants to succeed, but they want Elizabethtown College and everything it stands for to succeed with them. Everybody here is overwhelmingly eager to see others flourish—whether it is President Strikwerda, who eats lunch in the cafeteria with the students; or Professor Benowitz for creating such a unique, interdisciplinary approach to learning for all 49 of the Momentum students this year (as well as the cohorts of previous years); or the Kinesis Peer Academic Advisors, who all are invested in making sure this program succeeds by making sure they know each and every one of us personally, creating both a support system and a strong friend group for each of us. Not only has it been clear to me how each of the Kinesis

Peer Academic Advisors has it together and wants to succeed personally, but they all are genuinely interested in seeing the Momentum students work hard and make the most out of our time at Elizabethtown College—they want to inspire us. Originally I applied to be a Momentum student just because I figured I was leaving for college anyway, so what difference would it make if I started a week early and dove into it a little earlier than most of the other freshmen—giving me time to get my bearings and get used to taking showers in a public bathroom. However, the Momentum program has been so much more. It has exposed me and the rest of my peers to a network of successful faculty members, a variety of subject areas, all the Kinesis Peer Academic Advisors who are incredible mentors, and new ways of looking at the world around us. The Momentum program set us all up for success, and it has opened so many doors to success at this college—we now have our Kinesis as student mentors, and faculty mentors on top of the ones assigned to us in our First Year Seminars. We now have forty-eight new friends who we can rely on if we need them. It has taken the awkward, uncomfortable freshmen that we were a week ago and molded us into college students and adults, ready to take our future seriously and invest in ourselves, because the Momentum program has taught us we have the power and the momentum to tackle any obstacles we encounter, either by ourselves or with the help of our peers and mentors. The biggest thing which surprised me about Elizabethtown College and the past few days is the spirit of the professors. I expected to have a mix of some very spirited professors, and some less spirited professors who do not really want to get to know us personally—they just want to do their job and go home. However, every single professor and faculty member we have been introduced to has been excited, passionate, interesting, and is extremely approachable and friendly. Each of them want you to know their name, but they also want to know your name. They do not want to be idolized on a pedestal—they want to be on your level and teach you everything they know about their areas of specialty, and they are good at it too. They all know how to capture a group's attention and keep it. With this inspiration, I will have the drive to succeed in school. I will want to be serious about my studies and to get involved in Elizabethtown College right away, because not only has it inspired me, it has inspired my school spirit. I want to test my limits as student and get everything I can out of this school. I have been here for less than a week and I love Elizabethtown College already. I love the school colors, the students, the faculty, the campus, the cafeteria food, and even the water pressure in the dorm showers. I hope all of these things hold true as I continue to meet more professors and students of Elizabethtown College, but I believe strongly that they will—and even if they do not hold true for everyone, I think they will for the vast majority of people I meet here—which means I will be surrounded by inspiration at any given time. I hope I will be able to bring my own personal inspiration to others as well, and be a part of something bigger that seems to exist here, in a leadership position or even just as another open-minded person on campus—and beyond that, I hope to be able to take my inspiration with me when I leave Elizabethtown College, be able to open the door to the real world, walk confidently out of here and “shake the dust” wherever I go.

-Patrick Oursler; Abington, Pennsylvania

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During one of the Tuesday morning lessons, a professor decided to read a story to us about two rain drops. The rain drop metaphor was about how there are two different rain drops; both fall onto the same windshield. When the rain drops come in contact with one another they change and are not the same when they separate from each other. The two rain drops are a metaphor for two people and what happens once they are introduced and what happens afterward. The metaphor demonstrates how we should give more thought to what we are sharing with others, and whether we are sharing it unintentionally or intentionally. Before the professor mentioned the story, I had never imagined what impact I could leave on someone just by simply meeting them. The metaphor has inspired me to truly think about what type of impact I wish to leave others with after they meet me. Positivity and friendliness are two qualities which would be a good thing to share. I will leave a full impact on others after meeting them because I know how my words and actions can change someone or adjust someone's opinions, even if the adjustment is a small one.

-Taylor Kroll; Jenkintown, Pennsylvania

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Inspire, Imagine, Impact: Before the Momentum Program, I was worried about my ability to make new friends, how people would look at me, and if I could just fit in with everyone else. I have realized how I do not need to fit in with everybody. This week, you all have accepted me as I am. I have not had to change how I speak, how I look, or what I say because everyone in the Momentum program has been so kind and welcoming, and it has inspired me to be the one to reach out to new faces instead of waiting to be spoken to. There has been a certain aura among this group which made me more excited than scared and has made my transition to college 100 times smoother. During the Inspirations book discussion, we examined not only the author: Paulo Coelho's inspirations, but what inspires us and why. One of my inspirations is my dad. He grew up in a rough North Philadelphia neighborhood as an only child with a single mom, and he had to grow up quickly. Not much was expected of him when he transitioned to a predominantly-white boarding school, but he succeeded. He then went on to Haverford College where he earned his Master's Degree in Education and became arguably the greatest player in the school's history. He is currently the Chief Operating Officer of a charter school which he has turned into a well-known school. Most people who would have been in his shoes as a kid would not have gotten to the position he has. The

struggle of being in a low-class situation and having to continually adjust simply would not drag him down, and he is one of the reasons why I have the opportunity to be at this great school: Elizabethtown College. There has not just been one single part of this week which has inspired me because I have been influenced in many ways and from different people. “*How can I have integrity and strength of character*” is what Dr. Winpenny taught us. Will we have the ability to do the right thing and can this happen when there is no one watching? Professor Waters told us how we are here because we can be successful, no matter what our majors are or what background we come from. That positive outlook and ultimate confidence will surely lead me to doing great things in the near future and beyond. While hiking on the Appalachian Trail, I got to talk to Garrett Clark; one of the Kinesis Peer Academic Advisors, about my dreams, aspirations and what inspires me. Talking about all of my dreams and aspirations made me think a lot about the hard work I will have to put in and how it will all be worth it the end. Even the movie, *Go*, which we watched on Monday night inspired me as well. At the end of the movie when he is yelling at his “girlfriend,” he screams “I’m Me!” and if nothing inspired me this week, that did. No matter what, no one should be able to tell you how to be you. Inspiration can do a lot to someone’s mind. It gives them a lot of courage and can make someone think they can do something they otherwise would have thought they could not. Even though I have been very inspired this week, I really do not need to be. I was already inspired before I came to Elizabethtown College and I truly believe I can accomplish a lot here, whether it is in the classroom, on the basketball court, or somewhere else on campus. This does not mean I will not do anything with the inspiration I have gotten from this week. Continuing to be myself is essential to establishing friendships and be able to do the right thing is very important to me. It is going to take a lot of hard work and dedication but I trust that I can achieve great results and reap the benefits of being inspired and by being with an incredible group of classmates. You all have had an impact on me in some way this week, direct or indirect, and hopefully I have done the same for you. The impact which I will have on this campus will be a positive one. The Momentum Program has taught me to have a positive attitude and I hope by bringing positivity, optimism, and energy to each day that it will rub off on others. I have developed the ability to be introduced to all walks of life and that by being myself, I can accept and be accepting of any individual I come across. At the end of the day, the Momentum Program has impacted me in so many ways, and the people in the program are the reason for it. I am truly honored to have been a part of such a great group, and this is just the beginning of a beautiful friendship.

-Jalil Pines-Elliott; Philadelphia, Pennsylvania

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*Imagine.* From June Orientation until move-in day, all I could think about this summer was the Momentum Program. I walked out of the car Friday morning scared, not knowing what to expect, but I did know this was a place full of opportunities to help me fulfill my dreams. Three days this week, we have had meditation sessions where I imagined myself playing the sport which I love, being accepted in the community, receiving my degree, and accomplishing my goals. However, never did I imagine I would make so many new friends and go through so many life-changing experiences, especially in such a short amount of time. *Inspire.* One of my favorite parts of the Momentum Program was the Diversity Dialogue, which was presented by Brandon Jackson. Racial issues is something I am very passionate about and although Brandon Jackson did not talk much about racial issues, he did say something that stuck with me, which was how you should focus on being “your whole authentic self.” This quote inspires me to never change for anybody, to be myself, and remember who I am, where I came from and what I represent. *Impact.* Reflection is something some people are not comfortable doing. Sometimes a person may not want to reflect on a certain event because it may have been traumatizing and their life may have been changed by it, in a negative way. I am someone who reflects on almost every major event which happens in my life, whether it is good or bad, because I feel reflection, like we talked about in our Socratic Dialogue sessions, helps you learn from your mistakes, gain knowledge and maturity, which ultimately leads to wisdom. The Momentum Program has changed my life and will always have a positive impact because of the experiences, the lessons, the talks, and the laughs, but most importantly, the people.

-Jamil Pines-Elliott; Philadelphia, Pennsylvania

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*A Whole New World:* Wallace Stevens once said, “The most beautiful thing in the world, of course, is the world itself.” Do you know why that is? It is because the world is filled with inspirations. The word inspire is defined as to fill with an animating, quickening, or exalting influence. My first inspiration here at Elizabethtown College is the friendships. I really enjoy meeting new and different people, and we all just clicked almost immediately which I find truly amazing. Another inspiration I have encountered is how many opportunities there are on campus. It has inspired me to start thinking about joining clubs and activities I never would have thought of, for example, student senate. I have the next four years to experiment, observe, and determine what I want to do. I can imagine these inspirations will take me far and could affect my life in a large way. The group of friends I meet during my college experience, I hope, will be the same group of friends I am sitting at lunch with ten years from now after we have graduated. I also imagine the new interests and hobbies I am going to come across that can broaden my horizons and, if I am passionate enough about it, could even possibly change my career choice. One question which was asked this week was ‘What impact will I have with these inspirations?’ An impact

is an impact, whether it is big or small. So if my impact is as simple as having someone know they can act comfortably around me and can also find I am an easy person to talk to, then at least it is something. Another example might be pitching in an idea or two I have at a club meeting and by making a difference in the way people might see things or to find a way to make things easier or more interesting. I hope to leave an impact as much as possible. Inspire; it means to fill with an animating, quickening, or exalting influence. The Momentum program has done nothing but influence me in the best way possible and showed me what inspirations are. College is such a big change for me. I am no longer at home with my sister or my mom and I am not right down the street from my grandparents anymore, but all of this is just an amazing opportunity and experience. People say that this is the best time of our lives. Graduating from high school was an end to one thing, but right now is a whole new beginning to another; and beginnings are important. I would not want to start this new beginning any other way.

-Kayla Heisey; Douglasville, Pennsylvania

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What does “Momentum” even mean? Well, yes it does mean the force or speed of movement to a physical object or course of events. But this is not what I am referring to; I am talking about the Elizabethtown College Momentum program. This is the experience which will inspire, impact, and imagine the path of a college graduation with a degree in my hands after four years. The thought of receiving my own bachelor’s degree in something I am passionate about inspires me. One of the most iconic soccer players to ever walk the earth, Pelé, once said “Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing.” It was not due to the luck of the draw that I was accepted and admitted not only to Elizabethtown College, but also the Momentum program. We often go through life wondering the big question of “why me?” During the program we often did self-reflections in which we had to contemplate this question. In the beginning of these evaluations I had no thoughts as to what inspired me. As the week went on, I slowly but surely kept thinking, through the academic sessions, what I am passionate about. Through these newfound passions, I experienced major self-growth and discovery. Through the vast skills and qualities expressed by both the faculty and Kinesis Peer Academic Mentors, I am now inspired to keep walking on the trail which was made for me, just as they all have and are doing now.

