

ELIZABETHTOWN COLLEGE

MOMENTUM

IMAGINE, INSPIRE, IMPACT

STUDENT REFLECTIVE ESSAYS AUGUST 2012



*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)

Have you ever wondered how a first generation student feels going to college? The fear and excitement running through their blood? The loneliness they must feel because they are the first in their families to go? I do; I understand and relate. I am a first year generation college student and thanks to Momentum, I do not feel like one anymore.

I imagined many times before what Momentum would be like. Would it break me and make me want to go home, or inspire me to become a better scholar? The program has had a strong influence on me. I wish to be able to impact other just like I was impacted. Momentum helps first year students become familiar with the campus and professors. At first I imagined was a pile of homework for each class the program offered. I was excited but nervous at the same time. I did not want to be overwhelmed by the work, but I had a sense it would be hard. Everyone says college work is so much harder than high school work. So I imagined myself struggling with the assignments. For some reason, I was overwhelming myself with my thoughts.

Thinking back on my experience a lot of classes inspired me from morning meditation to the book club at the end of the day. Meeting some professors inspired me to go to all my classes every day. I feel inspired as a Latina to finish college and to set a path for my fellow Latinos following my steps. I learned how to look for help when I need it and I am inspired to do so.

Momentum strongly impacted me with everything it offers. All the classes, professors, Kinesis, and activities have impacted me in a way making me want to impact others. I want to be a Kinesis so I can impact the new Momentum students. I also want to give back to the campus but still have not planned it all out yet. Because of the Momentum program these past ten days I have imagined myself not struggling very much in my classes. I will acquire the resources to help me. Going through the Momentum program, I am inspired to try my hardest and finish college so those following me in pursuing a career, can have a path to follow. I would like to give back to the people and community who have helped me so much. The way I want to impact is by setting an example for those who follow.

- *Katherine Maldonado; Lancaster, Pennsylvania*

Because of Momentum Program, these past 10 days I have imagined myself years from now as a writer for National Geographic Magazine, reporting to the world of the untold stories of people in poverty, war and injustice. I have been inspired to do anything I can set my mind to, as Professor Benowitz instructed us. And I am determined to set my mind to conquering fear with the purpose to live my life to its fullest.

At our discovering Your Strengths, Talents, and Gifts Workshop, Professor Benowitz addressed myself and my fellow Momentum peers and asked who is not scared of anything or anyone. I was the only one to raise my hand -- instantly placing me in the unwanted center of the floor's attention. My bold replay was that I had learned there was nothing so bad in life that I could not handle.

The Momentum Program has taught me this confidence. I tell myself I am not afraid of anything. Maybe another girl would not leave comfort to travel two thousand miles for a college where she did not know a soul. But I did because I wanted to learn courage.

New experiences, new risks, new challenges --- whether a cinnamon challenge or a weight lifting challenge or a game of table tennis- are what give me fire and motivation to live life without fear.

Have I experienced much fear? Undoubtedly, my life has led me down more deep dark tunnels than you would care to hear and many many more than I would care to recall. But the maturity and strength that I have learned from these experiences fighting my own dragons may have lost me a childhood or comfort or any claim to the word normal. But they have taught me what it means to be brave in a fearful world. My titan armor is strong enough to deflect any sharp poisonous tongues you wag at me. Because even if it leaves a bruise, I know that it cannot pierce my strong will.

Now in truth, I do feel fear. I may not admit it to any opponent, to any friend, or even to myself. To prepare for Momentum we were asked to read *Inspirations: Selections from Classic Literature*. In this book, Like Sun-Tzu says in *The Art of War*, “[My] victory is Flawless because it is Inevitable; [I] vanquish an already defeated enemy.” Fear is the enemy and if I tell myself that my victory over fear is undeniable; then, inevitable it shall be.

In traveling the world as a reporter for National Geographic Magazine, my impact will be the lives I am going to change for the better. Because of someone taking the time to tell me their story, I will be able to do what I love and write --- to make their lives and the world a better place.

- *Mary Clyne: Thousand Oaks, California*

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My experience with the Momentum Program has been an experience of great challenge. The Momentum program has been a very positive experience and I am very happy I decided to apply for this program.

I stepped onto the soil of Elizabethtown College with one field of study in mind, and I thought nothing was ever going to be able to change my mind. My intended major is History but after sitting through the Political Science session about who gets what, when and how I began to question what my true passion is. I also really enjoyed Professor Benowitz's talk about social etiquette under the subject of Sociology. As much as I love History and understanding the world around me, I am much more passionate about understanding cultures, and the people in them. I want to understand people in all aspects of life and why the world seems to be unfairly distributed. I want to travel the world doing mission work and to study different cultural groups within different types of areas and try to understand why society tries so hard to fit into social norms regardless of age, gender, or race. I have come to this conclusion after only eight days of contemplating about my future, and what I really want out of life because of my experience here so far.

This week because of Momentum I have imagined there is so much more to life than what I always assume is going to happen instead of deciding to let other people's past decisions determine my future. I have been inspired to ask questions and to challenge the unknown. During either my sophomore or junior year I would like to study abroad in one of the most homogenous countries in the world, Japan and experience life in a completely different setting after taking a few semesters of Japanese. Finally, I would like to make an impact on this small campus and in other peoples' lives by simply being here. By being myself and showing my true colors to everyone around me, little by little I will make a small dent in the lives of those I pass each and every day by challenging others to every once in a while do something you would not normally do, and move outside of your comfort zone.

- *Diarra Molock; Fort Washington, Maryland*

Imagine, inspire, impact. These three beautiful words ringing in my ear serve as the purpose of the Momentum Program. If ever the question arises as to if the program should remain, I say, with all of my heart, yes!

The Momentum Program has given me insight into college life which now puts me ahead of the average incoming freshman. Without it, I would be a neophyte to college life. With it, I am superior to the norm, diving into freshman year with an enriched intellectual mind. If one would ask how the actual program compared to the anticipated one imagined in my mind, I would say how the actual program reached far above my expectations!

Meeting with professors and librarians to discuss "What the Best Writers Do" or the cultural values in a Japanese anime were certainly not on my projected list of activities. Nonetheless, I would not like to have spent my time any other way.

The program was and always will be a success because it pushes first year students to become the best people they can be in the classroom and as human beings.

One of my favorite classes was Inspirational Meditation, for it brought out the life and joy hidden in my mind by acts of humbling myself to humans and nature. Listening about the relationship between Sociology and Psychology was also very intriguing and tugged at my mind to learn more on the subject.

Knowing there are so many professors, teachers, and fellow students willing to take time out of their day throughout this past week to give me enjoyment, curiosity, and knowledge on multiple subjects is inspiring and humbling. Not only have the people mentioned above asserted themselves this past week to help me, but they will always be there for me whenever I need a mentor or a friend; this is truly comforting.

I have made lasting relationships here and connections which will not be broken. I anticipated this program was going to give me a needed edge regarding academics and opportunities, but I could not have

imagined how worthwhile this program would be until now. I give thanks for all who support and give up their time for this program; the students involved are truly grateful! With appreciation.

- *Ashley Cox; Mountville, Pennsylvania*

The summer after high school graduation was likely one of the last times we had to hang out with our high school friends, so why would an 18 year old leave a carefree summer to move into college ten days early? Because nothing worth doing ever came easy. The positive impacts the Momentum program have had on me are immeasurable. This program has helped me discover my passions, created numerous friendships, and will leave us miles ahead of all the other incoming freshman.

Firstly, it is important to make clear how Momentum was fun. The environment and the feeling of this program is one thing which really sets it apart. It did not feel like a high school classroom. Everyone was on an even playing field. There was an unspoken connection I felt with every other student knowing that we are all first generation college students from approximately the same financial background. I was not afraid to be open with them because I knew they were going through the exact same thing; I was not afraid of being judged.

One of the things almost every kinesiology and staff member told me was to keep an open mind and to think the best of every situation and every person. I have always thought of myself as an open-minded and positive person but after some self-reflection I realize I may need more practice. There were more than a few times when I anticipated a seminar to be boring and without fail those were always the most riveting and enjoyable.

I entered Elizabethtown College undecided on a major and completely in the dark with what I wanted to pursue in my life. This was the case until I was given the painfully obvious advice to just ask myself what I would do I really want to do with my life. What am I passionate about? That is how I realized my passion for nutrition and fitness can be a career too!

After participating in the Momentum program this week, I have made the decision to change my intended major. My hope is to switch to a double major in music and psychology. I came to the realization that I need to pursue the areas of study that I love, and that come easiest to me.

What are life experiences without people to share it with? Over the course of these ten days I feel like I have established many bonds and friendships I know will last a long time, well after the Momentum program ends. The reason behind many of the friendships was because of forced seating. We were required to sit next to people we had not previously sat next to. I do not like to admit this flaw of character but I do not know if I would have gone out of my way to converse with some of those people under different circumstances. Yet, the people I have met here are some of the most upstanding people I know and I am sure any of them would be there for me in a pinch, just as I would be for them.

The overall message of Momentum was to explore the three "I's" – Imagine, Inspire, and Impact. Because of the momentum program these past ten days I have imagined myself as a nutritionist and personal trainer, helping others better their life. I have imagined a healthier more physically fit student body. I have been inspired to be a catalyst for change, a harbinger of campus and community-wide transformation. My impact will be that of a more health conscious student body.