-Theresa Romano; Norristown, Pennsylvania

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Dear John, by now, you are entering your junior year at Springfield High School. I can tell you for certain it is going to be a rough year for you. I would know; I was once in the exact same shoes you are wearing today. Not only have you passed the halfway point of your high school career, but you and I are both aware of a greater presence looming in the not-so-distant future. That eminent entity is college. I know exactly how you feel. You are scared. To be more accurate, you are terrified. You have been told many times by more experienced adults how everything will work out in the end and “it will be okay,” yet you cannot seem to completely accept it for yourself. I do not blame you. After all, you and I have both lived our entire lives in Springfield Township, the small but well-known section of Delaware County we call home. You have had the same best friends as me from our short journey at our school and do not want to let go of them. However, take it from me, someone who knows you really, really well, that everything really will “be okay” and your future is not as frightening as you may think it is. I say this because your college experience is going to have a truly inspirational start. Spoiler alert: you will discover this place called Elizabethtown College, apply and get accepted there, and ultimately choose to spend the next four years of your life at this institution. After being here only a few days, so much has happened which has contributed to my continual growth as an individual today. I would love to share every detail with you; however, I feel it is better to address the one issue which occupies your mind as you are reading this: leaving home. I am not going to lie to you; leaving behind your own microcosm for an alien environment is hard. Having said that, this is the part where I assuage your fears. Right off the bat, at the start of this Momentum program, I encountered such a powerful sense of comradery which I would say has truly inspired me. After an emotional farewell to my family, it was not long before people made casual conversation with me. Guess what? Those casual conversations have grown into friendships. I should add how this progression has not happened with just the other students in the program. I have become good friends with the Kinesis Peer Academic Advisors as well. They have all been through their freshman year, and they have felt the same emotions you are experiencing now. The willingness each of them have to make us all feel right at home, when they could easily be enjoying one last week of summer, has had such an impact on me, especially considering your position I was once in. I want you to read this very carefully: there is no need to allow yourself to get worked up to the point of tears out of fear of an unknown journey. Think and imagine what you can accomplish if you take this inspiration and turn it into something greater. Over the past few days, I have had the honor to hear a number of presentations from the professors on this campus. One of the highlights of the week was a talk given by Professor Waters, who directs the Bowers Writers House. During his poetry session, he spoke about how the next four years of our life are going to be filled with “observation, determination, and consultation.” His message to us was to live to the fullest with the time that we have. Stephanie Rankin, Associate Dean of Students, in her presentations on civility, emphasized the importance of existing in the present moment when

interacting with other people and putting out thoughts of the past or future. What does all of this mean to you where you stand? After this program is over, you will be surrounded by about 500 other young adults who may be as scared as you are today, but you will have surpassed this stage because of this inspirational friendship I mentioned before. Take these feelings and pass it on. Share the warm heart you believe you have with another individual. Be the friend they want to have in this strange environment they are in. That is the answer; the way both you and I can take this mysterious endeavor and turn it into something amazing. Think even further and envision the impact you can make through this process. You may very well give someone just what they need to get through their freshman year. You could even make their entire college career for them. Additionally, if you have that person “pass it on” to someone else and that person onto yet another, you could end up spreading a wave of positivity throughout the Class of 2019. It is like what The Reverend Tracy Wenger Sadd, the College Chaplain talked about in her guided meditation session just this morning about the viral theory of emotion. The only thing you need to do is put yourself out there. I hope you really think about what I, someone from your not-so-distant future, have told you about in this letter. The thought of college can indeed be a scary one; however, the one question you must ask yourself is what to do with that fear. When you cannot find the answers yourself, do not be afraid to listen to and trust the advice from others. That simple act may very well transform into a life-changing experience. Sincerely, John Kampmeyer.

-John Kampmeyer; Springfield, Pennsylvania

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Endless Possibilities: I thought I had my whole life planned out as I set foot on the campus of Elizabethtown College. I knew I wanted to major in Biology and work in a medical laboratory. I was going to choose as many science classes as possible on my schedule. I promised myself I would be committed to my major and only that major. Nothing else was going to sway me from my goals, but in these past days of the Momentum program; I never imagined I would start to question my own plans. I never gave much thought to the arts because I had always had this perception a person could not be successful if they majored in History, Art, or English. However, I found out you can be successful in any major you choose as long as you are passionate about it. What surprised me, or better yet, what inspired me was when Professor Benowitz discussed the history of this campus and the local town. I had never noticed how much architecture can tell about a place. Who would have thought; a house with Greek or Romanesque columns is symbolic of democracy and equality? I started to see Elizabethtown College in a new perspective and expanded my options. Professor Benowitz described the history with so much enthusiasm, I gave History a much better look. You are never certain about where you would end up. Sometimes you have to do a little more digging before you are certain of what you want to do. Being exposed to the arts has taught me how there is more to life than the sciences. The possibilities seemed endless as I explored the other courses offered at Elizabethtown College. No matter what I choose however, it would impact both me and the people around me. I still want to major in Biology, but having a strong foundation in the arts will help me view the world from different angles. The Momentum program has not only helped me adjust to college, but to take the time to think about the importance of my studies and apply them to the real world.

-Atikah Ahmat; Harrisburg, Pennsylvania

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Where Are You Going? It does not hit you when you receive your acceptance letter. It does not hit you when you graduate high school. It does not hit you when you are buying a compact refrigerator at Walmart or when you finish checking off all the boxes on your dorm packing list. It hits you when your parents leave after moving in. Then you are standing there thinking “What now?” The realization can be super overwhelming and scary. For me, I was worried I would not make any friends and I am sure I was not the only one. I had no idea what to expect from Momentum when I first arrived but in the end I could not be happier. Going through this program has brought me confidence and a clear understanding of what I can get out of college. Not to mention all the awesome friends I have made. Professor Benowitz makes it easy to imagine yourself following your dreams. With this inspiration, it is almost impossible to imagine myself or anyone in this program failing. The meditation we had on the second day was really the start of my journey. As we sat outside with the wind blowing, the peace and quiet made me able to relax. It gave me the opportunity to slow down and forget about my anxieties associated with starting college. It let me focus on what I want to be after college and how to achieve my goals. Most importantly, it taught me how I should live at Elizabethtown College. Everything we do during the Momentum program has been extremely eye-opening. My understanding of myself and what I want in life has gone from foggy to crystal clear. The Momentum program has made me realize how college is not just college; it is my life. It is a not a step closer to my future; it is a jump. Where you have been is no longer important. The question everyone’s asking you is, “Where are you going?”

-Hannah Garrett; Elizabethtown, Pennsylvania

“We never touch people so lightly that we do not leave a trace,” –Peggy Tabor Millin. In today’s day and age we never take the time to slow down and think about the words we are reading. We look at them once, comprehend what we have read, then move on to the next sentence. But today I ask you to stop and think. Think about what these words on this simple sheet of paper say. To you, they may mean nothing, just another quote by some girl starting off her first college essay. But for me, they say something which many never seem to think about...it is the little things you do each day which impact people in the biggest ways. I never really gave this idea much thought until we sat down on the first day of the Momentum program. Of course you all know Professor Benowitz gave us a prompt to answer, but this prompt was something different in my eyes. It gave me a reason to stop and think about what was happening each day, and really observe the other people around me. If you know one thing about me, it is that I am not the most outgoing person in the bunch, but this week it was different. I took into consideration how college is what you make of it, and in order to really experience it, I needed to put myself out there. Throughout this week, I have seen so many different sides of me which I never knew I had, including the outgoing part of me and it really was a major aspect of what I have learned. I remember walking into breakfast one morning and seeing this one girl in particular and I decided to go over to her (being somewhat adventuresome) and tell her how she had the most amazing laugh and it was honestly contagious. As I was saying it, I did not really think anything of it at the time, so she thanked me and we went about our days like we normally would. The next day I saw the same girl again and I decided to compliment her on her hair. Again, not thinking this was a big deal. However that day was different. She told me I was one of the nicest people she has ever met and she always looked forward to seeing me because whatever I said always made her day. At that moment in time it hit me. The things in my mind might have a small impact on someone in a bigger way. Through the Momentum program, I have learned so many different things including the aspect of what I mentioned above. But how can I take it to another level? This is something I have thought long and hard about, and I have come to the conclusion how each and every day I want to take the time to stop and think about what I say to every person I come in contact with. Whether it be the smallest of conversations, or the conversation of a lifetime, I want to touch someone in a way they have never felt before.

-Emily Wood; Denver, Pennsylvania

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Inspiration has always been a strange concept. Finding something inspiring can be difficult, but once it is found, you will never have to let it go. My greatest inspiration has always resided in the passion I could see in the teachers who stood in front of me. From them, I found my greatest inspiration and I thank them for their dedication. During the Momentum program, I saw the same spirit in many of the professors. However, one did stand out for me the most: Professor Waters. After a long day, part of me dreaded going to hear a session on poetry. I personally have never cared for the subject and have found its study somewhat laborious. However, once Professor Waters began, my opinion changed drastically. Professor Waters loves what he teaches, that much is certain. His spirit and excitement for a topic most find mundane was simply amazing. After just 50 minutes, I felt compelled to take some of his classes. I have never imagined I would want to take a class in *poetry* of all things. I want to feel his level of passion; his level of devotion for my own field. My goal is to major in engineering. Building, creating, designing, it all speaks to me in an incredibly beautiful way. Some people dread calculating voltage or constructing a model but I adore it. More than anything, I want others to see how I see the world. I want others to feel the same excitement I do when I see a well-wired machine or a perfectly welded piece of metal. I want to inspire an interest in engineering the way Professor Waters inspires poetry; to show others why I jump when someone even mentions the word ‘robot.’ I want others to feel a thrill when seeing a marvel of construction; to appreciate, heck be amazed, by the computer sitting in their lap or the pen they hold in their hand. I can try and show others how I look at things, let them look with my lens. More than anything, I want others to know my inspiration. Through the Momentum program and Professor Benowitz, I can lead others around me. This program has impacted me exponentially, and I will create an impact with my inspiration.

-Ashlan Ruth; Wilmington, Delaware

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My Inspiration: Momentum is the quantity of motion an object has, but the momentum I have been working with has set in motion a change in myself. I did move physically, but the greatest effects it has had on me is emotional and mental. This Momentum program has brought me my inspiration. These past seven days at Momentum showed me a new world with that camp life feel to it. Coming from a small conservative town, I did not feel prepared for the amount of diversity in the people around me. The first few days I let the introvert inside of me dig its claws deep into my being. I did not want to open myself up to all these people I met only hours or a day or two earlier. I sat by and watched everyone else express themselves and enjoy the company of people who were either alike or completely different from themselves. I felt like an outsider. As the second day began, I found myself surrounded by people who wanted to get to know me, who wanted to know what I was here to do, and who I plan to become. The Kinesis Peer Academic Advisors, my fellow students, and even the professors and faculty showed me kindness and looked at me without judgment in their eyes. During the Sunday field trip to historic Boiling Springs, PA I began to realize the extent of the kindness and caring manners these new people had. While hiking

on the Appalachian Trail, which happens to be quite the triumph for a well upholstered young woman like myself, I noticed how people were trying to make me laugh and smile so that I did not think negatively and became able to enjoy myself. This is when I realized what my inspiration was. Making people happy, smile, laugh, and just being able to get people to enjoy themselves! The way the Kinesis Peer Academic Advisors and fellow students try to make one another happy and keep each other's spirits uplifted has inspired me to do the same. I plan to make my inspiration a reality by bonding with those around me and doing my best to make sure people feel happy and comfortable. I want people to be able to come to me with their problems and I will do all I can to make them laugh or smile, to lift them up when they are down, or simply listen if they need me to. Already, I have begun to see a change in myself. During meals, I talk to others with less reserve and let my witty comments and humorous thoughts out for others to enjoy. The diversity talk with Brandon Jackson revealed to me the benefits of opening myself up to a diverse group of people and making them feel comfortable as well. It makes me glad to be a part of the Momentum program where I can learn how to follow my inspiration. This inspiration will impact my entire future. Going into Social Studies Secondary Education, I need to be able to communicate well with the kids I teach as well as coworkers and any parents. I will be able to build up my skills these next four years and create lessons from which the kids will learn from, but be able to enjoy it. It will help me build lasting bonds in college and in the workplace. I have learned I still have some trust issues with people, and I have a tendency to retract into my comfy, fluffy, antisocial shell when put into new places, but I also learned about how when I do begin to open up, I can build friendships and find new skills I never knew I had. I now know that not everyone around me is supremely judgmental, but are truly accepting. I am learning how life is what I make it to be, so I am going to make it full of happiness, laughter, and smiles. The Momentum program gave me the push to live the next four years, and my life, to the fullest.

-Haley Ricker; Greencastle, Pennsylvania

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I am standing on the stairs of the High Library for the first time, and I have never felt so conflicted. I have worked so hard to get to this point in time, the point where I am finally leaving home and going to college. I have spent every night for the last four years struggling through hours of school work in order to reach the time when I could go to a private school – on a full ride, no less – and make a difference in the world. But, in this moment, the last thing I want to do is say goodbye to my mom, the woman who raised me, the woman who has been through my side through everything, and the woman who has spent over half her life loving me. I have been by her side since she was a senior in high school, I have watched her grow just as she has watched me grow into the young woman I am today. The tears start to fall as I hug her for one final time and then watch her walk away. I know I will be home soon enough, but this is the moment when everything changes. I am on my own now, no more hugs and kisses every night before bed, no more “I love you mommy” every time I leave the house, and no more us against the world; this is my time now. Now, I am here sitting at a computer, in a building, in a city, in a state I know very little about. But, I am not alone, I am surrounded by dozens of other people the same as me – well not the same, but pretty close. We are all here on our own (many of us for the first time) and it is our time now. It is our time to change the world. It is our time to show this college and everyone around us how powerful we are on our own. While many of us are terrified of the fact we are so far from home, we now have each other and we have the moments we have shared this week. Through many different sessions we have learned more than we could have imagined about many different academic departments and the connections we will make here. Each day we have grown closer, close enough to undermine the Kinesis Peer Academic Advisors constant attempts to introduce us to new people. I know how coming into this school year we have created a safety net of people who know us and know the struggles we are going through because our struggles are also their struggles. I know the coming weeks may be hard as we begin to get into the swing of classes and independent college life, but the people I have met in this program and the lessons I have learned will stick with me through it all. From sitting under the big white tent thinking about what I love, to listening to sessions on academic departments I both love and – well – do not, I have been made to think about my choices here at Elizabethtown College especially in relation to the education I want to get. This week has made me re-evaluate my intended major choice, and has taught me to keep an open mind about what I want to study. This week has been able to relieve some of the fear I had in coming to a school 900 miles from home in a region of the country where I know no one. I know I will be able to become involved in organizations on campus which may relate to my aspirations and I will be able to make an impact on those around me through those organizations. I plan to study abroad in the future (hopefully in the Middle East) and this week has made me less afraid to go half way around the world into an area unfamiliar to me in order to help the people there. The lessons I learned this week, have given me the confidence to make an impact throughout the world, both through the opportunities presented to me on campus and in my life after college. This is my time now, and this program has given me the opportunity to start out this journey with abilities and confidence I would not otherwise have had.

-Aileen Ida; Wausau, Wisconsin

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Peace: What inspired me this week was the theme of peace I saw throughout Elizabethtown. Elizabethtown College was founded by the Church of the Brethren on the principles of pacifism and passion. Signs of these principles can be seen throughout Elizabethtown and the college campus in such places as Lake Placida and the President's Peace Garden. To me these places are truly inspiring because of their tranquility. But alongside peace there is also conflict. In the past different churches and denominations fought with each other in the Elizabethtown community. One of the movies about diversity, we watched these past evenings, showed the conflict between Korean residents and Japanese citizens in Japan, and another diversity film illustrated conflict between black and white people in the United States. This was powerful to me because, unfortunately, racial and cultural conflict can be found all over the world. Like many people I imagine a world where everyone lives in harmony with each other. Living in the world we live in, this is pretty hard to believe. It seems like every time we turn on the news there is some new case of violence going on. Some have given up hope in the world ever changing, but I choose to be part of the group which imagines a better future. Though this dream may seem unreachable, it can become a reality if people choose to accept diversity. The impact I hope to have on the Elizabethtown College campus is to continue and promote the college's ideas of diversity and peace. As in the cases of Gandhi, Nelson Mandela, and Malala Yousafsi, one person can change the world. I believe our generation has the ability to make an enormous impact if we would just come together and accept one another.

-Elizabeth Matriciano; East Stroudsburg, Pennsylvania

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Explore: After I had made my decision to become a part of Elizabethtown College I had another decision to make; whether or not I wanted to join the Momentum program at Elizabethtown College. After I had confirmed that I would join the Momentum program, I was still unaware if I made the right decision. After this week, however, I am happy to report that I would not trade these past few days for anything else in the world. I never would have visualized how the Momentum Program would have a heartfelt effect not only in my college career, but also in my life. There were plenty of situations this week when I felt inspired and challenged my current way of thinking. I believe the two most significant events we had this week were the Socratic Dialogues and the Forensic Science lecture. I really got into our group discussions in the Socratic Dialogues as well as learning the art of Forensic Science. Listening to the ideas, principles, and analyses from the professors and other Momentum students, I realized what I am going to be doing these next four years: Exploring. This week has inspired me to leave the safe and tranquil environment of my comfort zone so that I may explore the wonders of the earth with its fascinating people. Exploring is not just touring the sites of the world, but getting into the ideas and imaginations of others as well as myself. For the remainder of my life, I promise to be participating with the world. I am going to do my best to work with every person whom I meet. I want to be able to explore each other's aspirations and ideas. In this way, I can be able to make the dreams and talents of others become a reality, for everyone deserves to be heard. With my new perspective of the word 'exploring,' I can already see my greatest adventure: A wonderful line of friends who will last a lifetime. I never imagined this could happen after only five days. Right now, all I have to say is thank you, and may God be with you always.

-Juan Cajigas; Abingdon, Maryland

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Inspiration can hit someone at random, these days spent in the Momentum program has been more than I could have ever imagined. When I was accepted into the program I felt anxious, nervous, and excited for what being a part of Momentum would mean for me. This experience has really been a blessing because it has made me feel a lot more comfortable with coming into Elizabethtown College; by becoming more familiar with the campus and the faculty. I feel so grateful having Professor Benowitz and the Kinesis Peer Academic Advisors as part of this program. Through this past days I can truly see how Professor Benowitz really cares about this program and wants everyone who is in it to enjoy themselves and to take advantage of getting to know the campus. The Kinesis Peer Academic Advisors are amazing people, and it has been an honor to get to know them through the program. During these past seven days I really felt inspired by every professor which I got to meet who really seemed passionate about what they teach at Elizabethtown College. They really taught me how if you are passionate about something you should never give up on pursuing it. When we met with The Reverend Tracy Wenger Sadd, the College Chaplain, for the inspiration meditations first thing every morning, she made us realize how we should focus on the present. As incoming freshman we should savor this time we get to spend, and enjoy this opportunity we have as Momentum students. All of us get to know the campus, meet with professors, and get to make new friends even before classes start. During these next four years I plan on focusing on my studies, to make the best out of my major and my experience here at Elizabethtown College. I imagine myself joining the college newspaper called the "Etownian," getting a job on campus, and to be involved with the local Elizabethtown community in any way I can. To me this made me think of how I can make this into a reality. With all the information I received throughout the course of this program I plan to make my impact on the college by inspiring others to create new friendships as I have, step out of their comfort zone to discover new interests, live out every moment, and to remember there are a number of people right on campus who want to

see you succeed in these four years. I could not have thought how much the Momentum program would make such an impact on my life. With every activity we did it really made me strengthened my character. This program helped me through making the transition into coming into college a lot easier. From the, moment I said goodbye to my parents the program took me right into feeling apart of Elizabethtown College. What I can take out of the Momentum program is the way we leave our mark at the college determines what we make out of our college experience. I believe Professor Benowitz, all of the Kinesis Peer Academic Advisors, and being a part of the Momentum program has opened up a straight pathway for me to be successful, and to enjoy the next four years at Elizabethtown College. Thank you for allowing me to take part in this program it has really helped me to build up some momentum in my transition into college.

-Mikenna Lehane; Sinking Spring, Pennsylvania

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At first I was apprehensive about the Momentum program. Going out of state for college was out of my comfort zone and spending about a week with strangers states away from home where I know no one was definitely out of my comfort zone. However Momentum gave me a chance to adjust to my surroundings, meet new people and open myself further to the opportunities awaiting me at Elizabethtown College. Throughout the program there were several activities and lectures which sparked the desire to fully take advantage of the experiences offered and to let go of my fears in order to not only enjoy the next four years but discover new aspects of myself. While English has always been my favorite subject, I am also passionate about other disciplines in the humanities yet I did not consider trying to incorporate as many of my interests as possible. After the Poetry and Pose with Professor Waters and the Writing Workshop with Dr. Skillen, I realized how I should take courses I am passionate about even though they are not always a part of my degree plan. The lectures about Anthropology, Religion, and Sociology reminded me of my other passions outside of English and gave me ideas about my minor or even a double major. A reoccurring theme throughout the lectures were to keep an open mind concerning courses and disciplines. The lecture on Political Science and Mock Trial with Dr. Kelly-Woessner and Dr. Kopko reaffirmed the idea to explore new interests. I have never enjoyed public speaking or quite followed politics, but the presentation of their classes and the energy they had surrounding the opportunities offered; caused me to rethink the list of subjects I planned on avoiding in college. Momentum also inspired me to not only find myself, academically and socially, but define who I am on my own terms. The activity in which we were asked to write out our dreams made me more determined to achieve it and after a talk I shared with a fellow student on the Appalachian Trail hike, I feel more confident about sharing my dream. The evening diversity films: "Go" and "Dear White People" strengthened my desire to let go of anxieties and labels in order to have a fresh start on defining myself based off of my character rather than shallow identifiers such as gender and race. This inspiration also made me realize how I have a lot of growing to do and hopefully will mature into a person I can respect. I am glad I signed up for the Momentum program. I did not suddenly overcome all of my anxieties or magically figured out the grand plan which will lead me to achieving all of my dreams, but I hope I will enjoys college to the fullest because there are many courses I want to take and many courses I have yet to explore.