- *Erik Cianci; Woodstown, New Jersey*

After graduation, I was so happy to be out of high school and it felt like I never had to go to school again! Then August 14th came around in no time. When I got to campus, I was terrified. I knew absolutely nobody, and I did not plan on making friends either. This program has really impacted my thoughts on college, careers, and my life in general. Behind all of the lectures, was a subliminal message of integrity and all people are born equal. No matter what race, religion, ethnicity, or condition, everyone has the same rights and values as one another, not even depending on one's socioeconomic standings in class or wealth.

The beginning of each day in the BLR taught us to cleanse our spirits and enter the day with an open mind before we went off into our routine. I centered my thoughts and realized how much I take for granted and how much I can change my future endeavors by changing my ways. We learned the three R's: Respect, Restraint, and Responsibility. You have to have respect for yourself and your values before you can have respect for others and theirs. This also fits into restraint, taking care of issues without causing conflict with

opposing forces. Cutting into this is responsibility. Responsibility is defined as acting for yourself and your actions, while also containing the ability to maintain the classes and opportunities you face in the world.

The road trips we have experienced brought all of the students together to help one another get to know everyone! The road trips showed us symbolism of diversity and uniqueness.

Besides all of the classes, the time I took to know the campus really helped. Because of Momentum, I now know where all of the buildings are. I really connected with new kids this summer. I connected with the Momentum and Kinesis members by cooperating to get work done, talking, and even playing games like Frisbee.

- *Jared Lescavage; Pottsville, Pennsylvania*

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I was always told how college was a magical experience changing and transforming your life; by furthering your education and expanding it, you would have more advantages and opportunities down the road. Honestly, I do not know where Elizabethtown College will take me or what to expect but I will at least have an experience joining the rest of the sea of college stories. Before coming into the Momentum program I was worried about friendships and adjusting to life without my parents, but after these past ten days I was able to learn so many valuable things about campus life and also make friendships I know will last throughout my four years here at Elizabethtown.

The Momentum program became a magnifying glass making me take a closer look into the reasons why I chose the major I did. After going to the sessions and the Mt. Gretna art show, I realize there is no perfect plan. That it is okay to change your mind and experiment with different subjects and majors. I was able to see how although money may be a significant factor in choosing a career, it is all about passion. Almost every artist told me how they could not think about living their lives doing something they did not want to do; and how the green would come later.

This week, because of Momentum, I have imagined myself trying new things and going to new places. I have been inspired to take chances and not care about self-image, it is by taking unexpected risks when you benefit and grow. Finally, the impact I want to have is on and off campus and to be a leader who can set an example for students.

- *Alysha Lilly; Elizabethtown, Pennsylvania*

The first time I had ever heard about this program is when I did an overnight stay at Elizabethtown College. The girl I stayed with, Catlin, and her neighbor across the hall, Anastasia, talked about a fantastic program they were privileged enough to be a part of. The program was called Momentum, and designed for first year generation students heading off to college. The program involved coming to campus early, meeting the professors, and staying on campus to get a better understanding of being on my own.

When the May first deadline drew near and I knew I had to make a decision I went back to the discussion about Momentum and how it was a program the other schools did not have. So I gave my answer to Elizabethtown College and soon found out I was accepted to the Momentum program too. Like everyone else I was nervous and excited at the same time coming to campus. I liked being able to move in without the other person right on top of me trying to unpack too. I also loved how we could "speed date" through the different classes on campus. It is extremely helpful because some of the classes I never knew about or did not know what they are about. Also the professors most of them I would have never met if not for this program. It is so nice to listen to a 25 minute summary about the class and then also hear how it relates to a totally different subject. Like I mentioned before it ties into each other and you learn more about the relationship between the classes. The classes such as writing, the library, and the advising class were so helpful. I do not know what I would do without them.

The field trips to Philadelphia and the Mt. Gretna were fun and exciting and a nice break from the school work but also educational with the 2 different styles of art shows. However to me the best part of the program is the fact we all have a solid support system before classes even start. All the Momentum and Kinesis are all so different yet we find a way to mesh together. Now I have friends and mentors to be with me through the next 4

years. The kinesiology are so nice and I believe will be very helpful when it comes to the class work because they have already been through it. It has only been a week and yet I feel like I have known them my entire life.

I feel more ready and prepared to start college and have gained a better confidence in myself because of Momentum. This week because of Momentum I have imagined a much better year here than I originally thought. I have so many more people to help me and support me throughout the year. I have been inspired by the professors to do the best I can do and to take risks in taking different classes to discover everything I can get out of these four years. And lastly the impact I want to bring is to keep this program alive so other students can have this experience.

- *Michaela Lehane; Sinking Spring, Pennsylvania*

Moving into college a week early is not something I ever thought would be such a great experience. After all, the summer after high school is such a big deal, why on earth would I want to cut it short and go away to college early?

Truthfully, I was incredibly nervous about college: new area, new people, and new expectations, new everything. Momentum seemed like exactly what I wanted- a little extra time to get used to all the big changes. That being said I expected Momentum to be really chill and easy and comfortable. I figured by the end I would feel a little more at home on campus, feel a little better with my parents not being always there, and I had hoped to be able to at least attempt to make friends.

Clearly I was underestimating the Momentum experience. "Really chill" definitely does not describe the exciting jam-packed days. I cannot imagine the days spent any other way. I have only been here a week but I can safely say that Elizabethtown feels like home, and I've basically forgotten that maybe I should be at least a little bit homesick. As for the friends, well I cannot say enough about them. It blows my mind how people who were complete strangers a week ago; I have connected to and formed amazing friendships with.

Because of Momentum this week I am now able to better imagine my future at Etown as a fun and exciting time filled with friends, instead of a stressful nightmare filled with nerves and worry.

I have been inspired by all the amazing people I have met, people I would not have gotten to know the same under different circumstances. Whether it is someone with the same major and interests as me, or someone who is passionate about something completely different from me, everyone has inspired me to pursue whatever I am interested in and be true to myself.

Without a doubt momentum has had a major impact on me. Now Momentum is over, I hope to have the same positive impact on both my class and the rest of the community.

- *Antoinette Nunez; Newark, Delaware*

As I prepared to leave for college, I never could have expected the jam-packed schedule in store for me in the Momentum program. As the week progressed I made some new friends. Together, we explored the correlations between areas of study which at first seem dissimilar and learned the ideals at the heart of a liberal arts education; all the while, forming the foundations of friendships which will no doubt last over the course of the next four years.

Momentum is a program having a much larger effect on me than I ever could have anticipated. The sessions we attended reinforced within me the mindset necessary to excel in college, both inside of the classroom and out. The professors we spoke with encouraged us to broaden our horizons and keep our minds open, accepting new ideas and new people along the way. When I arrived at Elizabethtown last Tuesday, I was confident I wanted to study biochemistry, with the intention of one day becoming a psychiatrist. However, after attending several sessions and discussing the benefits of exploring what we truly love, I decided I would be making a mistake if I did not pursue music and psychology while in college.

Momentum really worked to show me how it is best to have an open mind, and happiness will not stem directly from the pay check I will one day receive, but rather how much I enjoy the field of study I plan to pursue. Music is something that means a great deal to me, which is why I planned to double major in it in the first place. And psychology has always fascinated me, which is why I had originally planned to major in

biochemistry and continue on to med school to become a psychiatrist. I finally admitted to myself I need to pursue two of my most prevalent sources of passion and curiosity.

In addition to the impact its impact on my current schedule, Momentum has prepared me for college in a practical and realistic way. Due to the nature of Momentum, we have all been able to discover friendships before anyone else even arrived on campus, which has significantly decreased the stress of beginning college. Thanks to Momentum I feel ready and able to start off the year right. Because of Momentum I have imagined the potential we all have for success in the years to come, I have been inspired by the countless possibilities for our futures, and I plan to have a positive impact on this campus, its students, and everyone I encounter during college, and the years to follow.

- *Josh Ruzala; Baltimore, Maryland*

On this Earth there are millions of people and everyday many have life changing moments. For us in the Momentum program, we have all had a life changing two weeks by coming and spending our time here. We have gained momentum from our newly found knowledge of passion, perspective, and living in the moment.

These past few days my peers and I have listened to professors from all the departments at Elizabethtown College We experienced each session talking about different topics, then connecting the talks back to how we can do better at college. The coherent theme of which all the professors shared is PASSION. The entire faculty working at Elizabethtown College let their passion run rampant, professors are spreading the joy they receive from teaching and sharing their own experiences with students. The excitement from their passion has affected everyone here. We all feel the love for a subject which never before seemed intriguing.

Perspective has also helped one to see how anime, poetry, and art is amazing when taken in with an open mind. Once this happened we allowed ourselves to try more, not let our previous judgments control us. I, seeing many more people and objects differently, taking into consideration much more, thinking how when standing in another person's shoes they feel and view a topic. This has helped me grow to understand people and broaden my interests. Expanding my thoughts and leading me to really trying to determine if the classes chosen help to bring me out of my comfort zone to experience more.

I feel with opening my mind I invite myself to live in the moment. With all the passion inspiring me, perspective letting me think of others, live in the moment to fully grasp all these at once. To go out and accomplish an objective, goal, or dream completely. Living in the moment means you are aware and paying attention to a situation, your surroundings, or both. As when you do so, you seize the moment, enjoying the entire memory and experience longer, thus getting more out of the day. Throughout the week I had been seizing the moment as often as possible, learning much and not letting my day slip away, as I am more aware and perceptive in this state, I feel this week has certainly changed my life.