-Lauren Trevino; San Antonio, Texas

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The Most Magical Inspiration in the World: As I sat with my eyes closed on that hot August morning, my heart longed for home. I felt a mix of several emotions: loneliness, excitement, anxiety, determination, and even bitterness. I was lonely because I barely knew anyone, I was excited to begin my new adventure, I was anxious about the drastic change in environment, I was determined to make the next five years as an Occupational Therapy major at Elizabethtown College the greatest, yet I was bitter for having to leave my loved ones a week early. It was the first full day on campus being a Momentum student as I listened to Professor Benowitz's voice instructing us to inhale and exhale. He then told us to forget about our worries and focus on the present. Finally he told us to think of what we are passionate about and what we really would love to do. Without a doubt in my mind, I did. However, when we opened our eyes and were assigned to write this dream of ours on a decision-making outline, I was hesitant. See, I knew exactly what I want to do but I was too afraid to write it down. I did not think anyone would take me seriously and that they would just ridicule me for being childish. I nervously looked at the peers around me, and decided to go for it. "I want to work at Disney World." I wrote hesitantly on the line that read "dilemma." I refused to share it out loud for I feared everyone would laugh at me. I am even nervous admitting this in front of an audience right now. But then I heard Professor Benowitz's voice again. He said with such force and determination, "do not let anyone tell you that you cannot be passionate about something." Those words will always stick with me and inspire me. Professor Benowitz explained how it was perfectly okay to have an ambition which seems unrelated to your major, and how it was even possible to somehow relate your passion to the major. He began suggesting possibilities for students who volunteered to share what they wrote and I immediately felt better. I have been told how working at Disney would be a bad idea and I should not do it, but Professor Benowitz's words will always be a reminder how, yes, I can follow my dreams. The impact he has made on my life in just a few days will accompany me during my journey through life and I will be forever grateful. He gave me hope in the "yes," my dreams can come true and there is nothing wrong with going after what I want. I plan to take this inspiration and pursue my dream starting with applying for

the Disney College program, a national internship program operated by the Walt Disney Company and located at the Walt Disney World Resort and the Disneyland Resort. I plan to apply sometime between the start of spring semester and the end of this school year. Whether I get in or not, I am determined to try and I refuse to give up. What I want to do with this inspiration is to take it one step forward and somehow coordinate Occupational Therapy into it. Not only will I apply this revelation to my dream job, I will apply it to anything I am passionate about in my future. I will never let anyone tell me I cannot. If they do, I will always hear Professor Benowitz's voice. "You need to follow your passion. You really really, really, really, really need to."

-Olivia Lee; Medford, New Jersey

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I am just a mere one in a million trying to make something of myself... But for what? What has given me the will to do what I have done in life? What has given me the drive to do my best in high school? What made me apply and get accepted to Elizabethtown College? Feelings... But the feeling of what, is the question? I may not exactly be able to describe this feeling but it is what has inspired me from the Momentum program. The feeling the Momentum program gives me is what inspires me. The Momentum program has inspired me to find out who I truly am. The people, the work, the enthusiasm, gives me hope, essentially, leaving all I know behind, will not be so hard. The Momentum program gives me a feeling of acceptance; a feeling which tells me everything will be fine on campus. This is a reassurance as I go on to pursue an education at Elizabethtown College. The idea that I can become, and discover who I want to be over the next four years; and how the Momentum program will help me along the way inspires me... But, what will I do with this inspiration? This basically, raw, little ball of motivation and pure imagination in my head, will steer me throughout college. What can I turn this inspiration into as I move forward through college? I believe I can be anything I choose to be; nobody has the right to tell me what I can and cannot be while I am in college. The inspiration this program has given me, nobody has the right to take or tell me what to do with it. Even my family has told me on numerous occasions, life is what you make it. One thing I always remember my Grandpa told me is "Grandson never let anyone take your happiness." From my experience this is the best advice anyone has ever told me. Because, returning to what we will turn our inspiration into, this is why I believe I can be anything I choose to be. The inspiration is only part of what one may be able to do in college. Anyone can do something and say they have accomplish something... but the mark they leave behind can have a greater impact than what they did. But another question presenting itself is, what impact it will bring from it? What will be the mark you leave behind from the inspiration you are given? The impact essentially, is what you choose to be and how you choose to live your life on campus. What you put in the next four years, mainly, on your own is the impact you will bring. I believe the impact I will bring is showing how someone can be more than meets the eye; Because, I am someone you cannot define by what I do. I wrestled, I did art, I liked hanging with my friends, I am majoring in biology, and I like new things. I am someone who is very unique because, my personality defies the stereotypes that I would be labeled with; and I am glad I have this type of personality. The impact I will bring is I am going to be the one to rise against the stereotypes I have been labeled over the years, and show you can be what you choose to be. This is all what the Momentum program has done for me, and what it has allowed me to do, as I begin my new chapter of life at Elizabethtown College.

-Darnel Roque; Harrisburg, Pennsylvania

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Inspiration is something which stirs up a fire in you to change. Coming into the Momentum program, I thought I had everything figured out; I knew the campus, I knew my roommate, and I thought I knew what I wanted to study and what to do with it. I have always had a passion for animals, but did not realize how I have this urge to work on conservation efforts of the land and endangered species. This was, until we were handed the small, red and white paper on our first morning of the program. When I saw the title, "Make a Decision," my hands clammed up and my heart started to gallop in my chest. Weirdly, as someone who thought they had everything figured out, this piece of paper put a seed of doubt in my heart. I am glad it did, because I had the opportunity to take a hard look at my dreams and passions, and to think of how they correspond with my intended major. Coming in as an intended Biology major, I took the easy route with Biology being such a broad subject. Not to say Biology is an easy or safe field of study, because we all know there is hard work to be done, as with any major, but I knew in my heart how I was personally setting myself up for failure. I was setting myself up with a safety net instead of wanting to pursue veterinary medicine, due to the fact it is tremendously difficult to get accepted into veterinary school. At that first dinner, sitting down and immersing ourselves in the sounds and sensations of our environment put the pains, worries, and insecurities of our lives on the back burner, at least for a little while. It forced us to focus on our hopes and dreams, and later on, determine if they are realistic or not. Also in the Momentum program, the academic sessions, even though they sometimes did not seem it on the surface, they helped solidify our interests and dislikes of different subjects and/or majors: it strengthened my resolve for the sciences and mathematics. Having this passion for science, especially biology and environmental sciences, is going to better propel myself to become someone who investigates how the environment impacts the animals living in it. Going forward in my time here at Elizabethtown College, I will be more able to concentrate on the aspects which inspire me to be a better person and succeed both as a student, as well as an overall

person. Going through this experience, I have been able to better understand myself and those going through a similar experience as I; being a freshman having nothing but the great unknown in front of you. It is easy to come into college and think you know what you are going to study and use of the rest of your life, all based on your past experiences in high school, but in most cases, students change their major to something they love and could not see themselves studying anything else. I want to protect those who were like me, and help them get the most out of their education here, saving them from as much uncertainty and doubt as possible. I want to inspire them to follow their dreams and not to take no for an answer. –  
-Destiny Harbison; Leola, Pennsylvania

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When the question “what has inspired you” came to me, I honestly did not have anything which came to mind. When the questions were first raised to me, I thought about the question over and over again until I came to the conclusion I did not know what really inspired me throughout the week. That was until then I asked a friendly Kinesis Peer Academic Advisor how she was approaching her reflective essay and she gave me some guidance to help me figure what really inspired me. The idea of students giving back to the school after they graduate. The thought of every graduating class, giving back to the school if it was one gift or many gifts, even it was small or large, it is a further improvement to a better future for next incoming freshmen classes. Without every graduating classes’ support of giving back, Elizabethtown would not be as successful and or as well-known as it is today. Professor Dr. Thomas Winpenny gave us a lesson on integrity, the seven deadly sins, and the Ten Commandments. He taught the difference between right and wrong. After receiving the help from one of my fellow Momentum students, the next question “what are you going to do with this inspiration” flooded my mind and again I began the process of what I was going to do. The results ended up being what could my graduating class give back to Elizabethtown once we have uprooted from college. It was easy to figure out what was missing from the campus and the object we could give back to the school after years of wisdom and protect what would be placing entrance gates on the brick pillars under the of Elizabethtown arch on College Avenue/Schlosser Loop. Our beautiful campus needs an entrance gate in order to make the college more official than it already is. Professor Benowitz told us to always follow your dreams no matter what the outcome maybe, if it makes you happy, do it. The impact of the students giving back to the community and their school will make a positive change for a better future for Elizabethtown. Elizabethtown College will continue to grow beyond its borders and expand its roots around the country. For being a small school, we are well known and respected by other schools. I hope one day I will be able to graduate from Elizabethtown and tell others who do not know this small but powerful school how I am glad to say this is my home. I would like to thank Professor Benowitz for creating the amazing events for us such as taking us hiking on the Appalachian Trail and giving us the chance to meet the president of the school, Dr. Carl Strikwerda, the Provost and Senior Vice President, Dr. Susan Traverso as well. I would also like to thank the Kinesis Peer Academic Advisors for dealing with our shenanigans and helping us get adjusted to the college environment.

-Benjamin Errickson; Wildwood Crest, New Jersey

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One of the first activities we did with the Momentum program was a historic walking tour of Boiling Springs, Pennsylvania and a hike on the Appalachian Trail. This was an opportunity to pair up with someone we did not know and share our goals and aspirations while hiking. Many of the students around me expressed how much they enjoyed the hike and conversation. These students encouraged me to look at the positive to enjoy nature and all that it has to offer. So I embraced those positive comments and searched for ways to see the positive in this experience. I not only started to enjoy the hike, but I also encouraged other people along the way. From that moment forward I really took the time to really think to myself who am I. As I thought this, I realized the importance of being still and truly getting in touch with the inner you. I came into this Momentum program experience alone. My aunt dropped me off, put some holy water on my forehead, prayed, and then drove off. No mom, no dad, no uncle to enjoy this experience with me. But over these past seven days I can honestly say I no longer feel alone. I feel comfortable and I know if I ever need a shoulder to cry on or an ear to talk to I have that all here. I enjoyed meeting every last one of the beautiful and handsome old and young men and women here this week. They all have left a memorable mark on my heart. Broadening my range of friends, I am grateful this Momentum program has challenged me to do exactly that. I can only imagine how many great people I will meet throughout this four year journey. I look forward to finding myself an accountability person and working out with them. As a social worker I am prepared to wake up every day and know how I might see some of the most horrific things of all humanity. I will be forced to push myself through some pretty difficult situations. However, after being introduced to the professors at Elizabethtown College, I now feel fully prepared to pursue my career in Social Work. The end product is always so rewarding and so worth the pain along the way. Just the thought of how much I will impact so many people with all of the knowledge obtained throughout these next four years makes me feel astounded. Through the help of the Kinesis Peer Academic Advisors and Professor Benowitz, I was able to get comfortable with the campus, build connections, and network. I also was able to learn ways to keep my stress level down, find new ways to be inspired every day, and finally learn the importance of a name.

-Shaquoya Fains; Hershey, Pennsylvania

In the past week, I feel as if many new doors have been opened to my future. When I compare who I was before and after the program, I realized how much impact the Momentum program caused on who I am as a person. I learned the small town I am from is not the whole world, but a major part of it. I learned to reach out to anyone, because they could wind up being a close friend. The Kinesis Peer Academic Advisors in the Momentum program welcomed all of us with kindness which became contagious within all of the freshmen. The program has greatly inspired me in the past seven days. One of the sessions which stood out to me the most was Professor Thomas Wimpenny's presentation about integrity. He elaborated on decision making and choosing right from wrong, which is personal to each individual. This inspired me because I believe how integrity is a very important value for a person to have. Also, I gained inspiration on the field trip to historic Boiling Springs, Pennsylvania. It interested me to learn about the history of the town. I felt a great sense of accomplishment after hiking a portion of the Appalachian Trail. Throughout the program, I was greatly inspired by the people I met. Many of the people I spoke to had different personalities, opinions, and backgrounds but still managed to genuinely care about each other and show a great amount of interest. I have learned much about others and about myself. When in new situations, I am not the only one who might feel apprehensive. I learned to express my thoughts more to connect to other people. I am completely inspired by participating in the Momentum program. I feel more confident in starting college because I already have great connections with amazing students and professors. With the inspiration I have gained, I feel like I can approach my whole four years in college fearlessly and with bold aspirations.

-Alexandra Moore; Glensville, Pennsylvania

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Inspirations: As I look around today, I see a group of well-prepared individuals who are ready to take on anything. However, we did not start out this way. At the beginning of this week we were just fifty individuals, but now we are something more. We are united by our collective experiences (and our collective suffering). Together, we explored, we journeyed, and we learned, and together there is nothing we cannot do. On the voyage which was my Momentum week, there is nothing which has inspired me more than the people with whom I have voyaged. Though some of us are not too far from home and some of us travelled here from very far away, we are equalized by this strange new place we inhabit. We grew from our timid beginnings to the strong bond we now share. Since the beginning of the Momentum program, I feel I have grown as a person both socially and emotionally. I have expanded my social skills almost exponentially. I have been inspired to apply these new skills and being open and social with all of the new people I will meet in the coming weeks. I will start by introducing myself to everyone I do not know. I will sit next to a new person every day and try to hear their story. And most importantly, I will hold all judgements and prejudices I may have against any other individuals. I firmly believe these friendships we forged this week will last for years to come. Despite any differences we may have, we are connected by our choices and the things we have experienced together. I firmly believe it is through programs such as this, programs which breed both communication and understanding. No matter what turns our lives might take we can always fall back on the first friends we made here. It is through these friends I have found my confidence. They inspire me to be more open and friendly to everyone I meet. As the week concludes, I leave this program ready to face the new experiences college will bring. I have been inspired by the people around me, and so it is my greatest hope I will be able to inspire someone else. They say smiles are contagious and a little kindness can go a long way. I can tell you with absolute certainty this is true. It is because of the kindness of my peers, mentors, and professors, this week was such an enjoyable experience. If someone would have told me a week ago I would enjoy hiking the Appalachian Trail in 80 degree weather I would never have believed them, but when you share this experience with people you like; anything can be fun. When I first arrived on campus, I was afraid. I was alone in a new place, but I knew there was no going back. This is not to say I am not still terrified of what this year will come to, but I am certainly feeling much braver now. The only logical next step is to pass it on. If I can pass on even the smallest fraction of hope and inspiration which my peers gave me, I will be content.

-Catherine Stencler; Perkasio, Pennsylvania

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It is hard to believe you can learn something new about yourself seven days straight! But it all started day one, August 14, 2015. Freshmen year is the beginning. We always remember the beginning and the end of something; everything in between is just fun and games! Okay maybe not, but you get my point. I noticed after multiple goodbyes and see-you-laters to those I spent almost two decades with, I recognized I was on my way to a path of finding who I have not yet become. The last seven days has immersed us in resources and information notifying us how college *can* be our life changing experience in which impacts our decisions and life choices for our futures. Professor Benowitz started off our first session with opening up our minds and clearing the negativity out from our past, creating an open place in our minds where we begin something new. With clarity and an open mind, a transition of moving into college as an intimidated student, can become a much more enjoyable experience as everyone here can agree with, in many aspects because of this program. I have gained the courage through this program from the upper classmen, faculty, and staff which with any passion or idea I have in mind, it will be valued here at Elizabethtown College. One has to see the fuel within themselves to enlighten their time at Elizabethtown and the courage has to start within ourselves. I had seen no success within myself throughout high school and enrolling into

college. I was just going with the flow as an AVID student. Because college is where “everyone” goes after high school with no career path and not fully ready for the work force. I see we all have achieved so much thus far and we are all here for one more reason, to succeed further and show those who said you cannot and will not how you can and you will! There is potential in everyone sitting here in this room. If you think this statement does not apply to you, keep an open mind and you will see in four years how I was correct. I want you to all know we have this potential and possibilities to achieve many valuable qualities which apply to the real world now, not based upon our ability to take a standardized test. There is something we can learn from each other and remember you are never alone! Momentum students listen close to these next few words! We left our ordinary life behind. The opportunity is ours! So how are we going to make the opportunity ours? What are we going to do with this opportunity? We are going to realize and reflect about how everything is going to fall into place. My favorite quote was from someone anonymous, “Nothing ever came from comfort zones.” How many of us can realize joining this Momentum program and even Elizabethtown College was one step out of our comfort zone for the majority of us? I realized when in our writing workshop with Professor Skillen, I had stepped out of my comfort zone. Looking back on a memory when I was only fifteen years old. I wrote myself a letter letting myself know I had succeed successfully in high school. I had started college, a private institution with a diverse group of friends who have the same diligence to succeed and do well academically just like herself. I feel as if after these last seven days I have found an easy access of keeping an opened mind through obstacles. Integrate lead us here to Elizabethtown College; realizing college is the right paths for success, happiness, or satisfaction. High school was full of expectations and standards. College has lead us to opportunities, new paths, and opening/closing doors, which is so cliché, but literally you will be opening and closing many doors at college. Have an open-ended mind so you are there for all the opportunities which are going to be thrown at you these next four years. As professor Benowitz says, “Do not worry about the outcome, if an opportunity comes to you, just say yes. Do not plan for it. Let life take its course and just watch where it takes you.” There are always going to be connections between our passions and where we are expected to take our lives because our parents say so. Just make these next four years like no other. These are the days we need to enjoy, learn, find ourselves, and most importantly have fun. There is no other best four years than college. And what better time then to spend it here at Elizabethtown where we can be inspired each day by people who want to see us succeed. And always remember. We remember the beginning and ends! Take the inspiration you receive every day from your open mind and take it all in so one day you can inspire others like everyone we have met this whole week. We will remember our first year here on campus and we will remember our last days. Go out and do something worth savoring. We do not know what life is going to put us through, just be ready to catch it and not question the situation. Be ready to say yes and nothing else. Experience life, you do not always need a plan. Pay attention to detail and stay focus and be able to react positively to make a difference. We always like when those whom we love recognize our accomplishments. So whether it be a family member, loved one, one no longer here, or even just someone who has watched us succeed this far. They may not be here every day, but after four years they will be there to express your accomplishments that you have had at commencement. So as you enjoy your four years here, show those who will be cheering you on in four years, that you were inspired by Elizabethtown College to make the choices you have made. So let me leave you with this, if there is any advice I could give to anyone about what I learned by the end of this program it is, “don’t wait like a bus stop!”

-Brianna Floystad; Baltimore, Maryland

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I have always been an extremely shy and introverted person. I have always been afraid to talk to the person sitting next to me in class, I have panic attacks over giving presentations, and I especially am not good at making friends. So for me, the idea of going off to college and needing to make new friends was a pretty horrifying concept. However, despite all of my social anxieties, I was very excited to both be in the Occupational Therapy program and the Momentum program here at Elizabethtown College. I knew I was ready intellectually for the heavy course load I would be taking on, yet I was not sure if I would be able to push my anxieties aside in order to succeed. But immediately upon arriving at Elizabethtown College, I encountered nothing but kind and welcoming people. The first person I met here was a Kinesiology Peer Academic Advisor, who incidentally had the same name as me. Immediately, Carly Foster’s sweet, bubbly personality and upbeat spirit helped to chip away at all of the fears I had about starting college. Because of the kindness of not only the Kinesiology Peer Academic Advisors, but also my peers in the Momentum program and the professors, I was inspired to shed my anxieties, come out of my shell, and make some great friends. Thanks to the Momentum program and all of the friends I have made because of it, I now have the confidence I need to succeed here at Elizabethtown College and my future to come.

-Carly Drennen; Lancaster, Pennsylvania

“It is going to fly by Nik, be sure to take advantage of it.” Those were the words I heard from my Algebra 1 teacher, Mr. Karp. That is all I ever really heard from anyone. Do not get me wrong, things eventually do come to an end, but people focus entirely too hard on the ending. The Momentum program has showed me the beginning is the most important aspect of an experience. When you focus on the end there is no hope only fear. However, when you concentrate on the beginning it teaches you to be hopeful. You are inspired to be the best version of you can be and this is what the Momentum program has done for me. I will be the first to tell you I was petrified to finally come to college. I felt this was because I was focusing on what I would be doing after college. The session, which was held under the tent with Professor Benowitz, made me think to myself and I surely do not do it very often. It was definitely what I needed to do. Without the Momentum program I would not have broadened my horizons into what college has to offer. In those fifty short minutes I was forced to reflect on myself and what I truly want to get out of my time at Elizabethtown College. The Momentum program has given me the opportunity to walk through, or run if I am following Professor Benowitz, a multitude of doors leading me in the direction of who I am meant to be. To some this may seem insignificant, but it is a large step for me. I am organized and definitely a type A personality, so even thinking of changing throws my schedule off. Without the Momentum program I would have been absolutely lost and walking around without any sense of direction. Thanks to this program I now have at least fifty other close friends and it also means a fifty person support systems. As a result of my experience here this past week, I have been impacted to help others. Although it seems small to others, I am eager to become a Kinesis Peer Academic Advisor one day and hopefully inspire other freshman.

-Nikki Alwell; Blakeslee, Pennsylvania

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Getting going good: As I walked up the curving road of Elizabethtown College, at first I had a lot of emotions, I was nervous, excited, and anxious to get started at college and to meet new people and potential friends. Looking back a couple of days ago, when I first moved into my dorm, I can see myself lacking some of the skills and talents, which I can now see myself having because of the Momentum program. I owe these new talents, perspective, and knowledge to those who really caught my eye, those who really caught my attention, and to the people who really inspired me, and this thanks would have to go to the enthusiastic, encouraging, energetic, people we call the Kinesis Peer Academic Advisors and Professor Benowitz! The Kinesis Peer Academic Advisors really got my mass moving by putting us in opportunities and activities which helped me look deeper and harder into what I wanted to do and what interested me. The Kinesis Peer Academic Advisors not only helped me find out what I wanted to do with my college career, but they also supported me with what I wanted and how I wanted to do it and they helped me find a way to put my college career decisions into motion. Professor Benowitz told us Momentum students how “What you get out of college is what you put into college” and this quote is what really inspired me to take charge of my college career. It was not only the Kinesis Peer Academic Advisors and Professor Benowitz who inspired me however, the Momentum students have pushed me to new heights and all of them are flat out some of the most enthusiastic people I have ever meet. I cannot stress enough how much the Kinesis Peer Academic Advisors and Professor Benowitz have truly helped me with all of the questions I had coming into college. If I were to be in charge of the incoming freshman class I would make it mandatory for all students to go through this wonderful Momentum program, because it seriously helps with all of the stress of coming to college, plus the Kinesis Peer Academic Advisors help moderate fun and lectures. Some of the best advice I got was actually while the Kinesis Peer Academic Advisors and we Momentum students were hiking the Appalachian Trail and while we were doing art activities. The Momentum program provides a never ending chain of support which is always there for you and never hesitates to help you with whatever you need. The Momentum program has inspired me in ways which are difficult to explain with words, and has shown me ways of looking at things in a positive and creative perspective. The Momentum program is a great group of students to join, especially if you do not fully know what you would like to study as a first year undergrad student at Elizabethtown College. I really hope to be involved in the Momentum in the coming years because I have enjoyed the Momentum program very much. The Kinesis Peer Academic Advisors and Professor Benowitz have had an amazing impact on me these last few days, and have truly inspired me to be and do the best I can in my college career.