Overall this week let me look and evaluate myself. I learned what passion is like, opening my mind and living in the moment. So this week because of Momentum I have imagined what Elizabethtown College can help me to become. I have been inspired by the true passion around me and to show others you can be yourself, and it is ok. That you do not, should not try to fit into society, instead, allow society to accept you for who you are. That is the impact I want to have, so people will more freely express themselves and become great.

- *Blake Schmidle; Mohnton, Pennsylvania*

Momentum is the quantity of motion of a moving body, measured as a product of its mass and velocity. In the Momentum program a few select students are chosen to come to school 10 days early to get oriented before the rest of the student body arrives on campus.

When I first arrived I was overwhelmed and felt out of my element. I like many of the other students found themselves in a foreign environment with new people and no parents for guidance. I had no momentum. It was at that point we are first pushed. We met our Kinesis Peer Academic Advisors and took a tour of our campus, town and ended with a scavenger hunt. The scavenger hunt together was our first step towards friendship. The next day was a bright and early breakfast, followed by our first morning meeting. In these meetings we learned about the three focuses of our week. Imagine, Inspire and Impact was to be our words of the week. Throughout the week we were exposed to all different fields and majors, but not just the academic

side, but the interconnectedness of every subject. It was truly enlightening! Also throughout the week we got to know the other students. We really got close in Philly. We found a common ground in our sports, music and our academics. Now I feel like I have gained friends who will last throughout my college career and into the future. It is through friends I have imagined a more pleasant and smooth transition from High School to College. The Kinesis and other leaders have inspired me to make the world a better place no matter how small. This program has also inspired me to make an impact in my community and my college.

- *Richard Wustholz; Newton, Pennsylvania*

I came here thinking this campus was small. I do not know where I got such an impression. I do not remember the last time I had an expectation proven so wrong.

When I applied for Momentum I expected it to be a relaxing week to move in and socialize and maybe have a few classes. There are a lot of things I could talk about which impacted me this week and made me think twice about things I hardly had to think once about. Maybe I am not thinking of changing my major, but definitely of taking an anthropology class now. But of all of the things which impacted me this week, the most prominent would be the connections. It is the connections. It is the moments with friends and the professors who love their subjects.

Because of this week in Momentum, I have imagined a more diverse education, been inspired to have a more open mind about myself and the world around me, and I now hope to use the things taught to me in the Momentum Program to have a positive effect on the Elizabethtown community.

- *Jade Bartlett; Greenbelt, Maryland*

The Momentum program has been a truly amazing experience over the last ten days and has helped me along with the huge transition from high school to college. The experiences it has provided, be it the academic sessions or the field trips, were all great learning experiences in liberal arts and diversity. If I could do it all again, I most definitely would.

My favorite example of how Momentum helped me adjust to college life was probably the events on Sunday. That beautiful Sunday morning, Professor Benowitz had a session on exploring our interests, passions, and discerning choosing majors. He said it is usually better in the long run to go with something we are passionate about, because it will make us happier in the long run. Fast forward to the time to when we all went to the Mount Gretna Art Show and there is me wondering how a scavenger hunt at an art show is relevant to my college experience. I was amazed when I realized it was, however. During the scavenger hunt, we had to find artists who used different medium types and ask them why they chose to use them. Many of them would tell us how they enjoyed them or they just liked the "feel." A few even stated how the materials they chose reflected their interests and challenged them, because there was always room for them to grow and there is always more they want to, and can, learn. This fascinated me and caused me to realize how this was what Professor Benowitz was getting at when he went over how we should be selecting our majors in the morning.

Not only did I enjoy the field trips, though! The class sessions were also fantastic. I especially enjoyed Dean Rankin's civility class due to its overall concept. It really spoke to my inner-self. I never thought of civility as a two way street before, nor had I ever had the view about one going to college and should proceed to give back to the community.

Overall, it is because of the Momentum program these past few days that I have been able to imagine myself succeeding at Elizabethtown College and far past the time I graduate. It is because of the Momentum program I have been inspired to succeed in life and give back to the community, and it is most definitely because of the Momentum program I want to have a positive impact on future generations so this world will become a better place. Even if my impact is as small as a grain of sand is on a beach, I know it will still matter because of the Momentum program.

- *Richard Fenoglio, Jr.; Yardville, New Jersey*

During the time I have spent here at Momentum, I have made great friends and learned more about Elizabethtown in this past week than I ever could have as just any other incoming freshmen. I believe being in

this Momentum program will greatly help me in these next four years. The transition from High school to College is a tremendous one and I feel it would be easy to get lost and lose your way, but having this support system of the Kinesis, Faculty, and other Momentum students is what is going to keep me going in the right direction. I know there will always be someone there to talk to and always someone offering to help. I really enjoyed all of the sessions and meeting the professors. It is hard to find out what you truly want to be in life when you have experienced so little of it. Having the chance to learn about subjects you normally would not take because you do not think you are interested in them really opens your mind to new things.

This week because of Momentum I have imagined how to make my mark on the world. I have realized you cannot go through life just letting things go on around you without truly connecting yourself. In one of our sessions we were told to take a look around us and really realize what is going on, sometimes we forget to look around and we miss out on some of the best things in life. You must take that look around and really see what is going on. I have been inspired to make my life great, not great as in everyone knows who you are and what you have accomplished but great as in the best I can be, to be happy with what I have and this is the impact I want to bring to my life and the people around me.

- *Colleen Barry; Dennisville, New Jersey*

Imagine, inspire, and impact; these are the three focuses of the Momentum program but what do they really stand for? Whether it is at the library learning about time management or the Brinser Lecture Room, we are constantly reminded of how these three words will help us succeed not only in school, but through life.

The first key word was imagine. To first succeed you must imagine what you want to accomplish. At first the only thing I could imagine was me missing out on hanging out with my friends, but the more I involved myself with making friends and participating in sessions, I realized I made the right decision. I began to imagine a college where I could become involved and succeed. I had the opportunity to make new friends, meet professors, and become accustomed to college life.

The second key to success was finding our inspiration. Between the early morning meditation and civility and the field trips to the art exhibits, this was a very easy key to be able to succeed. Just seeing the works of Monet and Van Gogh in person was a very humbling and peaceful sight to see. The meditation also helped me with visioning my friends and family being there to support me.

The final key word was impact. This key is entirely up to our perception. It is about how we impact our society, good or bad. I can honestly say this program helped me see how I have the ability to make an impact not only on the fellow students and college, but also to my community. No matter how big or small, I will make an impact.

Because of the Momentum program, I have imagined myself striving to succeed. I have been inspired to work my hardest to make the best of any situation I am forced to come across. It will also help me make an impact not only on this college and my peers, but also make an impact on my society.

- *Craig Sinkovich; Pottsville, New Jersey*

Momentum is an excellent program. I really had a fantastic time and I truly enjoyed myself. The sessions we went to each day inspired me and helped me to determine what I was interested in doing. Before I came to Elizabethtown, I imagined coming here and meeting people who were just as excited and nervous as me. I hope to make an impact on Elizabethtown by joining different clubs, organizations, and activities.

When I first came to Elizabethtown I was very nervous and excited. I had imagined myself having a great time and meeting others who were in the same position as me. I had no idea how easy or difficult it would be for me to get to know others since I can be quite timid at times. While being at college, I also imagined how I would come out of my shell and actually be the first one to go up to someone and just say "hi." The Momentum program has truly helped me with my ability to communicate with others. I am very grateful.

I am coming into college undecided and I honestly have no idea what I want to do in life so I found the sessions to which we went each day helped me to determine what I was interested in. I also found the sessions very interesting and they have inspired me. I listened attentively to each of the sessions, and I really thought

about what I was learning. I know now I believe I have some sort of idea of what I want to do thanks to the Momentum program.

I have been inspired to believe that I can achieve anything as long as I put my mind to it. I hope that after this week ends I will be able to make an impact on others. The professors and Kinesis have made an impact on me by helping me through the transition into life at college. I also hope to get involved with clubs, activities, and organizations so that I may be able to share with them what I have learned, and how they may share with me what they have learned.

Because of the Momentum program, during these past ten days, I have imagined coming to Elizabethtown and being able to know others who were in the same position as me. I have been inspired by all of the sessions we have gone to throughout the week. My impact will be helping others and sharing with them what I have learned.

- *Keely Doyle; York, Pennsylvania*

Make a fresh start, wipe off a clean slate, envision a longer, happier and better life for yourself, be mindful and pay attention to the details, make yourself aware of your actions and how they might affect or impact another person. This is just a short list of the many lessons taught to us all during our week of momentum.

From math and music to religion and physics, Elizabethtown teaches us the importance of applying ourselves to all fields of knowledge. From this application, we cannot be afraid of the unexpected which may develop from our exploration.

This whole week, I have been told over and over again to broaden my perspective and think outside the box. I must admit I did not expect to explore new interests in college before picking a major. I was originally under the impression college was not intended for that. In my opinion, college is the time to excel and pursue the education needed to accomplish the goals I strived to discover in high school. I worked hard in high school and even middle school to find my passion in life. I plan on continuing to pursue this path choice while being mindful of other opportunities available to me here at Elizabethtown.

Because of the Momentum program, these past ten days I have imagined every little boy or little girls dream, a dream of a successful future. I have been inspired to expect the most out of myself and gain the confidence to attain it. But when it comes to talking about impact, I feel my only choices are to substantially influence others or make their life better. How am I supposed to know how I want to use my knowledge to impact the world around me? I would be happy to just make it out of my first semester alive.

My goal is to be a veterinarian and through scientific research create a dry food specific to domestic animals and the prevention of cancer. All of which can be easily accessible at our local veterinary office. Sure it is a lofty goal, almost unlikely to happen but I am inspired to make an impact in my desired field by starting early in my educational career.

Each day is a challenge and college is only what you make of it. Everyone is their own best science experiment and I look forward to accepting each challenge and making the best of every day. I am lucky and grateful to have participated in Momentum 2012.

- *Ellen Powers; Hellertown, Pennsylvania*

As I write this reflection, I think about everything I have experienced in this short amount of time. When I came into Momentum, I had no idea what it was or what it would entail. However in this past week, I have learned so much about everything.

I always thought going to college would make me a more successful person. Those thoughts were instilled by my parents who always urged me to go college. However, I had no idea what college would teach me or why I would go to college. Now I have an answer to the why. It is because I want to find my passion in life. In the Poetry and Prose session, Professor Waters was talking about how during this time in our lives we should find out what we are passionate about and what drives us. Now I want to take this philosophy and put it into the journey of my own life.

As for my life, it has completely changed which at first I was not so sure about. I would be away from home and the people whom I love the most. Also I was scared I would not make friends since I am so shy around new people. But as this week has gone by, I have met so many great people I would have never have met if I did not go through this experience. So now I feel comfortable around Elizabethtown and I can call it my home.

This week because of Momentum, I have imagined myself being a citizen of the world and better person when these four years are over. I have been inspired by the professors who have told me it is okay to have my own opinion. And the impact I want to have is how I want everybody to know about Elizabethtown and all the great things about it. I do not know how I am going to do this, but I will figure it out along the way.

- *Rachel Barnes; Baltimore, Maryland*

College is an experience which worries everybody because everything changes; the people, the location, and the adventures. I was always a quiet person growing up so my biggest anxiety was making friends with complete strangers, after all meeting people in person is different than meeting them on Facebook. After only the first day of the Momentum program I found out everybody was cool and I started to feel more comfortable, I started to feel at home.

Over the past week we attended classes on sociology, anthropology, psychology, and more, we did numerous activities helping us bond with each other, and we got to learn the campus very well. The theme for this week was the three I's: Imagine, Inspire, and Impact. As we went through this week we had to make a connection between these concepts and our future.

This week of Momentum has made me imagine what the next four years of my life will be like. Late night study groups, trips to Rita's, good food, and hanging out with some new and exciting people and because of this I feel better about the college experience. While attending the daily sessions I have been inspired to rethink my major and learn about different subjects. I have also been inspired by the amount of good people we have here and the people who helped this college be what it is today.

Professor Benowitz took us on a campus tour and explained the history of the school and all the good people it took for this school to be here so we could attend it. I am not sure what impact I can have on this school but I know I will find it soon, I just hope whatever I do I can have as big an impact on future students as the people of the past have had on me.

- *Isiah Farrow; Chester, Pennsylvania*

Being a part of Momentum was one of the best decisions I made. While being in Momentum I have been able to feel comfortable on campus, since I am now capable of navigating around campus. Besides being able to navigate the campus the program, itself, has exposed me and everyone else to a variety of possible subjects to take in our years to come here, at Etown. Some of the classes which stick out in my mind was; the Inspirational Meditation class- where we named the ten things of positive psychology-the Writing Workshops, the Ancient World lessons, Understanding Human Culture and Biological Concepts, and last but not least the Poetry and Prose class. Those classes stated before and the all the other ones, made me think in a different way than I am used to and has helped me to open up to wanting to take a wide variety of classes.

The impact Momentum had on me was not contained to just academics. For me, the social aspect of Momentum also made this experience worthwhile. Why you may ask? Simple because my greatest fear entering college was making new friends. This fear stems from the fact I am not an extrovert, I do not like huge crowds of new people and I do not open up easily in large crowds. But the small group which was Momentum gave me the opportunity to get to know some of my fellow year mates and make friends who I know will be my friends throughout my college career. The friendships I have formed here have made the transition from high school to college much easier.

Overall, this week because of Momentum I have imagined the possibility of changing my major which goes along with me having been inspired by the variety classes offered at Etown I can explore to find my passion and the impact I will have at Etown is unknown, as is the future, but I do know I will impact Etown in one form or another, whether it be big or small.

- *Amelia Morales; Kings Park, New York*

What can I say about my experience with the Elizabethtown College Momentum program? I can start by saying it certainly lived up to the name Momentum. By being a part of the Momentum program I have gained momentum to propel me into my college years. The writing labs and library research time during Momentum week gave me the tools I feel will be a key factor in my success in college. Each session we attended allowed me to prove to myself I could pay attention in college classes and take decent notes, which was something I had been concerned about. Through the Momentum program, I gained confidence in my ability to handle college life. It has also opened my eyes to what I need to do in order to get the most out of my college life so my life after college will be rewarding.

If I backtrack to when we were signing up for the program we will find a different story. When I received Professor Benowitz' e-mail about the Elizabethtown College Momentum program, I was skeptical. I saw the list of sessions we students would be attending and just pushed the program aside because none of these classes coincided with an Education major – or so I thought. A few days later I mentioned the e-mail to my mother and she immediately told me to sign up. After a little more discussion and thinking I decided I would give it a shot and I filled out the application. I was still a little nervous when I received my acceptance letter, and even when I was listening to Professor Benowitz talk to us during orientation. Still, my mom pushed me to come and be a part of the program so I could adjust to college life before starting classes. Now we are almost at the conclusion of Momentum week, I can honestly say I am so glad my mother pushed me to sign up to be a part of the Momentum program.

Through this program I have made several friends, and even meet some Kinesis members who I hope to stay in contact with through this school year, and even beyond if I need advice during future college years. During the Momentum program, my imagination was piqued by the prospect of studying the various disciplines about which we learned through our sessions. I was inspired by each session, allowing me to reaffirm my choice to major in Education and pass my passion for learning along to my students. I will impact my students' lives as an educator due to my realization of my passion for learning and teaching. The Momentum program was a great experience, and I would do it all over again in a heartbeat.

- *Sara Poole; Derwood, Maryland*

Life is like the forest beautiful and peaceful. That is until nature takes a change for the worst. The wind blows strong and trees sway frantically. Some of the trees get blown away by the wind, but there are a few which stand their ground. They stand their ground for one reason: the roots. Because of the strong roots, one tree is able to survive in the forest.

That one tree is me. My life was peaceful before my final year of high school was coming to an end. A storm came and took over my life. Every day I was hounded by questions from myself and others. What am I going to do with my life? Will I be a lost loner when I go to college? Will anyone like me? Will I be able to succeed? My imagination ran wild. Those roots kept me able to stand my ground were my family, friends, and the Momentum program. My family and friends gave me words of encouragement. But the Momentum program gave me more. They showed me a whole new world with endless possibilities. This new world is Elizabethtown College. Because of the Momentum program I was able to acknowledge how I can push myself over the limit I placed on myself in high school.

At first I thought the Momentum program was some random academic program. I came here with a closed mind but later on I realized I was wrong. The sessions which helped me to be inspired to have an open my mind was the writing workshop, poetry and prose, and etc. Now I have a more open mind I am able to participate in multiple things and judge it after I test it out.

Because of the momentum program these past ten days I have imagined myself being a more open and experienced person. I have been inspired to try my hardest to achieve my dreams to become a restaurant owner and not let anyone stop me. And my impact will be to let life take its course and take my knowledge and try to help others.

Alexis Pettaway; Yeadon, Pennsylvania

During my time at Momentum, my nerves prior to the ten days have completely gone away. I am grateful for how this program has impacted my college experience so far. As being the first person in my family to go college there has been a huge weight on my shoulders. Both my parents stressed on the importance of pursuing into higher education. Combined with the fear of not making friends as quickly and living in a new environment I made assumptions.

To be honest Elizabethtown was not even my first choice in a college. Coming from a city life I was not sure how well I could adapt to a small community, and furthermore I was the only person from my high school who would be attending here. By only being here a short time, I have been extremely motivated to make the most out of this four year journey. Oscar Wilde once said; "To live is the rarest thing in the world. Most people exist, that is all." Because of this program I have appreciated this quote even more, I refuse to only exist.

My expectations of what was going to be in store exceeded my previous thoughts. I never anticipated this program to be so intense. All the lectures equally have expanded my perception on to view certain topics. I have been able to make relationships between unconventional subjects such as physics and religion. The focus of expression and thinking out the box is what I absorbed the most. The topics addressed during the week have had a positive contribution.

Momentum encourages students to imagine, inspire, and impact during the course of their four years here. I have never felt such a sincere effort from a faculty who not only wants you to succeed in life but to also go beyond your limits, with the intentions you pursue a major in which you truly love and are interested in. With this being said, after the first day at the college I was already comfortable. Without Momentum this whole experience would have never happen.

I cannot express how thankful I am to go to a college where everyone is not only so welcoming but determined to help me succeed. Because of the Momentum Program I have imagined to fully pursue a personal dream of mine, I have been inspired to take part in as many opportunities available to me, which will then help me make an impact the world hopefully.

-Brian Tamsamrit; Scranton, Pennsylvania

The beginnings of a college career. Just the thought of something like this made my skin crawl. I could easily see myself being left behind in my school work. But, as I came to the college, I was inspired to pursue my goal of art education, and to not goof off. Now Momentum is almost over, I want to make an impact on others as I have been impacted.