-Isaac Garrett; Elizabethtown, Pennsylvania

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Little-Big Texas took a flight out to Pennsylvania, a place she had never been to, but will be there for the next four years of her life ... alone. Unaware of what to expect, like a typical anxious freshman in the country, I left my home to attend Elizabethtown College. In the Texas school system I was formatted to attend school, get the grade, graduate, and get the job. Upon my arrival to Elizabethtown College, the most asked question was “How did you find this place?” I am happier than I seem to be, it is only been one week with the Momentum program and I already know I will love it here. After the first academic session, I was able to see how the professors actually enjoyed speaking and connecting with their students. Coming from a state where funding is more important than a value education, I realized this is the education I have wanted. For years I closed my doors to diversifying my interest. In ninth grade I was asked what career I would like, from there, I was assigned to a school aimed to concentrate on that career. For four years I had the same engineering class where I did

not learn anything I had not learned the year before. In a week in the Momentum program, I did every single thing I had told myself I could not do; I hiked, drew, and read poetry and to my surprise, I enjoyed it. I discussed and learned about subjects I had dismissed and not even considered because I chose to be an engineer in ninth grade. I was only fourteen years old at the time. Tuesday night, as my mother called and ask how I was .... I had a moment where I realized things fall into place at the right movement in the right place, Elizabethtown College. Arrival was not easy, from missing my flight twice and spending over ten hours at the airport, it is definitely been worth it. Classes have not even started and I know I will garnish friendships worth a life time. I have my own grit and tenacity, but at times I need a life check. Elizabethtown College provided me the inspiration of achieving the purposes and goals I have in mind. Without fear of failure, it is okay if I change if I change my passion. I am a first generation Mexican-American student, I am the first of seven to attend college, I am the first in my family to attend college. Compare to our hike on the Appalachian Trail; I carry heavy weight on my shoulders and the Momentum program helped me realized even if it is hot outside and you are out of shape... you keep walking that trail because you know at the end of the day you will obtain your purpose and you will obtain a feeling of accomplishment. I have discovered I have the ability to do things for my own. I am capable of diversifying my interest and able to succeed in all aspects of my surroundings. The Momentum program was a week-long, sparking a fire in me to be myself and show others who I am, what I can be and spread my luminosity to others for a long time. I am inspired to consider my gifts, virtues, and abilities. The Momentum program has been my Watergate into the collage life, I will take the fire in me and aim to inspire others around me to engage in self-discovery and finding the person inside. I will discover the person in me via sparking others to be genuine in clubs, a work-study job and encounters in class. I will continue to keep my fire going by leaning on my friends and professors along with the Kinesis Peer Academic Advisors. I want to go back to Texas and inspire others to take leaps of faith and risk attending a liberal arts college and avoid going to the robotic-university system based of our previous education.

-Guadalupe Carnero; Fort Worth, Texas

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James Brown, inspired Michael Jackson, Gandhi inspired MLK, and Kristen Chenoweth was inspired by Dolly Parton. Those who we consider the experts, or greats in the aspects of their life, were once like me. They were kids who had a dream, and a will to do something great with what they were giving. It took someone or something to inspire them, and light their flame, before the flame could be lit they first had to know what it was which could ignite the flame. This week, I found my ignition source, during the Momentum Program. I always knew I found science, anatomy, and history interesting, but I was always shy about it and did not really let it be known. I had done well in my classes, but there were not many females involved in the sciences. On Monday, when we had the session about Anthropology my flame was lit. I had known little about Anthropology, but I then I knew it was what I have been looking for. I loved when Professor Dr. Newell spoke, and how she taught with passion, and how she was a woman in a science field which is the epitome of what I want to do. Michael Jackson, MLK, and Kristen Chenoweth, went on to change the world in their field or concentrations. Without their inspiration, they might have done so. With my inspiration, I will focus on my studies and classes and fulfill my goal to major in Biology with a minor in Anthropology, or vice versa. With a focus in Forensic Anthropology, and Pathology, I will reach my end goal to become a medical examiner. What impact will I have? I will be a role model for younger children, especially young girls who like me have a love for science, and do not know what they can do, or maybe are afraid to stand out. As a forensic anthropologist, and a medical examiner, I will be able to help people get closer, by figuring out how people died. I will leave a positive effect on the world around me and be known for the contribution to society I will make.

-Quadriyyah Abdul-Aziz; Hershey, Pennsylvania

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Inspiration does not come easy to everyone. I am one of them. But after going on all the historic walking tours around the college campus and the town of Elizabethtown; I think I found some. When we were going on the tour around the campus, Professor Benowitz started talking about how all the previous students contributed in some way to the college. Whether it was deciding on where a road should be built, adding a formal entrance to the campus, or plating trees, all of the college's past students added to the campus. This really inspired me because it made me realize how the students actually have a say in what happens around the college and it is not just some line a tour guide says to encourage high school seniors to give their money to the college. Professor Benowitz has inspired me to create an impact. I do not know what I want to do with this inspiration but I do know that I want to make a difference and to do this I need to speak out. Now I know how the students are heard, I can see myself creating a lasting impact. I can imagine myself being or doing so much more than what I ever believed was possible. I am uncertain about what I will do here, but I imagine this was how the previous students felt on their first day at Elizabethtown College as well. And I think it is okay I am uncertain because there are so many opportunities around campus. I could become a tutor, or a Student Patrol Officer (SPO), or part of the Student Senate. The joy and fear I feel is new and exciting but I believe this is what college is all about. Trying new things. Not only have the past students inspired me but so have the current students as well. Everyone in the Momentum program has been so friendly and encouraging. I have learned so much from the rest of the group. Specifically during our small group discussions about

the book: *Inspirations: From Classical Literature*. The Kinesia Peer Academic Advisors who led our small group Socratic discussions had everyone say what inspired them. While everyone was talking, I realized how different everyone is because of their various backgrounds or where they grew up. I started to reflect on my life and the problems I have had to deal with and I realized there are others who are going through similar problems or maybe something even worse. The inspiration I found with this group has inspired me to stay positive no matter what the circumstances and to do what I want to do. Anything I do at Elizabethtown College I want to do because I really want to. I want to make sure I am having fun and I am doing it for me. My goal for college is to stay positive and focus on what I really want to do. I want to inspire people. I want to encourage others to create an impact. I want to have a positive impact on other people, however big or small it may be. Whatever way I get involved at Elizabethtown College I want to reach out to as many people as possible. I want to leave college with confidence. The Momentum program has inspired me and stay positive as well as open minded and I hope I will inspire whoever I encounter to do the same.

-Julie Weeks; Doylestown, Pennsylvania

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I do not know exactly how to say this but coming to Elizabethtown College has been one of, if not, the best decision of my life. I have been to plenty of programs which had their fair share of fun activities and learning exercises but nothing compares to the personal life building lessons the Momentum program offered me. First off, I never knew how many random strangers could express such a caring desire for each other's success. It is like a giant family which continues to grow and look after each other. Everybody has each other's back so no matter who you are there will always be somebody you can go to or trust when the road gets tough. Absolutely nobody goes unheard or unseen. It has built an unselfish quality within me to make an effort to put others before myself. Although there is an abundance of resources to seek help from we are still independent individuals going out to face the real world. Scared, nervous, doubtful, and undecided are just a few possible emotions each and every one of us is feeling. But it is through the Momentum program I began to realize how despite those mixed feelings we all are strong-minded, unique people. As I got to know everybody my eyes were widened. I always thought growing up in the Bronx was a struggle. I assumed living in the projects of New York was one of the worst experience you could go through. I could not have been more wrong. Behind everyone's smile was a story. Good or bad there was a small fire waiting for a spark to light it up. The Momentum program is the spark teaching us about the importance of having integrity, character, and discipline. The Momentum program has given us the courage and confidence to grow into men and women who follow their passion no matter what obstacles come our way. As a Momentum student I know I will never give up on my goals, my dreams, and most importantly myself. If there is something you want to do than do it, even Professor Benowitz told us, "You never know where your dreams will take you." Believe in yourself and believe you have the strength and intelligence to go above expectations and make dreams a reality. They say do what is right when nobody's looking but someone is always watching. "As we let our own light shine, we unconsciously give other people permission to do the same"- Marianne Williamson. It is those little acts of kindness which inspire those around us to make a difference in the world. Overall I could not be happier to say I have made lifelong friends, grew stronger in various qualities, and ready to take on college with full force. The Momentum program truly has given me the spark driving me to be the best in whatever I do.

-Nelson Rivera II; Bronx, New York

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This week we talked a great deal about inspirations and our goals. When I was asked what inspired me I thought about my future. Finding a career I know I will look forward to is very important to me. I also wanted to set an example for my little brother and show him how if he works hard he could go to college too. I plan to graduate with a major in Communications and a minor in Graphic Design. When Professor Benowitz asked what our dream career would be I wrote: Graphic Designer. Knowing I will leave Elizabethtown College prepared with the background and experience I need to become a Graphic Designer will keep me motivated to be successful with keeping up with my school work. I imagine myself taking courses I am passionate about. After listening to all of the professors talking about taking classes I remembered why I decided to attend Elizabethtown College all of the faculty here on campus go above and beyond to help the students. I learned many great tips this week and met several great people along the way. The Momentum program this week taught me so much about the history of the town and campus which I found to be very interesting and informative. Seeing how passionate Professor Benowitz is about Elizabethtown inspired me to become more involved on campus. The Momentum program made me feel more confident with the campus, I plan to use my knowledge to help other freshman who will be just as lost and confused as I was on my first day. This week has made a great impact on me and I hope I can impact others with what I learned in the Momentum program.

-Gabrielle Hoynoski; Orwigsburg, Pennsylvania

What is momentum? And how will the Momentum program benefit my life especially in college? I remember arriving to campus late and getting out of the car looking at the other Momentum students already at the picnic eating lunch underneath the tent with their families. Taking a deep breath, I went and introduced myself to Professor Benowitz and in that very moment all the nerves I had were gone. The Momentum program introduced me to so many nice and respectful people who are very caring and trustworthy. I am so happy I am in the Momentum program because without it I really would not begin freshman year as confident as I am as of this day. During the last five days of the Momentum program I experienced so much. I learned so much history about the village of Elizabethtown, Elizabethtown College, Historic Boiling Springs, Pennsylvania, architectural symbolism, and the Church of the Brethren. For example I learned about how iconic columns in front of a building reflects the ancient ideas of democracy, equality, and egalitarianism. I learned why there are two entrances on buildings built by the Church of the Brethren; separate entrances for women and men. The most important thing I experienced was when Professor Benowitz told us to just sit and meditate and then write down our goals of our future of what we love to do and not what just makes us satisfied with money. I imagine myself in the future coaching lacrosse. Based on this inspiration which the Momentum program has provided I can make this goal a reality in my life by making sure I follow through with it. Also, if I fall out of love with it, to make sure I find something I do love because happiness is the most important thing in life. Furthermore, to make this inspiration become a reality, I need to make sure I meditate every day and just take a moment to relax and stop thinking about everything else going on in life. The Momentum program has impacted me to inspire others who grew up struggling like me, to let know there is hope if you do not give up and to find something to keep them going in a positive way. As my mom always told me and my brothers, "If there is no struggle, there is no progress." In conclusion, as you previously heard my two questions in the beginning of the essay, I can now answer the questions properly. What is momentum? The Momentum program to me is a journey of self-discovery and finding out what you want to do in life regardless of the outcome. The Momentum program has also shown me how I can go out to the world and inspire people with my passions. This program benefited my life in college by allowing me to become more open minded about people and different subjects. It also made the transition from high school to college way easier than just a regular freshman coming in. Choosing to be in the Momentum program was the first best choice of my four years here at Elizabethtown.

-Rebekah Clements; Port Norris, New Jersey

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I consider myself a spur of the moment kind of person; one minute I am excited and motivated and then the other times I am unmotivated and discouraged. Due to this I found it very hard to find a lasting inspiration, however, during these few days of the Momentum program I think I have found a lasting inspiration in the form of comradery which the people of Elizabethtown College share. In just a few days people have done some many things I have found extraordinary: from everyone celebrating my birthday even though they have just met me the day before, others helping complete strangers they did not know for a day without a second thought, and lastly making everyone feel welcome. Experiencing this sense of comradery which this group brings into the Momentum program has inspired me to be more outgoing and to talk to more people. Everyone in the Momentum program was so supportive of each other and would help in any way they could. I would like to also be the kind and supportive person to the freshmen class. However, I am an introvert so it is very hard for me to express myself outwardly because I always am worried about what people might think of me. Therefore, to accomplish this new goal, I need to take steps to get out of my comfort zone. The first step I need to take is to make a good first impression. In the first inspirational meditation, I learned how in life beginnings and endings are important so I want to make a good beginning with the new freshmen by making a good first impression. The next step is to get to know them better. Throughout the Momentum program we have had many times to bond and grow as a group. For example, on the Appalachian Trail hike, we had time to learn about each other and bond. We even bonded this week through the movies about diversity which allowed each of us to understand one another in a way we never thought we would which allowed us to bond in a deeper level. I would like to bond with the freshmen who come in this week so that we all can grow a strong sense of unity and help each other out. Lastly, I would like to help and support everyone in the freshmen class without question since this is what I believe is what made the Momentum group so inspiring, and I would like to treat my class the same way. Not only am I inspired to be more outward to make others because I want others to have a great support system, but I am also doing it for myself. As I said before I am a very shy and conservative person. I do not like talking much or at the very least initiating conversation with a stranger. However, if I was the one who spoke up and had the guts to say hi to all the people in the freshmen class it could help me to become a more confident and more outgoing person. To further the impact the Momentum program has left on me I would like to participate in Student Senate here to help make the freshmen class bond as strong as the one here in the Momentum program.