Being a first-generation college student, I did not know what to expect when I first came here. I was scared and worried about scheduling my classes. With all of the music, art, and theatre I am in, all I could do was imagine myself falling behind in all of the courses.

What scared me the most was if I could get along with my roommate? I mean, if I could not get along with her, it was going to be a rough year. My vast imagination was getting the best of me. Until, that is, I came to Elizabethtown for the Momentum Program.

When I came, everyone welcomed me with open arms. Throughout the program, all my questions were being answered by Kinesis students, faculty, and Professor Benowitz. But, within the first few days, I realized there were going to be many challenges, and I needed to take those challenges head-on and do what I thought was right. I also learned over the past few days how I cannot afford to become bored. I need to keep myself occupied so I do not lie around and waste time. This way, I will be more likely to get into my school work.

All of this information I obtained over the past 10 days has inspired me to make an impact on others. Now I know what I need to do to be successful in college, I will make an impact on others. I will show my fellow students all of what I have learned, and help them through any rough spots they might encounter. By

helping others, I will be helping myself. My fellow students will be there to back me up when I need it, just like I would be there for them. Before I leave those students to do what they wish, I will tell them; "Carpe Diem." In turn, I plan to do the same. Because of this, the Momentum program, these past 10 days, I have imagined my dreams for the future becoming a reality. I have been inspired to do my absolute best during these next four years so I can succeed in life. And finally, I WILL make an impact on the class of 2016 and classes to come, so they can take on the challenges of their lives. "Seize the Day!"

Anna Podoletz; Hollidaysburg, Pennsylvania

My experience at Momentum has been excellent. When I first got here, I was pretty nervous, not just because I did not know anyone, but because I am not even from the northern part of the United States.

One of the best things about Momentum was how we all had time to learn things about each other such as where everyone was from, what they were interested in, and why they chose to come to Elizabethtown. Over these past 10 days, I have made multiple friends, enjoyed the professors, and come to love the state of Pennsylvania, which really helped me get over the realization I was over 1,000 miles away from home and permanently secured me a spot at Elizabethtown for the next 4 years. This meant I would not have to make the "walk of shame" back to an Arkansas college after talking a bunch of smack to my friends back home about how much more fun I would have since, unlike them, I was not just going to a school which I considered was like going into the 13th grade.

Because of Momentum, I have imagined I can do anything I set my mind to if I put the work in. I have been inspired to work hard for my success and dreams no matter the obstacles and the impact I want to have is something I am not quite sure of yet, but I hope it is something which can leave at least a small dent on the world.

- Sarah Throckmorton; Maumelle, Arkansas

If you were to survey a group of people and ask if they like change, what percent of them would say yes? Well, I do not know either, but I know not too many people would like it. If asked this question my exact answer would be, "no."

When I graduated from high school I knew I was going to college, however, I was not sure how I would like it. I was afraid I was not going to make friends or if I would be successful. Through Momentum, I have not only found so much confidence in my schooling, but also in myself.

Imagine - the first key term of our motto: imagine, inspire, and impact. This word has come to show me how things might not be what I think. I imagined college was a place where I would feel lost and do nothing but work. However, when I arrived on campus to check-in I was greeted by not just staff, but also by students. I immediately felt included! Momentum has helped me ease into college and not feel lost.

Inspire - the next key term. Everyone has something which inspires them whether it is real or make believe it is there. My personal inspiration is music. I love playing, but there is also a lot of work involved, too. Momentum has taught me and inspired me to work my hardest so I can be the best I can be. In order for me to do this I will need help. Through this program I have learned where every resource I need is located. I have also learned, the professors are eager to help and form positive relationships. Without Momentum I would not have thought this to be the case.

Impact - the last term and it is the one which fully applies to only one person, you. Only you can decide what you do and who you interact with. Once we graduate and enter the "real world" you can decide to just get by and take the easy way out. However, Momentum teaches us to live up to Etown's motto, "Educate for service." Seeing the Kinesis work with us has showed me new ways to interact with others. Through Momentum I have learned skills which will teach me how to further help people in what they need.

These past few days have taught me different skills needed for college and have also put my mind at ease. Before Momentum, "imagine", "inspire", and "impact" were just words. Because of the Momentum program these past ten days I have imagined all I am capable of, I have been inspired to follow my dreams even if it means taking risks, and my impact will be giving back all the knowledge I have been given during Momentum.

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Heraclitus once said, “You cannot step in the same river twice, for other rivers are forever flowing on.” Meaning with each change you have to find a new way to approach it, for you never have the same situation twice. After Momentum I can honestly say I am capable of doing just that; finding new ways to approach everything.

Samantha Fellner; Georgetown, Delaware

Coming into Momentum, I had no idea what to expect. I thought I would be awkward, shy and quiet for the entire week, and perhaps make no friends. This, however, is not the case. I have learned so much not only from the sessions and the professors but from the people with whom I spent my time.

I really learned how the Core program will work and how much I will probably enjoy the diversity of classes. I had my mind set on certain aspects of my college career, such as the language I would take, and already I have opened my eyes and options beyond what would be considered my “norm.” The other students, in both Momentum and acting as Kinesis, showed me different aspects of life. Just because somebody has a different major or interest than you, does not mean you cannot find some common ground to build a friendship on.

The crucial part of Momentum, the part we have been focusing on for the past week, is “imagine, inspire, impact” and they have all been visible so much more this week than I thought they would be. I have thought about my future before and now I am beginning to imagine things I had never thought of before. I have been inspired to take classes I never would have wanted to and I feel a few weeks into our first semester, I will feel the impact of the support systems which have been gained through this experience.

At one point, Professor Benowitz challenged us to think of what we would do with our \$100,000,000 if we were Brooke Astor. When someone actually takes the time to think about which charities they would give money to, instead of what vendors they would buy from using the money, a lot can change. For example, I could easily say I would drive down to Park City and spend it all at Forever 21, Khols, or American Eagle, but what impact would that leave? If given any opportunity to leave any sort of selfless impact, I can honestly say I would do my best to leave my mark on society.

This week, because of Momentum, I have imagined an alternative life for myself. Perhaps I will not be some famous author, but rather a brain surgeon. Well, maybe not a brain surgeon, but you get my point. Not everything I have planned for my life is what will become of it. I have been inspired by the diversity of the people in this group, as well as the diversity of the professors, classes, and clubs offered at Elizabethtown. Beyond this, however, I plan on leaving an impact of institutions and expansion. I want to make something grow. I no longer want to hide behind every other student in the class of 2016; I want to be the change.

Sarah Bietzel; Duncannon, Pennsylvania

Momentum is equal to force over velocity or $m=f/v$. Momentum is also the force or speed of movement, according to Webster’s dictionary. But it also means “impetus” – the cause of motion for a moving body. I am not going to lie; I did not give a whole lot of thought to Momentum’s name when I signed up for it. After all, I was already signed up for Immerse, a youth conference in D.C., and a bunch of other fun gatherings during the summer. Not all of them had catchy one-word names, and none of them have impacted me like Momentum has.

As I was reading over the Momentum schedule online, I thought the sessions sounded interesting, but I could not really imagine the people I would meet or the experiences I would have. I simply did not know what to expect, and I did not want to dream too much in case nothing was the way I imagined it. Thankfully I was not disappointed. I feel a whole lot better starting the year off with a couple dozen friends and knowledge about the campus. In fact, I will probably be able to show my roommate around to all her classes. Not bad for someone who had only visited the campus once before this.

Because of Momentum in these past ten days I have been able to clearly imagine my life at Elizabethtown in the next year, even the next four years. I have been inspired to explore different areas of study and to work diligently no matter what majors or minors I choose. Finally, I decided my impact on the community should start now. I want to find ways to improve the campus and town around me, so when I graduate in four years I will have experience and knowledge to take out into the world.



Katie McLendon; Hatfield, Pennsylvania

The first day I arrived here at Elizabethtown College, I could not stop concentrating on all the questions and thoughts running through my mind. Did I pick the right school? Was I going to fit in? How would I adjust? And most of all: Would I be able to find a path here at E-town which would sculpt my future? For the past week, Momentum has allowed me to answer some of these worries, while teaching me some things I can apply to my college future and everyday trials in my life.

My favorite thing about this program was the fact it allowed me to adjust to school and have extra guidance before the other incoming freshman arrived. Since my parents never had a college career, it made things difficult to figure out everything on my own. I became even more independent than I was in previous years when the college search started. The Momentum program has allowed me to have a connection with people, and gave me an extra helping hand which I greatly appreciate.

The whole week we have been attending different sessions ranging between civility, writing workshops, and a variety of films and discussions. With everything we attended, I always learned something new and I was able to apply to my life. I found the advice professors gave us about college to be very useful. While I was reading a book the other day, there was a reference about Icarus. Previous to this week, I would not have known what the book was referring to, but because of Jennifer Besse's discussion about the Ancient world- I was able to put together those puzzle pieces.

Mary Mullen once said, "The object of education is to find one's self in the world, and to make one's self at home there." I came upon this quote when I was walking through the Barnes Collection and knew it truly does apply to the Momentum program and the start of my new journey into college. The next four years of my college career will be enduring and hopefully the best learning experience of my life. The Momentum program has most definitely welcomed me here at E-town and has allowed me to learn new things I will always carry with me.

In all, because of the Momentum Program, these past ten days I have imagined I would gain new insight not only through education and the world, but also about Elizabethtown. I have been inspired to take new classes and my impact will be to make a difference here at E-town and the world.

Kaylin Russell; Trucksville, Pennsylvania

The trip was about two hours long, add on another twenty-five minutes due to rain-caused traffic. My leg is smushed between two suitcases, waking up from their slumber as my brain does the same; we are here. The sign reads "Elizabethtown College" and above it the "Welcome Momentum Students" in bright white. It has not hit my understanding completely in about a week, my journey as a college freshman has begun.

After a whirlwind of lectures and sessions, I noticed all the professors and directors truly had a passion for what they taught. "Passion." That was one of the many words during our meditation sessions, and crossed over into the eye smiles, open hands or clarity brought with each person presenting. These sessions inspired me to continue pushing and searching for the very thing driving the will to wake up every morning to do it.

For the last couple of years or so, a simple activity has become my very being. The power of words and the varieties of ways ordinary objects or behaviors can be expressed. The professors' passionate deliveries were the spark to my own imagination that fuels not only my love for words, but my hope to live through them to the fullest every day as these professors do.

Though the college dorm provides many added stimuli to my sense, amidst the noise, a strange sense of quiet enters my mind. Many questions, thoughts and a few ideas – What will I do to impact my college community? The community at large? The world? I may be no Phyllis Wheatly or Frederick Douglas, but I would like to be a part of my generation's stamp on history, however small. My ambition to become a journalist is a start. So, over the last few years, happening upon any news story or event crossing my mind, the situation of these inaccessible to a truly unbiased media, and the absence of using it to their own advantage truly worries me. I may not be a political expert or encyclopedia, though the innumerable amounts of words and different people using them for good or evil and no one bothering to notice or care is alarming. Why complain to your neighbor when you can write letters to your state representative? Why drive to chick-Fil-A to avenge a protest,

when a food drive is still in need? Our voices, on paper or through the air can do so much for the individual and the community. What I would hope to do in my coming years here at Elizabethtown, is to not only join the beacon of voices for those who continually go unnoticed, but for the improvement of the very lives some may take for granted.

To take on a very large task is not something I see myself doing alone. The Momentum program contains many different people, peers and superiors having personalities and talents I can learn from and joining forces with to truly make this college experience last a lifetime. Having the integrity and desire to aid and being a part of something more is human, but truly a higher level of being really can shape a group of mere strangers all bound by one common goal.

This essay truthfully is not a star or an opus, but what I hope to be my passion and wishes to clearly be conveyed to all of you. If not, here it is in the very simplest of terms. Because of the Momentum program, these past ten days, I have imagined my dreams of becoming a writer to be not being limited to poems but to establishing connection to people I come into contact with and inspire me. I have been inspired by those who truly seem to live in the words they speak and the values to which they abide and among to others, so I see I do not need to soldier on my own to continue to grow from whatever life tosses my way. And this will be my impact; to admire those who are among us community who live genuinely and to piece solutions and thoughts so others can be inspired to do the same.

Ragina Lashley; Newark, Delaware

In science, momentum is a very strong energy force. This scientific definition has a robust correlation with this very program which I am so fortunate to be a part of. As a Momentum student, three values have been instilled to me in order to succeed in college and life: imagine, inspire, and impact.

To imagine is to dream. If you see yourself being a positive, successful person and believe, you can accomplish anything in this world. This program has taught me to slow down and open my eyes to the world; to imagine awe and serenity. I especially enjoyed our meditation walk because I learned how to let go and just breathe. If everyone were exposed to this technique then people would be more aware of their surroundings.

The inspiration this program provided me will carry me for years to come. I particularly liked the fact the program combined two different areas of study into one session. I now see how topics such as math and music along with science and religion have basic common principles which can spark different views of each. I will ultimately be able to apply this knowledge in the job market thus giving me a competitive advantage over most people.

The two sessions having the most impact on me was the civility talks and the library workshops. I will use all the lessons I learned in the civility every day, but the ones which had the most impact were the listening mid constructive criticism lessons. The library workshops will be instrumental to my collegiate future. I now know the nuances of plagiarism, how to check out books, and also now to navigate the library.

This week because of Momentum I have imagined myself in the future being a well-rounded individual who is a successful critical thinker. I have been inspired to make the most of my opportunities and I will use my knowledge and personal experience to not only impact this college but also my community.

Nick Gulla; Lansdale, Pennsylvania

Momentum was a very enriching experience for me, one I will never forget. All of the Kinesis leaders have been very nice and made me feel comfortable. Momentum helped me gain confidence. Although I missed some days of Momentum for soccer practice, the program impacted my thinking, inspired my actions, and helped me break into the college community. I will never forget Momentum, the experiences we had, and the good times we shared. It will always have a lasting impact on my life, and for that I will always be grateful.

Cole Goodman; Harrisburg, Pennsylvania



Momentum: Inspire, Imagine, Impact. I had never been good with change. It was something, growing up, I had tried to avoid at all cost. This past week at Momentum has shown me how living life avoiding change is one of the most stupid things I could do. This week has shown me although change can be scary, it is something which can be wonderful and change my life for the better.

When I first imagined the start of my college career, I never would have been able to imagine what is now my reality. I was lucky enough to have my roommate, Taz, also be in the Momentum program. It has allowed us to become great friends and bond over our common experiences. I never would have been able to imagine how making friends would be so easy and those friends would be such interesting and amazing people. I have learned life can be whatever I imagine it to be, sometimes even better.

During Momentum inspiration really was around every corner. Stephanie Rankin through “Civility in Campus Life,” has inspired me to be the best student I can be, not only academically but also socially. Although everyone I have meet has inspired me in one way or another, no one has inspired me more that the Kinesis students. You can tell just by the look on their faces this is where they truly want to be and they are here for us no matter what we may need in the future.

This past week is one of those weeks in my life which I will never forget. This program has impacted my mind as well as my view of college. I am thankful for the opportunity and cannot think of a better way to start my college career.

Inspire, imagine, impact. Each of these three words is powerful in its own way and means something different to the each of us. Because of the Momentum program these past ten days I have imagined a better future for myself full of new friends and a rewarding career I enjoy. I have been inspired to do all I can do to insure myself and those whom I love a bright future. And in the end of all this I hope to be able to impact those around me and Elizabethtown College as much as it has impacted me.

Zoey Lee; Mechanicsburg, Pennsylvania

Coming into college as a freshman just last week I imagined it would be terrifying mostly because I did not know what to expect. When I got to the campus, what I imagined it to be became reality. The campus was huge and unfamiliar. Needless to say, I had no idea where to go or what to do which was pretty overwhelming. But when I got to my dorm and saw my roommate the feeling of “Oh, I am not going have any friends” disappeared because she and I got along really well. I started to feel even better about the whole college experience when we had our first Momentum session and I saw we were all in the same boat.

After spending a week here and going to numerous sessions, I am inspired to not be afraid of the college experience and to make the best of everything that is thrown my way. Meeting different professors gave me an understanding of what I should expect when classes begin along with becoming more aware of what professors expect from me. The Momentum program had a huge impact on the beginning of my college experience. It is reassuring to know I am already starting to get the hang of things only after spending ten days here, and I am sure it will only get better from here.

Because of the Momentum program these past ten days I have imagined a brighter future for myself because of all the information and resources provided to me. I have been inspired to take advantage of these resources in order to be successful and to make the best of this experience. It inspired me to work hard at achieving my goal of becoming a pediatrician so I can help children and make an impact in the world.

Tasnim Chowdhury; Hawthorne, New Jersey

“My Experience at Momentum”

(Imagine, Impact, Inspire)

Momentum, Momentum
What can I say?
11 hours of work,
3 hours of play,
When I thought of momentum
I thought of agility and speed
It is defined as
“Physics
The quality of motion
of a moving body,
Measured as a product of its mass and velocity”
Keyword
Energy
“The force with which a body moves”
Body as in group
Which is made up of us.
Baby birds that have flown the coop
Introduced to so many new faces
In so little time
Being clueless and bemused
Transitions into
Laughs and smiles
What to expect
No one knows
But we learn
We learn best
Outside of our comfort zone
To take risk,
To be bold,
Unafraid of the unknown
To have courage to roam
To aspire your own road
New seminars each day
Portraying different conceptions on life
Meeting professors and RAs
With Kinesis keeping us alive
To motivate to think of future
To have a new state of mind
Momentum is a rush
of emotions gone wild.
You will not quite understand you must only take my word
I suggest new freshman should be introduced to this world
The world of Momentum where energy and confidence decrease fear
Where I soon hope to be a Kinesis next year
Welcoming new freshman and helping them feel at home
As the present Kinesis did
Always around so you feel less alone
This week because of Momentum
I have imagined myself in class
Asking questions

Using critical thinking and paving my own life path
I have been inspired to construct and create
Numerous projects that will leave my mark before I graduate
Together as Momentum
We will graduate as an entire class
And this is the impact I want to have.

- *Lizabeth Cooper; Brooklyn, New York*

Momentum students are mentored and advised by the Kinesis Peer Academic Advisors. Many of the Kinesis students were in the Momentum program in 2011-2012. Here is a collection of their essays reflecting on their development as leaders in the program.