-Godwin Igbinedion; Point of Rocks, Maryland

The main question we were supposed to answer was what inspires you? But I believe the question should be who inspires you. The person who inspires me would be my mother. My mother is my inspiration because she had me at fifteen and never gave up on life. She pushed and persevered and made her life and mine better. She pushed me to the best I possibly could. Because of her I am in the place of opportunities. I have taken eight Advanced Placement (AP) classes during high school, I interned in my high school guidance office, was involved in marching, and protesting, and now I am admitted in a liberal arts private college. Now given the possibility and opportunity will change my life entirely. Elizabethtown College will be my stepping stone to graduate school and the furthering of my career. The Momentum program was just the beginning of my new life. My mom gave me the life of education and nothing less and gave me the reality of achieving my career of becoming a doctor. The possibility to begin my career will change my perspective just on life. The Momentum program gave a short aspect of college life but also will guide to leadership opportunities. This week with Professor Benowitz and the Kinesia Peer Academic Advisors has broadened my horizons and I will be forever grateful for this experience.

-Rene Knotts; Atlantic Beach, Florida

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I am Wei, and that is ME: The Momentum program brought me the confidence I needed to be myself, where I was able to express those personal traits people normally would have difficulty to accept, such as my lack of common sense, indecisiveness, temporary memory, funny, and straightforwardness. I used to be the dreamer who had no clue of what I wanted to do before, but this was changed through the sessions we had throughout the week. One of my most memorable moments was the meditation we had before dinner was served on Saturday because I started to discover the passion I never dared to even think about. I always dreamed of creating a digital world where things are not bounded by the limits of our body. An idea I have given up because the amount of time and work it requires is beyond my capability. Other sessions I found inspiring were about comparing and contrasting Sociology and Psychology, the historic walking tours, Socratic Dialogues, the Appalachian Trail hike, and the video titled "Where the Hell is Matt" we watched allowed me to understand who I am and what I plan to do for the following years of my college life at Elizabethtown. Our discussions with Professor Pretz stated how we are influenced by the presence of others. For instance, when the elders stand for a song at church, the rest of the group will involuntarily arise from their seats too. The video how Matt was dancing over the countries is another example demonstrating the instigation we each have on another. During the video I was sensual and amazed by the fact Matt was dancing unusually, but no matter if he is alone or with other groups he was smiling throughout the entire time. I was overwhelmed by the joy I observed from his action because I saw those who joined him disregarded the presence of being laughed at; as if nothing mattered other than the moment of happiness they shared. This inspiration motivates me to try new things I did not have the courage to do, or focus on things which matters to me because I was afraid of the embarrassment or disappointment I might receive from society. They also inspire me to be unique, outgoing, a leader and to be who I am without the worrying of being judged. The video was a perfect demonstration about how something seemed bizarre at first will turn out to be more than we could have expected. It renovates to my life motto, which is "you've got to dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening, and live like it's heaven on earth" by William W. Purkey. Another effect the Momentum program had impacted on me was changing my perspective of our community and those around me. As an illustration, the architectural walking tours helped me recognize the representation of iconic pillars and the symbolic meaning of freedom and democracy throughout the building designs at Elizabethtown College. I became more aware of our surroundings and I understood the history of how Elizabethtown College was formed. I begin to savor the gifts, lessons, and stories left behind by our past alumni. Also, having to spend my entire week dedicated to Momentum only, it had improved my aspect of everyone, which now I can call my friends. No longer was I afraid of interaction, but I also completely eradicated my shyness and insecurity I have before I arrived on campus. Additionally, a quote which describes how I feel and relates the movie "GO," which we watched for the Diversity Film Discussions is "I am bad, and that's good. I will never be good and that is not bad. There is no one I rather be than me," from Wreck it Ralph. The more sessions we experienced, the more I recognized my differences and how I was able to use my qualities to impact others. Through the conversations we had, it allowed me to reveal the uniqueness I struggled to reveal before. All I want to do is to encourage others to try new things they never really had the guts to do them before and share my experiences with them. A way I can impact the Momentum program is by inspiring others with my character, such as: creativity, obnoxiousness, entertaining abilities, enthusiastic, positivity, motivation, imagination, and my critical thinking abilities. I want everyone to build confidence through interacting with me, worryless through knowing me, and loosen up through hearing my stories and jokes. During this week, I found a sense of direction, the meaning of my existence, and my goal for the rest of the school years. This is the start of my education with the new friends I made, the wisdoms I learned, and the memories we with share for the next four or more years. Is there something which inspires you during any point? And how? Based on this inspiration, how will you use it to benefit your life? What kind of impact did it bring you, and how will you apply to your daily life? Were there any changes of your aspect or your perspective about yourself and others?

-Hui Liu; Shenandoah, Pennsylvania

Inspiration is very similar to a flood which yes, I know sounds crazy, but it is a good analogy. Inspiration seems to appear out of thin air, then suddenly, all at once, you are swept away with a sudden rush which seems almost inexplicable. Inspiration can give people a new beginning. It can make people discover things about themselves they would have never imagined within themselves previously. It can be a tool to build people up and in some cases, acclimate a bunch of freshman into Elizabethtown College quickly and comfortably. Without inspiration, many of us would not be the people we are today and with future inspiration, will grow and evolve into proper adults. Professor Waters taught us to enjoy things rather than seeking a single defined answer. The feeling of raw emotion is the only way to know if you genuinely enjoy something in life. Never let anyone tell you what you are feeling is wrong. Challenge yourself to enjoy the things you love without needing approval from others. Think back to your fondest childhood memories. Think back to the moment you came in first or won a prize. The emotions associated with memory are much more powerful than any of the small details you may remember. These are flashbulb memories and they are the most vivid memories your brain can possibly manage to produce and you should cherish them. I am inspired by the people around me. Professor Benowitz is a man with so much passion it makes me want to learn even more about Elizabethtown's history. Like Professor Benowitz I want to find something which makes me walk hours in the blazing heat, at a very fast pace none-the-less. I am inspired by each Kinesis Peer Academic Advisor. I am inspired by how much each of you genuinely seem to care about mine as well as the other fifty students in the Momentum program. You guys are amazing. I am so thankful for you guys for the inspiration you have given me to care about others around me. I cannot put into words how thankful I truly am for you guys and I hope you can just feel my gratitude. I am also inspired by the deep conversations everyone in this Momentum cohort can have. We have several people who make jokes, but honestly when it is time to get down to business, everyone takes each other seriously. I love listening to people's stories, where they have come from, and the difficulties they overcame. You all have your own story. You all have your own dreams and aspirations and I encourage you to chase after with such determination no one will be able to tell you "no." People who are in your way are just there for you to prove how great you truly are and you should let them know it. Do not be afraid to show off your talents. Embrace who you are. Within this essay, I never truly gave a defined answer to what inspires me. This is because it is each and every one of you. You are all truly beautiful in your own way even if you do not realize it yet. I have no doubt in my mind how each of us was chosen for a reason and we will achieve greatness. With each of you reaching your goals, I am inspired just a little bit more to achieve my dreams as well. Thank you all for everything and remember no one can stop you.

-James Spearman; Stafford, Virginia

ELIZABETHTOWN COLLEGE

# KINESIS

STUDENT REFLECTIVE ESSAYS AUGUST 2015



*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)

It has been an enlightening experience for me to participate in the Momentum program as a Kinesis member and has rewarded me with a similar, if not more, of an opportunity for me to reflect on myself and the world around me, when compared to my freshman year entering the program. It was a different experience being a leader of the program. I felt and will continue to feel a responsibility to guide the students through their freshman year as I was lead. I am thankful and delighted to have met the people that I did. The group was intelligent, active, and kind. These are not all of the positive qualities that these students' possess, but I feel that it is a great way to describe a group that will make a positive impact here at Elizabethtown College. In the process of meeting every individual in the program, I was inspired by the background of all of them. Some individuals shared stories of leadership, talent, struggles, and success and yet, they all found themselves at Elizabethtown College, in the Momentum Program. Not only was I inspired by all of the program set before us for the week, but also by the response to the students to the sessions. You can only hope that people want to become better. You can reach every individual in this program and discover that with the help of this program, they have begun to take part in deeper critical thinking, which is so crucial here not only to pass a class, but to also improve yourself throughout life. These individuals have inspired me to continue to work hard and challenge myself, while keeping an open mind. It is my hope that I have made a positive impact on the students in the program. It is a fulfilling feeling to see the students succeed in their future endeavors. I've told stories about my experience which include, mistakes, advise, and wisdom that I believe would help the students keep an open mind, succeed in the classroom as well as their social interactions. Many of these students will continue to have questions throughout the year and I plan on helping them answer those questions as well as guiding them in the right direction.

- Ramon R. Rios III

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As I put on this maroon polo for the very last time as a senior I'm reminded of what my first day of college was like. I was scared I had never been away from home and didn't know what to expect. I couldn't image what it would be like today. If you would have told the first year me all that this senior me would accomplish and grow into what I am today I would never have believed them. I feel that I grew a lot during my first year as a student and continued to grow and become more social over the years, most of which I owe to the Momentum program. The motto of Momentum is Imagine, Inspire, and Impact. I am inspired every year I do this program to see the students coming together from all different backgrounds and getting to know each other. This group especially was very open with one another and was very accepting of one another. I have also been inspired by the students desire to learn and take in everything they can during this week. They have been interested in the sessions with the faculty and going on tours to learn about the history of Boiling Springs and Elizabethtown College. I imagine this year I will do my best to help the students succeed in what they do in classes, clubs, and sports. I imagine myself being a good mentor and someone my students can talk to whenever they need me. I imagine myself helping all the Momentum students in whatever capacity they need. Lastly imagine myself inspiring them to take on a leadership position, whether it be as a kinesis or other position. The last is Impact I hope that each year I have had the privilege of being a kinesis I have left an impact on the students that I have met and that their first year is easier for them by participating in the Momentum program. I know that all these students have had an impact on me and have made me a better person. I hope that these students are impacted by the Kinesis to do their best in school and to be leaders at the school and impact the school as a Momentum group.