As a former Momentum student I felt I knew the Momentum program much better than any faculty or evaluation could ever know. Last year I experienced so many good things and at the same time I took note of the things I did not enjoy so much. I wanted the list of things I did not enjoy to be much smaller for this year's Momentum class. As our ten days have come to a sad end I have realized our goals have come to fruition. Last year I was able to observe the Kinesis who served as my mentors and I understood what I got from them, I loved, and what I did not get and I felt I needed. I wanted to be everything I experienced and more for the students coming in. Each Momentum student I met was full of new stories and interesting experiences and personalities teaching me so much. I do not think they realize how much I appreciate them for what I have learned. I hope they have learned as much from me. Many of them were able to open up to me and tell me exactly how they were feeling. I understand the emotions running in a first year student's head as they begin their college journey. It is very confusing. There is fear, excitement, joy, sadness, and anxiety of what is to come. Momentum acts as a tool to remove those negative feelings. I wanted our students this year to quickly overcome the anxiety and fear and only feel the excitement and joy.

I have never been a leader of a large group of people who were younger than me before so I had a bit of anxiety as I waited for the students to arrive on the first morning. I did not know how to cultivate bonds between kids who may not have much in common or who were scared of this monumental experience they were about to have. As I watched the group grow closer I realized they were ready for their college journey. I loved to watch them laugh together after a Kinesis popped a water balloon over a student's head in the water triathlon. I felt the familial bond they had created with one another as they conversed on the bus back from Philadelphia. It was heartwarming when the barriers the Momentum students had created before coming here seemed to slowly melt away. Some barriers dissipated faster than others but little by little I noticed everyone creating friendships I personally know will last for a long time as my best friend was also in Momentum.

This group means even more to me than my original Momentum group because each one of these students was my responsibility over these two weeks. They taught me and I taught them, or so I hope. I loved the experience I had this time around in the program and I truly believe we overcame every hurdle thrown our way as leaders and we created a cohesive group of incoming freshmen who would be close for the next four years. Being a Kinesis has been one of the best things which have happened to me since I came to Elizabethtown and I would willingly do it again in an instant.

- *Miguel Ruiz; Philadelphia, Pennsylvania*

Being on the other side of the Momentum program has been a wonderful experience. I have gained knowledge and gathered skills by being a leader. Being a leader of this great program has been different than I originally thought, and challenges make me a better leader. Momentum really plays into the words imagine, inspire and impacted, and even as a leader these words each play a role in my part of Momentum. The students

in the program have really helped me with gaining more leadership skills and helped facilitate with the “three I’s” of Momentum; imagine, inspire, and impact.

I have grown as a leader just through the Momentum program by having more confidence. Confidence is something every leader should have and exude when in front of a group, which helps you be proud and stand tall. Another characteristic has been furthered in these ten days is my teamwork. Teamwork is a big part of being a leader because no matter where you are, or what you do, you will have to deal with other people and the power struggles within the group. Another key skill has been gained is reliability. We are an important resource for these students and are relied on by them for many different things. The students becoming trusting of us and we help them in any way possible. Overall Momentum has made me a better leader to help me become a more responsible student on campus.

Imagine, inspire, and impact have been the three words which are the key to this week. The first word, imagine, has been a large part of the beginning of this Momentum year. I was imagining how Momentum would not be the same now as a Kinesis leader, and also without some of my peers who were in the group. I quickly realized being a Kinesis leader was different, but still a lot of fun and something I have been delighted to be a part of. Even the students of Momentum this year have been great to get to know and create bonds with, and I know even though Momentum is only a year old, I will be their Kinesis leader for their whole college career. The next word of the week is inspired. I have been inspired by my previous leaders to take this role, and now feel I have inspired others to follow in our footsteps through this college journey. The students this past week have also inspired me to follow my passions and show me I have inspired them to apply to be a Kinesis in the future. This week has also inspired me to possibly take on more leadership abilities and try to take more responsibilities when given the opportunity.

The last word of the week is impact. I feel I have made an impact on the students of Momentum as well as on the faculty and staff, by being a role model for these first generation students. As a first generation student myself I was able to bring in personal experiences to help bring the students more close and feel equal with all. I feel they have been inspired by the Kinesis leaders to impact the college and prove to the world we can beat the odds and be the first to be a college graduate in our family. Overall these past ten days have made a change in my life and helped me be a better leader and role model for the future.

- *Shannon Bessonett; North Haven, Connecticut*

Furthering my education at Elizabethtown College has been an enriching and rewarding experience. The most fulfilling part of this experience has been participating in the Momentum program. I remember the first day I arrived on campus and passed under the Momentum banner. I was nervous, excited and had absolutely no idea what to expect. This year I watched the 2016 Momentum group pass under the same banner with the same looks of fear and nervousness. I immediately knew my goal for the first ten days would be to eliminate the nervousness and make each student feel accepted and welcomed.

At first I was hesitant about applying to become a Kinesis leader. I was not sure I would be able to be a strong enough leader and positively impact the new Momentum group. I was quickly reassured by Professor Benowitz and I began to envision how I would like to help the new Momentum group. At the end of the first ten days of Momentum last year I wrote an essay describing how I was positively affected by the program. I gained a feeling of acceptance and opened my mind to new areas of study I had not previously given thought to. More importantly, I gained a large group of friends I could be myself around and trust. The Kinesis members helped to guide us through our first year of college, and the other Momentum students were there to take those first steps with me.

The Momentum program means something different to everyone, but each student gains a sense of belonging. Leaving home and making the transition to college can seem overwhelming. The Momentum program gives students the strength to overcome these fears and embrace their college experience with confidence. The greatest thing I personally gained from the Momentum program was friendship. I have met people through this program I most likely would never have known. This year I was able to watch the students slowly open up and express themselves. It was pretty amazing being able to watch the shyer students slowly

become more outgoing. I am confident each student in this program has been able to create a strong friendship and the feeling of belonging which we all strive to find.

I enjoyed being a Kinesis leader and replacing the leaders I looked up to last year. The leaders had such a strong impact on my life here at Elizabethtown. I hope I have upheld their standards and the standards of the program. This program has given Elizabethtown College something special and I believe the program will continue to flourish throughout the upcoming years. I know the Momentum students of 2016 have experienced the positive and powerful impact of the Momentum program.

- *Luke Yanek; Schuylkill Haven, Pennsylvania*

First off I want to say how appreciative I am for having the opportunity to be a part of the Momentum program for the second time. One year ago I knew I wanted to be a Kinesis leader. I have always loved holding a position where I can be a role model for younger children. I feel it is very important for children to have someone to look up to; especially during the transition between high school and college. This is a very vulnerable time for young adults because they are leaving their comfort zone.

The motto for Momentum is Imagine, Impact and Inspire. I also followed these guidelines while being a Kinesis leader. The first part of the motto is imagine. As a role model for these students I want them to imagine succeeding in college and everything they do. Having the ability to imagine themselves doing what they love will give them confidence to go in the direction of their passion. Believing they can accomplish their dreams is a goal of mine.

The second part of the motto is impact. During the ten days of the Momentum program my goal was to impact their lives. I had the opportunity to meet people from different backgrounds. This has made me appreciate everyone's differences. While I was trying to impact their lives they have also impacted mine. There were countless times when I was laughing until I had tears in my eyes. On a more serious note the way they impacted me will not be forgotten. It has shown me how I need to slow down and pay attention. Everyone has a story, and everyone has a journey. This has helped me improve my leadership abilities because I have more understanding of why people do the things they do. Instead of assuming a person is mean by what they say or their actions I keep in mind how I do not know everything they have been through.

The final part of the motto is inspire. In my opinion this is the most important part. I know I have had people I looked up to and they inspired me to accomplish so much more than I thought I could. I love nothing more than to inspire people and show them I believe in them and hope they are inspired to believe in themselves. Over the past ten days I have gotten to know people from various backgrounds who have showed me a lot. In essence they have inspired me to be a better person in everything I do.

The days were long and quite busy but I would not have traded the past ten days for anything. I loved getting to know all the new students. Learning about their stories and who they are has made me grow as a person. I hope the Momentum Programs continues for many more years so everyone has the opportunity to grow and learn as much as I did.

- *Anastasia Frees; Mohrsville, Pennsylvania*

The 2012 Momentum Program at Elizabethtown College has changed my view as a leader tremendously. Being a Kinesis Peer Academic Advisor, I was responsible for not only guiding the Momentum students from one session to another, but I was also responsible for the behind the scene things; taking care of them, talking to them when they felt down, doing fun things with them, even when the scheduled programming ended. For the Kinesis leaders, Momentum started back during the spring semester 2012 with training sessions being held every week. Kinesis training then continued the Monday before all of the Momentum students were to arrive the Tuesday thereafter.

Tuesday was here. It was now 8:15 AM and the first car pulled up. I was greeted to find one girl very nervous about being in college. When I showed the Momentum student to her room in Myer, she still seemed to be nervous. It was not until she started seeing another student move in, when she realized she was going through the exact same thing. I could still see her somewhat fearful of the decision she has made. I started

talking to this student more than when I met her. We started talking about everything! We talked about where we were from, our families, what our hobbies were, practically everything under the sun! By the time I left to help the next Momentum student move in, I could tell she was starting to open up more and was more relaxed to be here.

It was not even the end of the first night when I really started to get to know the Momentum students. The first part of being a leader of a group of people you just met, is to get to know who they are. This is easier said, than done when you have a large group of people. I could tell the students knew how I was really trying to get to know them because not only did I make it a point to know their first name, I was remembering things like where they lived, and even their last name. I know it may not seem by knowing somebody's last name, is traits of a leader, but it really shows the students how you care.

Now when I entered college, and even up to just a short week ago, I was pretty set on my college minor. I wanted to minor in either business administration or psychology, possibly even both. Now being a part of the Momentum program last year, I pretty much knew what we were going to do in Philadelphia. When I was told that we would be attending an Art Museum, I am not going to lie, I was kind of bummed. I was told that we would have to take groups of either 4 or 5 students around the museum. When we got to the first painting, I decided to try something different, and act as an art curator. Acting as the curator, I got the students involved in the art. We discussed what the art seemed to be about, what they liked about it, or even what they hated about it. I then asked them to describe the piece in one or two words, and then asked them how they think their words tied into their time at college. How we discussed the art may not have been what the artist meant, but it definitely got the students involved and more interested in them. Afterwards, I thought to myself I really enjoyed the museum and curating to the students. I now have an understanding about wanting to minor in Art History.

Finally, as our 10-Day program concludes, I look back at the change I have instilled on these students, and how much they have changed my life for the better. I am privileged to say I got to be a Kinesis leader to the Momentum Program for the 2012-2013 year, here at Elizabethtown College.

- Wayne Gross, Jr.; Prince Frederick, Maryland

My imagination has kept me busy throughout my life. When I was young, and there was nothing exciting to do, I used to spend time dreaming up what my future might be like. Would I become a secondary-level social studies teacher? A graphic designer for a magazine? A historian at a big institution? When I came to Elizabethtown College, the Momentum Program helped me transition to life as a college student and independent adult, and to make such important decisions as what I might do with the rest of my life. I made great friends and learned lots about many subjects. The way I had imagined the rest of my life began to change and evolve as I changed and evolved and grew as a person. With the help of Momentum, I began to imagine my future not as a static destination, but suspended in a fluid state of motion, completely mobile and completely up to me. As a Kinesis, I have been able to imagine myself as a leader, part of a support system to help the new Momentum students learn and grow. There have not been many times in my life when I have been required to take responsibility for others, but being a Kinesis gave me an experience in leading the students, and a new confidence in my ability to do so.

The new view of the future motivated by Momentum inspired me. It made me want to make changes and to make certain my path in both college, and more generally, in life, would follow a passion of mine—history. I was shown many facets of the academic experience of college through the academic sessions in the program. I was plunged into the social atmosphere of college by being immediately immersed in a group of strangers with whom I spent countless hours each day, traveled to Philadelphia and Mt. Gretna after only a few days together, and who would go on to become some of my closest friends. The unconventional first week of college made a huge difference in my overall first-year experience. And in addition to inspiring my career path, Momentum inspired me to apply to be a Kinesis this year. I wanted to be a part of the life-altering week of fun, friendship, and the foundations of education on which to build four years of academic success. To be able to support and advise a new class of Momentum students as they transition to a new chapter in their lives is a

lesson in responsibility and leadership, and is an invaluable privilege for me as a step forward in my own life. The trust the Momentum students place in me allows me to be a better leader because if they trust me, it makes me confident I can do a good job as their mentor.

The Momentum Program impacted me in manifold ways, and with hard work, I will be able to turn its impact into one which I can share. I can use the knowledge I have gained, relationships I have formed, and leadership I have earned to make myself a better person who will be able to serve others, whether through mentoring as a Kinesis for Momentum, or following my intended career path and sharing the joy of history and importance of the past in a museum. Being a Kinesis, the energy behind the Momentum, I have been able to form relationships not only are beneficial for the students, but also for me. Simply by being a leader in the program helps me to become a better leader. Momentum, like in its own physics definition, got things started for me in college and carried me through my first year, and is shaping up to make my second year gratifying and special. It is an appropriate name for such a life-changing and perpetually evolving program.

- *Shanise Marshall; Red Lion, Pennsylvania*

When I stop to imagine what my first year of college would have been like without the momentum program, only one word comes to mind, "nightmare." A nightmare, a storm I feared my first year would be, but Momentum changed all of that. The program influenced me in a very positive way, and helped bring me to where I am now. A sophomore with a stable GPA and fairly involved in many activities on campus. This year I applied to become a Kinesis mentor. I wanted to continue this level of inspiration which was given to me by the last group of Kinesis. I wanted to be a useful tool for those incoming first year students who were just as lost and nervous as I was. It is because of this I feel like I have a sound understanding what they are going through. Now after being a Kinesis mentor for 10 days I realize just how much this job has meant the world to me. I have built a strong warm connection with many of the students and I truly care for them and actually want to be there for them. Unlike many of last year's Kinesis, I will make sure to make it a priority to be a strong resource for Momentum students who are in need and make a positive impact on their lives.

This year the motto for Momentum is, "imagine, inspire, impact." As the days went by I realized how important and powerful a message this motto contains. Being a Kinesis mentor is very similar to the kind of job I will be doing for the rest of my life as a high school teacher. I think of it as a very valuable source of preparation for the real world. I would have never joined this program as a Kinesis leader if it were because of the money. I joined because I actually care for the students and wish to guide them through what will of course be a hectic four years for them. Nothing will make me happier than to know the students I was in charge of advising are doing well in college and are obtaining good grades. I can only hope I am that lucky.

Because of the Momentum program, over these past 10 days, I have imagined a year of success for all the Momentum students thanks to the greatness of the program and the loving respect and guidance of the Kinesis students. I have been inspired to continue as a Kinesis mentor for as long as I possibly can. Lastly, I want to impact not only the lives of the students but also have a lasting effect on this campus as a whole, to show everyone there is more than meets the eye to this program. With the renewal of the momentum program for another year, the incoming first years were lucky enough to escape the storm, the nightmare that can be the first year of college. They are lucky to have a Kinesis mentor like me who actually cares about them, and I am lucky and grateful to have been given the wonderful opportunity to take part in the program yet again.

- *Brendon Zapata; Bethlehem, Pennsylvania*

This is my second year being a Kinesis leader for the Momentum Program. The first year I was unsure what to expect. The program was new, and I did not know the students who would be a part of the program. As I met the students I started to feel more comfortable in my role as a leader for the program. The students seemed to feel comfortable approaching myself as well as the other Kinesis leaders. The success of last year's program as well as the relationships I have built last year played a major role in my participating in the program again this year.

Of the Kinesis leaders this year only two were returning Kinesis from the previous year. I was one of them along with Ginette Slaughter. The fact we knew what it takes to be a leader in this program we were not

only able to help the Momentum Students, but the new Kinesis as well. More was expected of me because I had been in this position before so I tried my hardest to be the best mentor I could possibly be. There were several things I did last year that I know could have been improved. One thing was to be more vocal with the students as well as the leaders I was working with. I did not always speak up when I needed to, and held back when I should have spoken up. I believe this year I was a big voice in the program. The leaders looked up to me when they needed help or advice, and I helped anyone when they asked or needed me to.

This year the program used three words to describe what the students should get out of the program: Imagine, Inspire, and Impact. This program has helped me to imagine how I would respond to certain situations as a leader the future. I expect to be a leader in whatever field I decide to go into, and this has helped me to imagine how that would be. I would hope that during this week and throughout the year I have inspired these students to do their best in college, set goals for themselves so they too can put themselves in a position to be a leader. And I feel I have already made a slight impact in the short amount of time I was with these students, and hopefully the impact becomes greater through the years. When someone comes and tells me I have helped them, or impacted their life in any way it is a feeling I cannot put in words. I feel like my leadership has grown by being in this program again, and the lessons I learned will help me become a better leader in the future.

- *Kian Spady; Lansdowne, Pennsylvania*

In the past week, I have heard three words over and over again so much it will be embedded into my mind all year. Imagine, inspire and impact. These are three words which will apply to the new Momentum students as they begin their new journey as college students. However, I will continue to imagine, inspire and impact as I go into my third year of college as a Kinesis Peer Academic Adviser.

Being a part of Kinesis for the first group of Momentum students ever at Elizabethtown College, I knew what I was going into for my second year. I imagined these students would be different than the group last year, but this year's group has been a totally different personality as a whole. These students blend well together and get along with each other just as last year's group did, but in a way I could not have imagined. I could not be happier with the way these students engaged with each other and faculty. They are eager to learn about everything at Elizabethtown College, and this excites me.

As Kinesis, my role in Momentum is to inspire. The Momentum students come to the Kinesis with questions and guidance about academics, and I have and will continue to try to inspire to do everything they can to succeed, but also enjoy their college career. These students put faith in me as a leader to get them through one of the biggest transitions in their life. However, with the training and experience I have been given, I have faith in myself I can continue to inspire these students throughout their entire four years in college.

As far as impact goes, I am not certain about how I have impacted the Momentum students yet. I hope I have set a good example and impacted them enough to make them feel I will always be there for them for not only academic advising, but anything beyond academics as well. What I am certain about is how these students have impacted me, and it is a great feeling. Every time I was asked a question about anything dealing with college life or my experience with college, I knew I was doing something right to make them feel comfortable around me.

Momentum is designed to ensure first-year generation students a successful college career and also, a successful life. I would have been in Momentum had it existed my freshman year, so I am fortunate to be given an opportunity to be a part of it as Kinesis. Being a Kinesis for a second year, the Momentum program is even closer to my heart than it was last year. Words cannot describe the excitement I have for these Momentum students. There is nothing I would love more than to see these students in the Dell in four years with their maroon and gold tassels, and knowing I was a part of the best four years of their lives.

- *Ginette Slaughter; Ocean City, New Jersey*