- Michaela Lehane

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Inspire, imagine, impact. Three simple words holding the key to my future success. This is my second year being a kinesis peer academic advisor and it has been the greatest year yet. It is hard to believe that I was in these students' shoes just two short years ago. This leadership position has broaden my horizons in many ways; from meeting new people and allowing me to better understand different people's outlooks on life. Transitioning from a student in the program to a kinesis leader is an involvement I wish everyone could experience. As a Kinesis, it is my job to bring excitement and joy to first-year students like my Kinesis had done for me. This year's cohort of Momentum students were truly the definition of a family. Most of them entered the program not knowing anyone else and coming from highly diverse backgrounds. As a Kinesis, this worried me. I was skeptical of them all getting along and was very curious to see how the week would pan out. To my surprise, these students acted as a giant family. They were always there for each other, and knew they had at least fifty other friends they could count on. These students left all their prejudices behind and were ready to transform into an open minded college student. This group of students inspired me every day to get past judging people on their appearance and allowing yourself to get to know people for who they truly are. As a future educator, this is inspired beyond belief. It is not often that you encounter a group of students like this. Research shows that students primarily hangout with other students that look similar to them or come from similar socioeconomic backgrounds. These students shattered this statistic. I hope these students keep an open mind as they begin their college careers and continue to inspire others to do the same. This year I have the privilege of being the Kinesis to five wonderful, yet extremely different students. I cannot wait to begin meeting with them and learning more about who they truly are as a person. I imagine that I will be able to help them

organize themselves, maintain good grades, all awhile still being able to have a social life. The relationships I developed with my students last year blossomed quickly as the year went on. I was eager every week to be able to talk and give them any extra advice I had. I acted as both a friend and an attentive listener during our meetings. They knew they could come to me about any problems they were having and I would try my best to give them the best advice to resolve them. I imagine that I will have the same impact on my students this year. I imagine that my students will be excited to meet with me every week, allowing me to help them transform into a thriving and successful college student. These students have made a giant impact on me this year, allowing my impact to be even bigger. I believe that during the week I have impacted these students to expand their horizons. I told them to take chances. Students will quickly become friends with other students who have similar interests as them, but I told them it is okay to express themselves when they do not feel comfortable. If you like music and want to join a music club but you think your current friends will judge you, join anyway and make an even better set of friends. Be open to trying new things and making new friends. As a junior I am still doing this. I have been at this school for two years and there are still people I do not know that I could potentially become best friends with. I hope to impact this program by allowing everyone to see that we are a giant family with open arms for everyone to join into. My experience as a Kinesis this year has had an everlasting impression on me. I not only helped these students get acclimated to college, but they also helped me grow into a better person. Every person you meet has an impression on you and changes you in some way. These students truly left an impression on me I will never forget. Although the week has come to an end, I know my relationship with these students will not change. I will still help them with any questions or concerns they may have and let them know I am just a phone call away. I am so excited to see these students grow and become part of Elizabethtown College community. Here's to the Elizabethtown College's class of 2019, keep your head high and never give up on your dreams!

- Emily Brunell

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Three years ago I drove under an arch with a banner in which "Momentum" was written and pulled up to a white tent with friendly faces beneath it. Getting out of my car I was very nervous for it was my first day at Elizabethtown College. Up walked a welcoming pair named Professor Benowitz and Ginette Slaughter, the latter of which showed me to my room. The ten days that followed that moment will always make me grateful that I choose Elizabethtown College as the college in which to receive my undergraduate degree. The program has changed my life in ways I never could have imagined three years ago and I am sad knowing that this is my last year as a Kinesis Peer Academic Advisor. Every choice in life that you make impacts the people around you. My goal is to make that impact positive. Becoming a Kinesis Peer Academic Advisor has had a positive effect on me and I hope on the students as well. I want them to have all the tools necessary to start off their college career on the right foot and I think the Momentum Program gives them those tools. Being the oldest sibling in my family I had no idea what to expect when I went off to college. If I can help them be more prepared than I was then I will feel successful in my job. Doing something meaningful with my life is something that I think everyone should strive for. The Momentum Program has inspired me to work toward this goal more than ever. I hope the interactions that I have had with this year's cohort inspires them in some way; whether that be to work harder, be a better person, or change the world. Everyone is inspired by something different and I hope that each and every Momentum student was inspired by at least one moment this past week. If they are anything like me those moments will impact them for their next four years on campus. When I imagine my future I imagine a world in which I will continue to inspire and impact others. Imagining the future is something I do often. I do not know exactly what I want to do, but I hope that it will be positive. I imagine that I will use the knowledge that I learned through Momentum and during my years here at Elizabethtown to do that. It is sad knowing that this is my last year as a Kinesis Peer Academic Advisor but I could not have imagined a better group of students to end with.

- Zoey Lee

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**My Inspirations:** In the words of legendary basketball coach Jimmy Valvano, there are three things we as people should do every day in our lives: Number one is laugh, every day we should laugh about something. Number two is think, we should allow ourselves to spend some time in thought; and number three, whether it is through happiness or joy, is to have our emotions moved to tears. Last Wednesday, I got the opportunity to experience the emotions of laughing, thinking, and crying as I watched fifty students read their essays on how the Momentum program changed their lives. Without my knowledge, a few of the Momentum students decided to mention my name in their essays, and they said I inspired them to make difference in the world through my inspirational speeches. When I was told this, I did not think of how I inspired the students, but rather how the students inspired me. On the first day of the Momentum program, I remember seeing a few of the students cry tears of joy when I directed them to their dorm rooms. The realization of a starting new chapter in their lives started to set in quickly. After getting to know these new Momentum students extremely well throughout the week, I realized how blessed I was to have the opportunity to be a Kinesis Peer Academic Advisor. I got the chance not only to inspire incoming students to pursue their dreams, but also to be inspired by these same students to pursue my dreams. These

same Momentum students who cried tears of joy when I directed them to their dorm rooms were the same students who made me cry tears of joy when they mentioned my name in their essays. After participating for a second year in the Momentum program, this time as a Kinesis Peer Academic Advisor, I realized the impact this program as had not only on my life, but other people's lives. I could not see myself doing as well as I have done over the past year without going through the Momentum program. Additionally, I do not know how I would have survived my first semester in college without the help of my Kinesis Peer Academic Advisor. Therefore, because I now know the importance of good guidance in college, I plan to do anything and everything I can for my Momentum mentees. I want to engage academically, mentally and emotionally with my Momentum mentees. I do not want to be a one-week inspiration to this year's Momentum cohort, but rather a lifetime inspiration. I plan to keep my students on track both inside the classroom and outside the classroom. Most importantly, I want to continue to inspire them to not only do well in school, but also to do well in life. If there is one lesson I want all the Momentum students to remember, and anyone else who reads this essay, is to take great risks at Elizabethtown College. When I decided to make the decision to walk onto the school's collegiate track team my freshmen year, I was scared to death of the thought of not making the team. However, after going through the Momentum program, I learned you never know how far you can go in life unless you take those great risks. Little did I know I would be elected to be a class representative in Student Senate, hired to be a tour guide in the Office of Admissions, successfully walk onto my college's track team, and be hired to be a Kinesis Peer Academic Advisor all in my first year. I owe so much of my success at Elizabethtown College to the Momentum program, and I cannot thank Professor Benowitz enough for giving me the opportunity to be a Kinesis Peer Academic Advisor. If there were one impact I could make at Elizabethtown College as a Kinesis Peer Academic Advisor, it would be to carry out the life lesson Jimmy Valvano taught me. If we can all learn to laugh, think, and cry in one day, imagine how much of an impact we can make in both Elizabethtown and the world.

- Jaime Ramos

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These past four years with the Momentum program as a student, and then as a Kinesis Peer Academic Advisor, have meant the world to me. Starting out as a shy first-year I could only imagine myself focusing on my academic studies and making it through college with good grades. However, I have found myself passionately investing my energy in various programs and clubs on campus, as well as in my studies. Each year, the Momentum program and the bonds I create with each cohort, my imagination opens further to show me the possibility that I could make myself known on campus, if even just to a select group of individuals. This inspired me to push myself into several leadership positions on campus, including the Kinesis position, which I would never have taken as a first-year. Through this inspiration I have followed through and taken these leadership positions, and find that I am making an impact with them, no matter how small they might be. This year I imagined myself pushing further out of my quiet, shy shell. The energy and acceptance I felt from this year's cohort helped me to realize that I do not need to guard myself as much. Additionally, Dr. Takahashi's film and Mr. Jackson's discussions with the group helped me to realize that "I am me" and "I need to be fully" myself. This has inspired me to make sure that I continue to step further out of my comfort zone this year and make my name even more known around the campus community. By pushing myself out of my comfort zone I hope to leave an impact on the Elizabethtown college campus, hopefully through one or all of my leadership capacities that I hold for the year. The Momentum program has had a major impact on my confidence and my leadership abilities throughout each year of my college career. The first year, as a student, had the biggest impact, but each year I find my shy exterior shell breaking down further and further due to the new connections and bonds I create with each incoming cohort. The program as a whole has led to me taking on leadership roles and responsibilities that I may not have without having been apart of the Momentum program my first year of college.

- Sara Poole

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Imagine, Inspire, and Impact. These three words came to life during the Momentum program. Throughout the program, not only was I able to see myself grow as a leader, but I was also able to see the students grow into first year college students. Being a Kinesis, I view it as my way of giving back to not just the Momentum program, but also to the college. As a freshman three years ago, I greatly appreciated this program and thought that it really helped prepare me for college. Not only did it help me create a network with the professors, but it also helped me create a network of friends and student advisors. By being a Kinesis I wanted to give this feeling of comfort to the incoming first years. As my role of an academic advisor I can imagine myself forming positive relationships with my students. Not only would I serve as someone to help the students with their academics, but I can also help them socially or anyway that they would need. By keeping open communication with the students it will allow them to feel at ease and hopefully help them get the most out of the advising sessions. I hope to make an impact by guiding the students to reach their fullest potential and to inspire them to continue on the legacy of the Momentum program. As a Kinesis the past seven days have been rewarding. I'm so glad that I was able to be a part of this program and to experience it from the leadership side. I look forward to seeing the students grow over the next year and I'm thankful for the opportunity to strengthen my leadership skills.

- Samantha Fellner

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When I accepted the role as a Kinesis Peer Academic Advisor two years ago for the Momentum program, 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 a 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. 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 first year students 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 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 this. They are looking for the same thing. Not only this; but they want to be the best they can be at college. Showing how many of them will not take this experience for granted. Inspire, this was one of the most important things the Momentum 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 this 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 how one can write whatever they want in their 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 when the Momentum students were reading their essays out loud, I felt an immense amount of inspiration in myself. It is the new inspirations which 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 Momentum program provided really helpful information as to how the students could make their own impact on Elizabethtown 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

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That February afternoon when I opened my email and read that I had been accepted as a Kinesis Peer Academic Advisor, I was filled with so many emotions. At this point in my life, I was bogged down by a series of unfortunate events that had occurred. Seeing that email gave me a newfound sense of hope that things could get better. This acceptance somehow assured me that somehow and some way the emptiness in my heart would not last forever. Fast forward to August 14 2015, I woke up with a sense of eagerness to move in the new Momentum freshmen. I greeted the freshmen with bubblyness and a smile on my face. However, for the first time in forever, the smile on my face was real. I could barely contain my joy that day. I was ecstatic that I had the privilege of being a part of this experience for them. I remember walking back to the tent at Schlosser loop and thinking to myself, *I am the luckiest person in the world*. Acknowledging that I was a part of something greater than myself gave me this revelation. For the first time in forever, I felt like I could genuinely be myself. Throughout the week, I not only opened myself up but I was able to be the person I had always wanted to be. I honestly do not think I stopped smiling, laughing, or talking that week. In those seven days, I realized that all the struggles I had had to overcome before this point had made me the person I am today. It was hitting rock bottom last year that allowed me to appreciate these small moments of happiness. I found that in being myself and letting my inner extrovert come alive, I was able to be the Kinesis and person I desired to be. Momentum gave me the confidence to succeed not only as a student but also as a role model to other students. When I walk around campus, I walk confidently with a sparkle in my eye and smile on my face because I know that I have brightened the lives of others as a Kinesis Peer Academic Advisor. I have just begun my journey as a Kinesis but I believe I have not only filled the void in my heart but I have grown as an individual.

- Carly Foster